



Sun Prairie Area
School District

Futures depend on us...every child, every day.

Book	District Policies
Section	J - Students
Title	Wellness Policy Implementation
Code	JHK-R
Status	Active
Adopted	August 14, 2006
Last Revised	June 26, 2017

PROCEDURE JHK-R WELLNESS POLICY IMPLEMENTATION

Approved by Administration: August 14, 2006

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CROSS REF.: EF, *School Nutrition Program*; EF-R, *Procedures for Dealing with Special Dietary Needs of Students*; JH, *Student Health and Welfare*; IKF, *Graduation Requirements*; JHK, *Wellness*; KMB, *Relations with Extracurricular Booster Organizations*
Employee Handbooks
Student Handbooks

The District's general plan for implementing the wellness policy and achieving the stated goals is outlined below:

1. Physical Education

- a. Students shall spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- b. All students in grades K-12, including students with disabilities, special health care needs, or in alternative educational settings, shall meet the following requirements for physical education:
 - Kindergarten – 5th grade
 - 90 minutes per week
 - 6th – 8th grade
 - 5 physical education classes per two weeks
 - 9th – 12th grade
 - 1.5 credits physical education
- c. The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards.
- d. Physical education will be taught by a licensed instructor.
- e. Athletic activities may not take the place of physical education.

2. Recess and Other Physical Activity

a. All elementary schools shall schedule at least 30 minutes each day of supervised recess, preferably outdoors, to be consistent with the district guideline regarding weather. When the air temperature or the wind chill temperature reaches five below zero degrees Fahrenheit (-5°F), students will be kept indoors to ensure their safety. When the air temperature and wind chill temperature is between 1 and -5°F, principal's discretion will be used.

b. Staff shall encourage students to engage in moderate to vigorous physical activity during recess, given provisions of space and equipment.

c. All schools are encouraged to offer extracurricular physical activity programs, such as physical activity clubs, intramural programs or interscholastic sport programs.

d. The district supports the use of the school facilities outside of school hours for physical activity programs.

3. **Health Education**

Health education shall be offered at each grade level from K–5 and in grades 6, 8 and 10. Health education shall be part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skill necessary to promote and protect their health.

4. **Nutrition Education**

a. Nutrition Education curriculum will be sequential, comprehensive and standards based. Nutrition topics shall be integrated within the comprehensive health education curriculum and within a wide variety of cross curricular subjects.

b. Nutrition education will be provided to parents in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach parents.

5. **School Nutrition Programs**

a. The district will follow the USDA National School Lunch and Breakfast Program guidelines in administering these programs. Meals served through these programs shall meet all USDA nutritional standards.

b. All food storage, preparation and service of food served to students shall comply with the Wisconsin Food Code and all USDA regulations.

c. Food product nutritional information will be available through the school nutrition office. Dietary accommodations shall be requested on a physician order.

d. The school meals program will recognize and accommodate ethnic, cultural and dietary differences. Students will have the opportunity to provide input on local, cultural, and ethnic favorites.

e. A qualified Child Nutrition Professional as defined by USDA shall administer the nutrition programs. As part of the District's responsibility, the nutritional, food safety, and financial integrity of the program shall be maintained through continuing professional development for all school nutrition staff.

f. The school meal program staff will work with school staff to use the cafeteria as a learning lab.

6. **Nutrition and Wellness Promotion in the School Environment**

The District shall create a school environment that supports the promotion of healthy food and beverage products and an active lifestyle by doing the following:

a. All food and beverage products accessible to students shall be limited to products meeting the USDA nutritional guidelines and most recent state and federal legislation. Foods and beverages not meeting these guidelines will not be served/sold/provided to students on school grounds during the school day. This includes soda pop or other sweetened soft drinks, sports drinks, iced teas, fruit-based drinks that contain additional or artificial sweeteners, high fat snack foods and candies. Only snacks

and other foods that meet USDA nutritional guidelines will be acceptable. Each building administrator shall ensure that their school is in compliance with district standards.

b. Only plain (unflavored, non-carbonated) water, nonfat and 1% unflavored milk, nonfat flavored milk and 100% juice will be available beverages for students during the school day.

c. Food and beverage products that do not meet the nutrition requirements in 6a or 6b above will not be promoted or advertised as per Policy KJ, *Advertising in the Schools*.

d. Under Building Administrator oversight, staff at each school will model a positive, healthy school environment.

e. Yearly nominations will be accepted from each school's staff for the School Wellness Award that role models a positive, healthy lifestyle.

f. The District will encourage parents to support learning by providing nutritional foods for lunches and snacks that meet USDA nutritional requirements according to most recent legislation. Information on healthy snack choices will be provided to parents and teachers through the district website, parent information, and teacher communications.

g. School fundraisers will include non-food items such as books, gift-wrap, magazine and plant sales, white elephant sales, raffles, walkathons, fun runs, etc. If food items are sold, foods not meeting nutritional criteria cannot be sold during school hours and must comprise only 10% or less of product items offered in the fundraiser efforts.

h. Food is not to be the focus of student celebrations and events. If food is part of the event, nutrient dense foods (i.e., whole grains, fresh fruits and vegetables) will be included. If a parent/guardian desires to send a food item for the class, the food should be low in sugar and fat. Individual health needs must be considered. Baked goods that are served or provided in the classrooms must be purchased, not homemade, and be in a wrapper which contains nutrition information and expiration date. Celebration foods that are less nutritious should be limited (suggested no more than twice a month) and not served prior to lunch. Lists of acceptable snack foods are included in student elementary handbooks and on the district website.

Food provided for students as part of instructional curriculum will be exempt.

i. Food rewards or incentives shall not be used to encourage student achievement or desirable behavior. Students with specific Individualized Education Plans (IEP) may be exempted, but healthier rewards are encouraged.

j. School faculty and staff will not withhold meals or physical activity, or use punitive physical activity (i.e., running laps for talking in class) consequence.

k. Schools shall provide an adequate amount of time for students to eat school meals and shall schedule lunch periods at or near mid-day. The national School Nutrition Association recommends at least 20 minutes for lunch from the time students are seated.

7. **Employee Wellness**

The district and Wellness Committee will create an annual wellness recognition for staff for implementing and modeling healthy practices to other staff members and students.

8. **Wellness Committee Implementation**

The committee will be comprised of the following:

- 1 School Board Liaison as designated by the Board
- 1 Director of School Nutrition
- 1 Benefits Specialist
- 1 or more CLC Leaders of Health and Physical Education
- 1 District Nurse
- 1 Representative of each school to include 1 Elementary and 1 Secondary building administrator designated by the District Administrator
- 2 Parents nominated by the Parent Leadership Council
- 2 Students (grades 8-12) nominated by their Principal

- 1 Community member (to be determined)
- 1 Business and Education Partnership Representative
- 1 Athletics and Activities Director

One Co-Chairperson of the Wellness Committee will be the Director of School Nutrition. The other Co-Chairperson shall rotate annually between an administrative representative of Business Services, Human Resources, Student Services and Instructional Programs.

The Wellness Committee will assess compliance of the Wellness Policy a minimum of every three (3) years. The district will actively notify households/families of the availability of the annual report through the district newsletter and website. All USDA recordkeeping requirements will be followed.