

SPOONER AREA SCHOOL DISTRICT LOCAL WELLNESS POLICY

Purpose and Goals

The Spooner Area School District recognizes that good nutrition and physical activity are essential for students to maximize their full potential, reach their physical and mental capacity, and establish patterns of lifelong health and well-being. The school district supports the adoption and implementation of a comprehensive local wellness plan at the elementary, middle, and senior high schools. The district will work in cooperation with parents and guardians, who are the primary teachers and caregivers for their children. Improved health optimizes student performance and helps to ensure that no child is left behind.

The Spooner Area School District has a responsibility to cultivate a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at school, nutrition education, opportunities for physical activity and other school-based activities designed to promote student wellness. The district administrator is responsible for establishing such committees and designating appropriate school personnel charged with operational responsibility for ensuring and measuring the implementation of the district's Local Wellness Policy.

The Local Wellness Policy will be consistent with district educational and budgetary goals. The Local Wellness Policy is designed to optimize the health and well-being of students and fulfills the requirements of Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265).

The purpose of the district Local Wellness Committee is to:

1. Provide goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness.
2. Provide nutrition guidelines for all foods available on each school campus during the school day.
3. Provide an assurance that guidelines for reimbursable meals shall not be less restrictive than the federal regulations.
4. Develop and review a plan for measuring the implementation of the policy.

The Local Wellness Committee shall include at minimum:

- A school board member
- A representative of the school administration
- The school food service coordinator
- Student representative
- Parent representative
- A community health practitioner
- A post-secondary representative with expertise in nutrition/health
- Staff/faculty representative by building/discipline
- A representative from the K-12 Wellness committee

School Meals Program

The school meals program will operate in accordance with the National School Lunch and Breakfast Program standards and applicable laws and regulations of the district. Schools will offer varied and nutritious food choices that are consistent with the USDA guidelines.

Meals are designed to incorporate the following recommendations of the dietary guidelines:
1/3 of the Recommended Dietary Allowances (RDA) appropriate for the age or grade level for the following nutrients: calories, protein, calcium, iron, vitamin A, and vitamin D

- Breakfast meals provide 1/4 of the RDA for the above nutrients
- No greater than 30% calories from fat and no greater than 10% calories from saturated fat
- Minimize trans-fats, sodium, cholesterol, and added sugar
- Maximize dietary fiber
- Promote whole grains, fruits, vegetables, and low fat dairy choices

Menus will be planned with input from students, family members, and other school personnel and should take into students' cultural norms and preferences. Food-pricing strategies and marketing programs will be designed and used to encourage students to purchase nutritious meals.

Students will be encouraged to start each day with a healthy breakfast. All school meals will feature age-appropriate healthy choices that are tasty, attractive, and of high quality. Parents and caregivers will be encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from home.

Competitive Foods

Nutritious and appealing foods such as fruits, vegetables, low and non-fat dairy products and whole grains will be available wherever food is sold or offered on the school campus during the school day. All snacks and beverages offered for sale to students during the school day comply with USDA regulations prohibiting the sale of "foods of minimal nutritional value."

Our goal is to have nutrition information for a la carte snacks and beverages offered in meal service lines, vending machines, fundraising activities, the school store and school concession sales readily available to students, parents, and the school community. All snack foods sold in vending machines, school stores, concession stands, as well as a la carte offerings that are part of the school meals program and sold during the school day will meet the criteria outlined below.

Snack Foods

- No more than 200 calories per package
- No more than 35% calories from fat
- No more than 10% calories from saturated fat
- No more than 480 mgs. Sodium
- No more than 35% sugar by weight
- Guidelines are not applied to fruits, vegetables, nut butters, nuts, and seeds.

Beverages

- 100% fruit and/or vegetable juice, limited to 12 oz size
- Fat-free and 1% milk, 8-16 oz portion size
- Water and flavored water without added sugar, unlimited portion size
- Caffeine free except flavored milk

- Carbonated water and carbonated 100% fruit juice with USDA approval

Goal: We are currently (2008) compliant 80% of the time in foods provided through the school food service and plan to be 90% compliant by the year 2009 and 100% compliant by the year 2012.

Healthy Eating Environment

The district will provide adequate time for students to eat. At least 10 minutes will be provided for breakfast and 20 minutes for lunch. Our goal is to provide 20 minutes for lunch from the time the student is seated. Recess for elementary students will be scheduled before lunch whenever possible, so that children will be less distracted and ready to eat. Adequate serving space and efficient methods of service will be used to ensure students have access to school meals with a minimum of waiting time. Adequate seating will be available to accommodate all students served during each meal period. Trained personnel in the dining area will provide adequate supervision.

Nutrition Education

Students will participate, PreK-12, in a variety of nutrition education learning experiences that are aligned with the Wisconsin Academic Standards in Health Education. Nutrition lessons will be designed for integration into other areas of the curriculum as well as a sequential, comprehensive health education and family and consumer education program. The nutrition education program will engage families as partners in their children's education.

The district's nutrition education instructors will assess all nutrition education curricula and materials for accuracy, completeness, and consistency with the district's educational and wellness policy goals.

The staff responsible for nutrition education will be adequately prepared and participate in professional development activities to effectively deliver an accurate nutrition education program.

Physical Activity

K-12 students will be given the opportunity for physical activity during the school day through daily recess periods, physical education classes, walking programs and the integration of physical activity in the academic curriculum. Schools will promote an environment supportive of physical activity. Students will be given opportunities for physical activity through a range of after-school programs such as intramurals, interscholastic athletics, community recreation programs, and physical activity clubs. Information will be provided to families to help incorporate physical activity into their children's lives.

Physical education classes are taught by or under the direction of DPI certified instructors in an environment where students, learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

According to DPI regulations, the time allocation for physical education is:

- Three times a week for K-6 students by or under the direction of a certified physical education teacher. The exception would be days on which special activities are conducted, those may be exempt.
- Grades 7-8 - weekly throughout the year taught by a physical education instructor

Grades 9-12 - one and one-half credits taught over three years by a certified physical education instructor.

- Students in grades K-8 shall be provided an opportunity to participate in physical activity for a minimum of 150 minutes (including recesses) during each school week. Students in grades 9-12 will be provided an opportunity to participate in a minimum of 225 minutes of physical activity during each school week.
- All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically inclined.

Other School-Based Activities to Promote Student Wellness

Fundraising

The district will encourage non-food items be sold as part of school-sponsored fundraisers. When food is sold, it will conform to the same standards as competitive food sales.

- No foods of minimal nutritional value will be sold on the school campus during the school day. All foods sold during the school day must meet the guidelines established for competitive foods (See goals under Competitive Foods).
- Fundraising events held before or after the school day will include a minimum of 50% of food items that meet the nutritional criteria outlined by this policy.
- All marketing and advertising of food and beverage products will support the nutrition criteria established in the policy. Marketing which supports healthy nutrition and active lifestyles is encouraged.

Classroom Activities, Parties, and Celebrations

The district recognizes that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to include healthy food offerings, as defined in this policy, at school parties and events to support a healthy environment throughout the district. Foods and beverages for classroom parties and celebrations will conform to the same standards as competitive food sales.

- Goal: No foods of minimal nutritional value will be served on the school campus during the school day.
- A minimum of 50% of foods will meet the nutritional criteria outlined by this policy

Teachers and staff will not use food as a reward or punishment for students. For example, they will not give coupons for fast food meals as a reward or withhold snacks as punishment for inappropriate behavior.

District Faculty, Staff, and Food Service Role in a Healthy School Environment

District staff members are encouraged to become full partners in the district's wellness goals. In support of this goal, nutritional and physical activity educational opportunities will be provided to all district staff members. These opportunities should address diverse topics related to healthy lifestyles, nutrition and physical activity, and will be provided in the form of educational and informational materials, presentations, and workshops. The district K-12 Wellness Committee will coordinate activities and promotions. District staff members are encouraged to model healthy nutrition choices and physical activity.

Policy Implementation and Monitoring

On each school campus, administration will ensure compliance with the standards of the local wellness policy. One designee from each site and the district administrator in charge of the food service will report on the school's compliance annually to the school superintendent.

The director of school dining services will ensure compliance with nutrition policies within the school food service areas and will report annually to the district administrator in charge of the food service.

The appointed Local Wellness Committee will complete a baseline assessment of the school's existing nutrition and physical activity environments and policies. The assessment will be repeated at least every three years to help review policy compliance, assess programs and determine further areas of improvement.

LEGAL REF.: Sections 18.01 Wisconsin Statutes

118.12

118.33(1)

120.13

121.02(1)

Child Nutrition and WIC Reauthorization Act of 2004

ADOPTED: March 20, 2006

REVISED: February 16, 2009