

## STUDENTS

### NUTRITION EDUCATION

Healthy eating habits and good nutrition practices impact a student's ability to learn and live a healthy life. Therefore, it is the District's goal to provide nutrition education that will positively affect a student's eating behaviors.

- A. Curriculum and instruction on healthy eating habits and good nutrition practices will be provided at all school levels. In the elementary school, nutrition education will be taught in the academic and physical education curriculum. In middle school, nutrition education will be provided in Family and Consumer Education classes, physical education classes, and eighth (8<sup>th</sup>) grade health education classes. In high school, nutrition education will be provided in related courses and physical education.
- B. In order to provide quality nutrition education there will be professional development opportunities for the teaching staff to be updated and informed about current practices that promote healthy eating habits and good nutrition practices.
- C. Middle school students will create and maintain a personal nutrition and physical activity plan as part of the health curriculum. Activities will focus on recognizing the connection between healthy eating practices and physical activity.
- D. The Food Service Department will support nutrition education by: (1) offering nutritional choices in the District meal program that supports the District nutrition guidelines; (2) participate in staff development activities that relate to healthy eating habits and good nutrition practices; and (3) provide nutrition information to participants when serving meals.

### PHYSICAL ACTIVITY

A quality physical education program is an essential component of the District's wellness activities. Physical education curriculum teaches students the importance of physical exercise as part of a healthy lifestyle. The physical activity goal is to support each student achieving the current Center for Disease Control and Prevention guideline of 60 minutes of physical activity each day. The 60 minutes does not need to be continuous time.

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- A. The District has adopted curriculum standards and learner outcomes for physical education that includes an emphasis on physical fitness and lifetime activities. Physical education is provided by, or under the direction of, a state licensed physical education teacher. High school students are required to have 1.5 credits in physical education for graduation.
- B. Other activities have been incorporated into the school day to promote physical activity. These activities include daily recess at elementary schools and organized opportunities for involvement in sports programs in the middle school and high school.
- C. To help promote the physical activity goal, schools are encouraged not to withhold opportunities for physical activity as punishment. Schools should not withhold participation in physical education classes as punishment, unless there is a safety concern. Schools should not use physical activity as a punishment.
- D. Schools are encouraged to consider providing/participating in other physical activity opportunities. These include:
  - Before and after school activities (i.e. running club, triathlon club, activity club, etc.)
  - Activity breaks during the school day
  - Safe Routes to school and encouraging students to walk or bike to and from school
  - Making school facilities available for students, parents, and community members to use before or after the school day, on weekends, or during school vacations.

### NUTRITION PROMOTION

It is the District's goal to promote healthy nutrition practices at all school levels.

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- A. Schools will inform parents about good nutrition practices and healthy eating habits through information in school newsletters, District lunch menus, and school websites.
- B. The Food Service Program will provide information to staff and parents on the new USDA food requirements for the school nutrition program.
- C. Schools will be encouraged to price healthier food choices they are selling at a lower rate than non-healthy food choices.
- D. The Food Service Program will be encouraged to conduct taste testing promotions with students and parents at all grade levels as new or different menu choices are offered.
- E. Schools will be encouraged to develop school gardens and use the experience to educate students on good nutrition practices. Produce grown in the garden will be used with the school nutrition program.
- F. Schools will be encouraged to participate in grant programs that include good nutrition practices such as participation in the fruit and vegetable snack program, etc.
- G. Schools with full kitchens will be encouraged to develop an after school cooking club to provide students with good nutrition information and skills in healthy food preparation.

### OTHER SCHOOL BASED ACTIVITIES

It is the district's goal to provide a consistent message regarding nutrition and physical activities at other school coordinated activities.

- A. The Food Service Department will establish a cafeteria environment that is conducive to a positive dining experience. Students will be provided with adequate and appropriate time for eating meals. It is recommended that students have at least 10 minutes to eat after sitting down to breakfast and 20 minutes after sitting down for lunch.
- B. Recommendations and support will be given to students and staff on how to maintain a clean and pleasant eating environment. School cafeterias will be supervised by adults who model proper eating habits, conduct and voice levels.
- C.

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- D. Schools will not use any food or beverage as a reward for academic performance or good behavior and will not withhold food or beverage as a punishment.
- E. Schools cannot operate a vending machine in competition with a federal school breakfast or federal school lunch program. All vending machines that have student access must not be operational during the school day.
- F. All eligible schools are encouraged to participate in the federal breakfast program. The Food Service Department can assist a school in determining eligibility for the federal breakfast program.
- G. A federal school nutrition program guideline prohibits schools, who participate in the federal nutrition program, from offering food in competition with the federal breakfast or lunch meal. Therefore, schools cannot provide food rewards/incentives to students during the school lunch period. Parents attending lunch with their child can bring in food for their child, but cannot bring food in for a larger group. School stores cannot sell food items to students before school or at lunch if the school participates in the federal breakfast or lunch program.
- H. Schools are encouraged to look at fundraising activities that promote physical activity or don't involve food. If a fundraiser does involve food, schools are encouraged to choose healthy food options that are supportive of the district nutrition guidelines. The district nutrition guidelines will be followed with any food item that is sold to students during the school day as part of a fundraiser.
- I. Parent groups affiliated with the school (PTA/PTO, athletic booster, theatre, etc.) are encouraged to provide some healthy food choices when food is sold to the public. Healthy food choices would meet the district nutrition guidelines.
- J. Schools are encouraged to limit classroom celebrations that involve food/beverages during the school day to no more than one party per class, per month. Alternatives to food incentives will be provided to the building principal, who can share this information with school staff.

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### NUTRITION/FOOD HANDLING PRACTICES

The following practices are directed toward preventing food borne illnesses and promoting the goals of the district wellness policy.

- A. All foods served through a school cafeteria must comply with state and local sanitation laws. This requires a licensed food handler be present while the cafeteria is used. Food items served through the school cafeteria must be made on site or purchased from a licensed food vendor.
- B. To minimize the risk for a potential food borne illness, schools are encouraged to have all food items that are served to students as snacks or treats during the school day be commercially prepared and commercially packaged. Home-made food items are discouraged.
- C. Parents bringing classroom treats will be encouraged to provide food/beverage items that meet the district nutrition guidelines.
- D. Each school cafeteria will be staffed with at least one state licensed food handler. The Food Service Program will offer continuing professional development to licensed food handlers to meet licensing guidelines.
- E. Schools will make every effort to eliminate any social stigma attached to being a student who is eligible for free and reduced price meals.
- F. No district employee may offer students food/beverage items that are personally purchased and sold directly to the student.
- G. All foods/beverages served to students as part of the school breakfast/school lunch, or a la carte must meet the district nutrition guidelines and USDA guidelines.
- H. School stores that sell food/beverages will be encouraged to offer some healthy food choices that meet the district nutrition guidelines.
- I. The district nutrition guidelines will be encouraged in the following areas, but not required:

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- IEP action steps indicate differently
  - Cooking/baking in class is part of the class curriculum
  - Students/staff bring in food as part of a school project/report
  - Food items served by parents at school for team sports
- J. District Nutrition Guidelines: Fruit, vegetables, whole grains, related combination products, nonfat and low-fat (1%) dairy that are limited to 200 calories or less per portion packaged and: shall have no more than 35% of total calories from fat; no more than 10% of total calories from saturated fat; no more than 35% of total calories from total sugar; zero (0) calories from transfat; less than 230 mg of sodium (food service menu items have a sodium content of 480 mg. or less).

Approved beverages at the elementary school level include: water or 8 ounces of low-fat or no-fat milk, 4 ounces of 100% juice. Flavored milk should have no more than 22 grams of total sugar per serving. All drinks must be caffeine free.

Approved beverages at middle and high school level include: water, 16 ounces of low-fat or no-fat milk, 8 ounce servings of 100% juice, flavored water, and 100% fruit juice with sparkling water. Flavored milk should have no more than 22 grams of total sugar per serving. All drinks must be caffeine free.

Sports drinks, soda, and diet soda will not be available to students during the school day.

### IMPLEMENTATION

Districts are required to identify a person or persons at each school building who will be responsible for assuring the school building is implementing the District wellness policy and administrative regulation. In the School District of Janesville this staff position will be the building principal or their designee.

A collaborative committee that is established by the District Administrator will meet to update and revise the district wellness policy and administrative regulation. This committee will also review annual evaluation data from the schools. The

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committee membership must include a parent, student, school board member, teacher of physical education, a school health professional, food service worker, and a teacher of health.

EVALUATION

On an annual basis each school will complete the district evaluation tool. It is recommended that the following staff (building principal, food service worker, secretary, and a teacher) be included in the evaluation process.. Evaluation reports for each school will be share with district administration, school board members, and the community.