

## **DISTRICT WELLNESS**

The Waunakee Community School District is committed to helping all students and staff learn to take responsibility for their own health and wellness, by creating a school culture that promotes and protects students and staff health, well-being and their ability to learn.

- I. The Waunakee Community School District will promote health and wellness by providing age-appropriate health and physical education curricula and related programs.

The physical education curriculum teaches children the importance of physical exercise and exposes students to a wide range of physical activities so that students develop the knowledge and skills to be physically active for life. The district will adopt curriculum standards and learner outcomes for physical education that include an emphasis on total fitness and lifetime physical activities. Physical education is taught at all levels by state licensed physical education teachers. High school students are required to have 1.50 credits in physical education for graduation.

The health curriculum will educate students to develop the knowledge, attitudes, skills and behavior for life long wellness, including, but not limited to: making healthy choices, developing responsible eating habits and encouraging regular physical activity. The district will adopt curriculum standards and learner outcomes for health education that include an emphasis on good nutrition, disease prevention, and healthy lifestyles. Health education will be taught at each grade level, preschool through grade eight. High school students are required to have a quarter credit of health for graduation.

Elementary Students (kindergarten through grade 4) will be provided with an average of at least 45 minutes of physical activity daily. Students should not lose more than two recess periods a week due to incomplete class work.

The district provides additional opportunities for physical development and fitness through co-curricular and intramural sports, health and wellness fairs, and will work cooperatively with other agencies such as the Village of Waunakee Parks and Recreation Department to provide additional programming.

**II.** The Waunakee Community School District will practice and promote good nutrition within the school setting.

The district food service program will provide a quality lunch program for students and staff. Three goals of the food service program are:

Goal 1. To provide students with well balanced nutritional choices of food and beverages throughout the school day. To meet this goal, the district continually expands and explores menu offerings based on nutritional content and student preferences. The food service program strives to exceed the minimum nutrition guidelines required by the National School Lunch Program.

Goal 2. To assist students in making healthy choices. The food service program will work with students, staff, and parents to educate consumers about proper nutrition. This includes providing nutritional analysis information for all entrees provided. The food service program will offer, promote, and display food items deemed high in nutritional value.

Goal 3. To encourage and promote participation in the school food programs. The food service program will work with school administration, staff, parents and students to provide information and incentives to promote participation in school food programs. The district will provide a clean and pleasant eating environment for students and staff, with adequate and appropriate time for eating (recommended 10 minutes minimum for student lunch).

**III.** The total school environment will reflect the Waunakee Community School District's commitment to student and staff wellness.

The district will take a lead in limiting student access to unhealthy snacks and beverages.

All beverage vending machines in school buildings (grades 7-12 only) will be limited to water, milk and flavored milk, and juice products meeting district nutritional guidelines. Soda and artificially sweetened drinks will only be available in school facilities during concession sales at public events such as athletic contests, catered events, and non-school related events held outside of school hours.

Candy and other food items of minimal nutritional value may not be sold in school vending machines or other outlets such as a school store. Candy and other food items of minimal nutritional value will only be sold in school facilities during concessions sales at public events such as athletic contests, catered events, and non-school related events held outside of school hours. These events are encouraged to provide healthy alternatives.

Candy and other food items of minimal nutritional value and intended for student consumption during the school day or busses, may not be sold as a fund raising activity.

Candy is defined as any food product that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose [dextrose], high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar [sucrose], or syrup) listed as one of the first two ingredients. Food items of minimal nutritional value (USDA standards) include soda water (carbonated beverages), water ices (frozen sweetened water – e.g. popsicles), chewing gum and certain types of candies (hard candy, jellies and gums marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn).

**District Nutritional Guidelines:**

Food and beverages sold in vending machines (grades 7-12 only), school stores, and fund raising activities that meet acceptable nutritional standards shall consist of the following.

- Non-carbonated or sparkling water containing no calories or sugar, but may contain natural flavoring;
- Milk, including but not limited to chocolate milk, soy beverage, rice beverage and other similar dairy and nondairy beverage;
- One hundred percent fruit juices or fruit-based drinks that do not contain added sugar;
- An electrolyte replacement beverage that contains forty-two grams or fewer of additional sweetener per twenty-ounce serving;
- Food items that have no more than 30% of their total calories derived from fat and no more than 10 % of their calories derived from saturated fat. Nuts and seeds are exempt due to their nutrient density and levels of monounsaturated fat.
- No soft drink advertising is allowed on the vending machines.

Vending machines available to district staff shall follow the above guidelines.

Recognizing the educational value of this program, the Kokopelli Café program will continue to seek potential alternatives to comply with the above nutrition guidelines.

Parents are encouraged to provide healthy snacks for the morning snack break or birthday celebrations. To reduce the risk to students who have food allergies, parents are encouraged to provide fresh fruit or vegetables, or food items that are commercially prepared or prepared by a city/state health-inspected facility. District food service will assist staff and parents by providing lists of nutritionally appropriate snacks upon request.

This policy is not intended to regulate events where parents or guardians are present, such as a parent group ‘fun fair’ or “pot-luck”, faculty events, or secondary school classroom related cultural events involving food items. These events are encouraged to provide healthy alternatives.

Any food items used as an incentive for students or in instruction are encouraged to adhere to district nutrition standards. Strong consideration should be given to non-food items as part of any teacher-to-student incentive programs.

Annually, the district administration will review the progress of the district wellness plan. Each school building principal is responsible for monitoring the implementation and progress of the plan.

Legal References: Wisconsin Statutes 115.34; 118.01 (2)(d) 2; and 120.13 (10)

Public Law 108-265

Child Nutrition and WIC Reauthorization Act of 2004

Cross Reference: Policy 762 Vending Machines

Adopted: August 2006

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