

STUDENT WELLNESS POLICY

Student Nutrition and Physical Activity

The District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. This is a coordinated effort by the entire community, which includes parents, students, school administrators, teachers, school board members, City Health department members, food service professionals and the business community.

The Board adopts the following wellness beliefs and policies for the District, to be implemented in accordance with the attached Rule:

- A. **Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.** The entire school environment, not just the classroom, shall align with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.
- B. **Support and promote proper dietary habits contributing to students' health status and academic performance.** **All foods** available on school grounds and at school-sponsored activities during the school day should meet or exceed the District Nutrition Standards. District standards are set by the USDA. These guidelines are found at [Nutrition Standards for All Foods Sold in School](#). Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals.
- C. **Increase the amount of time students are engaged in physical activity.** A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education, co-curricular activities, recreation activities and recess. Substituting any one of these components for the others is not appropriate. Students should be encouraged to be physically active outside the school day.
- D. **The South Milwaukee School District is committed to the optimal development of every student.** Educators, administrators, parents, health practitioners and community members must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. Research shared with staff and parents should highlight the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn, to ensure widespread understanding of benefits of healthy school environments. The diversity of the student population (e.g., economic, religious, minority, cultural and medical) should be considered at all times to ensure that all students' needs are being met.

LEGAL REF.: Federal Laws
The Healthy, Hunger Free Kids Act of 2010

APPROVED: July 20, 2016

SCHOOL DISTRICT OF SOUTH MILWAUKEE

456-Rule

STUDENT WELLNESS POLICY

I. School Lunch/Breakfast Programs and Nutrition Promotion

- A. The District goal is to reduce student access to foods of minimal nutritional value. In keeping with the contractual obligations to the National School Lunch/Breakfast programs, ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the lunch/breakfast program.
- B. The School Nutrition Department will continually expand and explore menu offerings based on nutritional content and student preferences by:
 - Striving to exceed the minimum nutrition guidelines required by the National School Breakfast & Lunch Programs.
 - Assisting consumers in making healthy choices and educating them on proper nutritional value.
 - Offering, promoting and displaying food items deemed high in nutritional value.
 - Discouraging the sale and/or distribution of foods of minimal nutritional value (as defined by federal regulations) during the school day.
 - Foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.
- C. The lunchroom environment that provides students with a relaxed, enjoyable climate should be encouraged. It is encouraged that the lunchroom environment be a place where students have:
 - Adequate space to eat and pleasant surroundings.
 - Adequate time for meals, (usually 10 minutes for breakfast and 20 minutes for lunch from the time they are seated).
 - Convenient access to handwashing facilities before meals and where no coats, hats, or gloves are allowed in the lunch lines.
 - Drinking water will be available to all students throughout the school day and throughout every school campus, including during meal times.
- D. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

II. Foods and Beverages Sold Outside of School Meal Programs

The District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the District has adopted the USDA Smart Snacks in School nutrition standards for foods and beverages sold outside of the school meal programs on school grounds.

A. Food, Beverages, and Vending Guidelines

During the school day:

- Any given food item for sale throughout the school day will have no more than 35% of its total calories derived from fat.
- Any given food item for sale throughout the school day will have no more than 10% of its total calories derived from saturated fat and 0g trans fat.
- Any given food item for sale will meet the sodium guidelines outlined by USDA and be less than or equal to 35% weight from total sugar.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.
- The sale of soda to students will not be permitted during the school day.
- Food or beverages of minimal nutritional value may not be sold during the school day as defined by the USDA.

Birthday / Celebrations in the Classroom

- A list of suggested healthy snacks will be maintained.
- Because of increased concerns regarding childhood obesity and food allergies, healthy commercially pre-packaged and labeled goods (store bought) are required, if the celebration is to involve food. Homemade treats will not be allowed.
- The School Nutrition department will provide a catering menu of healthy classroom treats for parents to choose from as an alternative option. These options will be offered near cost.
- Food rewards (i.e., candy, cake) will not be banned, but other options should be utilized when possible. Examples include pencils, stickers, extra recess time, etc.

B. Fundraising/Concessions

- All fundraising projects are encouraged to follow the District Nutrition Standards.
- All fundraising projects for sale and consumption will be expected to make every effort to follow the District Nutrition Standards when determining the items being offered. (This includes before, during or after school.) The Wisconsin Department of Public Instruction allows two fundraiser exemptions per student organization per school year.
- An exempt fundraiser may sell foods and beverages not allowable under the smart snacks rule but may not compete directly with the sale of reimbursable meals.

C. List of “Healthier Choice Snacks”

Unsweetened Fruit Juices

Vegetable Juices

Skim or 1% Milk

Fresh Fruit/Dried Fruit

Pretzels

Baked Chips

Light or Low-Fat Popcorn

Animal Crackers

Graham Crackers

Vegetables (cut-up)
Canned Fruits/Fruit Cups (in juice)
Yogurt (low fat or fat free)
Go-Gurt
Low-Fat Pudding

Nutri Grain Bars
Whole Grain Crackers
Whole Grain Tortilla Chips

String Cheese
Low-fat Cottage Cheese
Sliced Cheese

D. Teacher-to-Student Incentive

- Strong consideration should be given to non-food items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutritional Standards.

III. Education and Physical Activity

A. Student Nutrition Education

- The District has a comprehensive approach to nutrition consistent with the Dietary Guidelines for Americans and follows the policies and guidelines provided by the Wisconsin Department of Public Instruction.

B. Parent Nutrition Education:

- A. Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels.
- B. Nutrition education may be provided in the form of handouts, postings on the District website, or presentations that focus on nutritional value and healthy lifestyles.

C. Physical Education:

- The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

D. Physical Activity

- Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.
- All elementary schools will offer at least 1 recess on all or most days.

- The District supports opportunities (e.g., including activity clubs, open gym, recreation and varsity sports) for students to participate in physical activity before and/or after the school day.
- The District encourages active transport to and from school, such as walking or biking.

IV. Other School Based Wellness Activities

A. STEAM & Literacy Nights

- The School Nutrition department will participate in the District's annual literacy night by promoting nutritional literacy and engaging the community in taste testing of exotic fruits and vegetables.

B. Staff Wellness

- The District will implement the following activities below to promote healthy eating and physical activity among staff.
 - Organization of employee physical activity classes
 - Administration of annual flu shots
 - Yearly HRA screening at the South Milwaukee Health and Wellness Center.
 - Distribution of an employee health newsletter to promote healthy behaviors.

V. Evaluation and Public Reporting

- The Director of School Nutrition shall implement and ensure compliance with the policy by leading the review, updates, and evaluation of the policy.
- The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the District in meeting wellness goals.
- The District will notify households/families of the availability of the annual report through the school newsletters and the District website.
- The District Student Wellness Committee will monitor, evaluate, and revise the policy as necessary. The committee will assess and update the wellness policy every three years with committee membership as follows:
 - Director of School Nutrition
 - Parent representative from each level
 - Student representative from each school level
 - School board member
 - District Nurse
 - Business Manager
 - City health department representative
 - Staff member representative from each school level
 - Administrative representative (Orbit Store)
 - Physical Education and Health Teacher
 - Family and Consumer Sciences Teacher
- The student wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as District priorities change; community

needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.

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