

## **School District of Bayfield Wellness Policy**

### **Policy Preamble:**

The Board of Education recognizes that good nutrition and regular physical activity affect the health and well-being of the students of the School District of Bayfield. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school. As required by law, the Board of Education establishes the following Wellness Policy.

### **Wellness Policy Leadership:**

The designated official for oversight of the Wellness Policy is (Melissa Giesregen/Director of Special Education & Pupil Services/K-5 principal. The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

### **School Wellness Committee Formation:**

The District shall convene a Wellness Committee that meets at least 6 times during the school year to establish goals and oversee health policies and programs, including development, implementation, and periodic reviews and updates of this Wellness Policy.

### **School Committee Representatives:**

The District shall assemble a committee of required representatives for the Wellness Committee, the required members are from the following areas:

- Administrator***
- School board member***
- Physical education/health teacher***
- School food service representative***
- School nurse***

The District shall also invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders may include:

- Classroom teachers*
- Community member/parent*
- Student council member*
- Medical/health care professionals*
- School counselor*
- Nutrition/health education teachers*

### **Nutrition Standard for ALL FOODS:**

The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

### **Standards and Guidelines for School Meal Programs:**

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.
- All meals are accessible to all students.
- All meals are appealing and attractive food served in clean and pleasant settings.
- Drinking water is available for students during mealtimes.
- When drinking fountains are not present in the cafeteria, water cups/jugs are available.
- Menus shall be posted on the District website.

### **School Meal Program Participation:**

- Shall notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals;
- Shall allow students the opportunity to provide input on menu items;
- Shall restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings;

### **Foods and Beverages Sold Outside of School Meals:**

- All food and beverages sold to students during, before, and after school programs shall meet the USDA Smart Snack nutrition standards.
- No beverages with non-nutritive sweeteners (Artificial or natural), such as diet soda, diet iced tea, etc. shall be sold to students during the school day regardless of their compliance with the USDA Smart Snacks standards.

### **Foods Offered/Provided but Not Sold:**

- The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards; including those provided at celebrations and parties and classroom snacks brought by staff or family members.
- Non-food celebrations will be promoted and a list of ideas is available to staff and family members.

### **Fundraising:**

- The District encourages fundraisers promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.). Fundraising during and outside of school hours must meet a minimum of 50% non-food item fundraisers.

### **Marketing:**

- Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags, except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment and school equipment (message boards, scoreboards, etc.); advertisements in school publications/mailings; sponsorship of school activities, fundraisers for sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

### **Nutrition Education:**

- The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District. The District aims to teach, model, encourage, and support healthy eating by providing nutrition education.
- Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors.
- Nutrition education shall follow Wisconsin Department of Public Instruction Model Academic Standards for Nutrition.

### **Nutrition Promotion:**

- The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.

### **Physical Activity:**

- The District shall provide students with age and grade appropriate opportunities to engage in physical activity.

### **Physical Education:**

- All District elementary students in each grade shall have physical education a minimum of three times per week.
- All district high school students are required to receive 1.5 credits of physical education prior to graduation.
- All physical education classes are taught by licensed teachers who are certified to teach physical education.

### **Other Activities that Promote School Wellness:**

- As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.
- The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being.

### **Community Engagement:**

- The District will work with community partners to support district wellness.
- The District will inform and invite parents to participate in school-sponsored activities throughout the year.

### **Monitoring and Evaluation:**

- The Wellness Committee will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.

LEGAL REF:           Sections    118.001 Wisconsin Statutes  
  118.01(2)(d)8  
  118.075 (3)  
  118.075(4)  
  118.12  
  118.33(1)  
  120.12(5)  
  120.13  
  121.01(1)  
  121.02(1)(i)  
  Child Nutrition and WIC Reauthorization Act of 2004  
  2009 Wisconsin Act 96

Revised/Updated 2/8/18: Bayfield Wellness Committee

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