



Book	Policy Manual
Section	8000 Operations
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8510 - **WELLNESS**

As required by law, the board establishes the following wellness policy for the Oshkosh Area School District as a part of a comprehensive wellness initiative.

The board recognizes that good nutrition and regular physical activity affect the health and well-being of the district's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity, both in and out of school.

Instilling healthy behaviors and habits in students, with regard to eating and exercise, cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large, to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The board sets the following goals in an effort to enable students to establish good health and nutrition choices to:

- A. Promote nutrition education with the objective of improving students' health and reducing childhood obesity.
- B. Improve the health and well-being of our children, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.
- C. Promote nutrition guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the objective of promoting student health and reducing childhood obesity.
- D. Provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active lifestyle.
- E. Promote the health and wellness of students and staff through other school-based activities.

Public Involvement

The superintendent shall obtain the input of district stakeholders, to include parents/guardians, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, school board members, members of the public, and other school administrators in the development, implementation, evaluation, and periodic review and update, if necessary, of the wellness policy.

The superintendent is encouraged to form a wellness committee to carry out this function.

Policy Leadership and Reporting Requirement

The superintendent will oversee development, implementation, and evaluation of the wellness procedures and is authorized to designate a staff member or members with responsibility to assure that wellness initiatives are followed in the district's schools.

The superintendent shall conduct reviews of the progress toward school wellness procedures, identify areas for improvement, and recommend revision of procedures as necessary.

Before the end of each school year, the committee shall submit to the superintendent and board its report, which contains a description of the environment in each of the district's schools, the implementation of the wellness policy in each school, and identifies any revisions to the policy the committee deems necessary.

The superintendent or a designee of the Wellness Committee shall report annually to the board on the district's wellness programs, including the assessment of the health and wellness environment in the district, evaluation of wellness policy implementation district-wide, and the areas for improvement, if any, identified. The superintendent or a designee from the Wellness Committee shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy.

The program developed shall include the following items, along with any additional measures deemed appropriate:

- A. Identify specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, with consideration for evidence-based strategies
- B. Develop nutrition guidelines for all foods and beverages sold during the school day, that are consistent with Federal requirements for meal nutrition standards and smart snacks, and restricting marketing efforts to only those items that meet established guidelines
- C. Develop policies pertaining to other food items in the schools, including for classroom parties, birthday snacks, or other food items not for sale, but distributed in the schools
- D. Describes the process and public involvement in the development of the wellness program and initiatives

Nutrition Education

- A. Include nutrition education in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the state
- B. Integrate nutrition education into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education
- C. Ensure that nutrition education standards and benchmarks are age-appropriate and culturally relevant

Physical Activity

A. Physical Education

- 1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the state
- 2. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind
- 3. Planned instruction in physical education shall take into account gender and cultural differences

B. Physical Activity

- 1. Physical activity should not be employed as a form of discipline or punishment.
- 2. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

With regard to other school-based activities the district shall:

- 1. Limit the number of celebrations schools may have involving serving food during the school day.

2. Provide access to and encourage students, parents, and other community members to use the school's outdoor physical activity facilities, outside the normal school day, in accordance with municipal ordinances. Organized events must comply with Policy 7510 – Use of Facilities.
3. Make an organized wellness program available to all staff.
4. Utilize electronic identification and payment systems in our schools; therefore, reducing stigma or identification of students eligible to receive free and/or reduced meals.
5. Discourage students from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets. This does not prohibit sharing tables.

Furthermore, with the objectives of enhancing student health and well-being and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy 8500 - Food-Service, the food-service program shall comply with federal and state regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, as well as to the fiscal management of the program.
- B. As set forth in Policy 8531- Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. The food-service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- D. The food-service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- E. All foods available to students in the dining area during school food-service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte or from vending machines.
- F. Any food items sold on campus as a fundraiser shall meet the current USDA Dietary Guidelines for Americans.
- G. The food-service program shall be administered by a qualified nutrition professional.
- H. The food-service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- I. All food-service personnel shall receive pre-service training in food-service operations.
- J. Continuing professional development shall be offered to all staff of the food-service program.

Other School-Based Strategies for Wellness

An organized wellness program shall be available to all staff.

Public Notice

The superintendent shall be responsible for informing the public, including parents, students, and community members on the content and implementation of this policy. In order to inform the public, the superintendent shall post the wellness policy on the district's website.

Record Retention

The superintendent shall require that the district retains documentation pertaining to the development, review, evaluation, and update of the policy, including:

- A. Copy of the current policy.
- B. Documentation pertaining to the most recent assessment of implementation of wellness initiatives identified in the policy.

C. Documentation of efforts to publicize the policy.

D. Documentation of efforts to review and update the policy, including identification of the participating and invited stakeholders.

Review of this policy shall occur every three years, by a committee appointed by the board, consisting of a representative(s) of the board, the administration, the food-service provider, the parents/guardians, the students, and the public. The committee shall provide the board with review of the performance of the programs and any recommended changes to this policy.

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Legal	42 U.S.C. 1751 et seq.
	42 U.S.C. 1771 et seq.