

Wellness Policy

The School District of Tigerton recognizes its responsibility to promote a healthy learning environment by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. By facilitating learning through the support and promotion of good nutrition and physical activity, the school contributes to the overall health, scholastic performance, and readiness to learn of students. Healthy eating patterns and regular physical activity are essential for students to achieve their full academic and life potential.

To promote the health and wellbeing of all students, the Tigerton School District shall:

- A. Strive to ensure that all foods/beverages sold during the instructional day meet or exceed state nutritional standards;
- B. Ensure a clean, safe, and pleasant eating environment with adequate length of time to eat in the school food service;
- C. Include physical activity as a part of the education program from grades Early Childhood Education-12 through instructional physical education, recess, or co-curricular activities;
- D. Provide all students with the knowledge necessary to make healthy choices involving food and physical activity to foster lifelong healthy habits;
- E. Establish a wellness committee made up of district, community, health professional, and parent representatives.

This committee shall meet semiannually at a minimum to create a strategic plan for progress and update wellness procedures and goals. The committee will develop a summary report annually for district families, staff, and the board of education.

Wellness Procedures

❖ Nutrition & Health Education

◆ **Classroom Curriculum**

The Tigerton School District curriculum will enable students to acquire the knowledge and skills necessary to make healthy food choices and physical activity habits for a lifetime.

○ **Nutrition Education is integrated into curriculum:**

- Grades K-5: Weekly health class
- Middle School Grade 7: One semester of health class, includes nutrition education
- High School Grade 10: One semester of health class, includes nutrition education
- Elective food science class will continue to be offered at the high school level

○ **Links with nutrition-related community services:**

- Grades K-4: University of Wisconsin- Extension Wisconsin Nutrition Education Program (WNEP) nutrition lessons
- Grade 4: UW-Extension/FFA partnership or representative will teach Adventures in Dairyland
- Others as available

◆ **Family Communication**

○ Information about healthy nutrition, ideas for healthy celebrations, parties, and rewards, fundraising activities, and education about changing nutrition regulations will be provided to families through:

- Tigerton District newsletter (*The Tiger Tribune*)
- Food service menus
- Website links
- Additional take-home materials

○ The district will promote availability of school breakfast and lunch to all families, and encourage those who are eligible for free and reduced-priced meals to complete applications. School will strive to eliminate any social stigma attached to eligible students.

◆ **Nutrition Promotion**

- School will endorse consumption of fruits, vegetables, whole grains, and low-fat dairy products in promotional materials that emphasize healthy eating patterns within school buildings.
- Cafeteria environment will be enjoyable, and food service personnel will offer pleasant, brief discussions about nutrition of foods served.

◆ **Staff as Role Models**

○ It is realized that role modeling and consistent messaging is an important part of health education. The School District encourages staff to exhibit

healthy food/beverage habits during the instructional school day within the classroom.

❖ **Physical Activity**

◆ **Classroom Curriculum and Recess**

- Physical Activity is integrated into curriculum in the following ways:
 - Grades ECE – 5
 - 3-4 days of Physical Education class per week
 - Recess is offered daily, preferably outdoors. Staff will encourage all students to participate in moderate to vigorous physical activity during recess time, or some indoor or outdoor activity.
 - Middle School Grades 6 – 8
 - 3 days of Physical Education class per week
 - Recess is offered once daily during lunch period
 - High School Students Grades 9 – 12
 - 3 semesters of Physical Education class must be completed
 - Elective Phy Ed options will be explored

◆ **Classroom Integration of Physical Activity**

- Classroom health and other curriculum will complement physical education as appropriate, reinforcing knowledge and skills to maintain an active lifestyle and reduce sedentary time.
- Staff is encouraged to incorporate physical activity into other subject lessons, i.e. Brain Breaks.
- Staff will strive to avoid withholding opportunities for physical activity (such as recess) for disciplinary or academic reasons.

◆ **Physical Activity Use of School Facilities by Students and Community Before and After School Hours**

- Middle School and High School will offer Interscholastic Sports Programs.
- Additional Physical Activity-centered events will be encouraged and promoted within the school (such as Jump Rope for Heart, Active Family Night, Summer School Activity Classes.)
- The Summer Recreation Programs (i.e. Little League, Softball, Tee-ball) will be coordinated through the District.
- Use of fitness center by community members is encouraged, will be promoted through:
 - Newspaper (*Marion Advertiser*)
 - Newsletter (*Tiger Tribune*)
 - Website links
 - Community postings

❖ **Staff Wellness**

- ◆ Tigerton School District values the health and well-being of every staff member. The Wellness Committee will solicit input from school staff and benefits program regarding development of future wellness program.

❖ **Nutritional Quality of Foods and Beverages Sold at School**

◆ **School Meals**

- The School Food Service program will meet or exceed USDA National School Lunch and Breakfast Program regulations and guidelines. This includes nutritional requirements, portion sizes, and emphasis on serving fruits and vegetables, low fat and fat-free milk and alternatives, and whole grains.
- As feasible, Food Service program will engage students through taste-tests or informal surveys in order to identify new and appealing food choices.
- Food Service program will explore various breakfast models to encourage student participation.

◆ **Foods and Beverages Sold Individually (foods sold outside of reimbursable school meals, such as through vending machines, fundraisers, etc. during school day. The school day includes morning time before classes until the time immediately after classroom instructional periods.)**

- Refer to Appendix: Smart Snacks in School – USDA’s “All Foods Sold in Schools” Standards
http://www.fns.usda.gov/cnd/governance/legislation/allfoods_flyer.pdf
- Exemptions as outlined by USDA
 - Fresh fruits & vegetables with no added ingredients except water
 - Canned & frozen fruits with no added ingredients except water, or packed in juice or light syrup
 - Reduced fat cheese is exempt from fat standard and saturated fat standard
 - Nuts, seeds, and nut butters are exempt from fat standard and saturated fat standard
 - Dried fruit with no or minimal nutritive sweeteners are exempt from sugar standard
- Vending machine
 - If a vending machine is turned on during the school day, school will ensure that food and beverages sold will adhere to nutrition standards for snacks and beverages.
- Fundraisers
 - To support students’ health and nutrition education efforts, the district encourages organizations to offer foods that meet nutritional guidelines, non-food items, or events that promote physical activity.

- If food items will be sold during the school day, they must meet USDA nutritional guidelines.
- ◆ **Snacks, Rewards, Celebrations During the School Day**
 - Snacks served at no charge during the school day or in enrichment programs will make a positive contribution to students' diets and health, with an emphasis on serving fruits and vegetables, whole grains, low-fat dairy, and allowed beverages. The offering of snacks should be based on timing of school meals, students' ages and nutritional needs, etc.
 - This policy does in no way prohibit parents from providing snacks for special occasions, such as birthdays. However, families will be encouraged through take-home materials to send healthy snacks.
 - As allowed by DPI, there may be occasional exemptions for foods served at celebrations for special school events.
- ◆ **School Sponsored Events Outside of the Instructional School Day**
 - Foods and beverages offered or sold at events outside of the school day (such as athletic events, performances, dances) do not currently meet USDA nutrition standards. We will work towards improvement in this area within our strategic plan.
- ❖ **Monitoring and Policy Review**
 - ◆ The superintendent or designee will ensure compliance with established nutrition and physical activity wellness policies.
 - ◆ The superintendent or designee will delegate food service or health professional staff to teach staff annually about updated nutrition regulations and wellness policy guidelines and goals.
 - ◆ School food service staff will ensure compliance with nutrition policies within school food service areas. In addition, the School will review its most recent USDA School Meals Initiative findings for any required changes.
 - ◆ The Wellness Committee shall meet semi-annually at a minimum to develop a strategic plan for wellness promotion, to review practices and measure the success of this policy.