

**Lake Country School District Policy Statement
Series 400 - Students**

School Wellness

**Policy #: 458
(Previously 900.62)**

DISTRICT WELLNESS

The Lake Country School District promotes a healthy school environment for students and staff through education and awareness, and by providing and promoting healthy options and opportunities.

Lake Country School District will provide organized health and physical education curricula and related programs.

The 5K-8th grade 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 has adopted curriculum standards and learner outcomes for physical education that include an emphasis on physical fitness and lifetime activities. Physical education is taught at all levels by state licensed physical education teachers.

The health curriculum will educate students to develop the knowledge, attitudes, skills and behavior for lifelong healthy eating habits and physical activity. The district has adopted curriculum standards and learner outcomes for health education that include an emphasis on good nutrition, disease prevention and healthy lifestyles.

Elementary students (kindergarten through grade 5) will be provided with an average of at least 30 minutes of physical activity daily. Kindergarten through grade 6 students will attend physical education class two class periods per week, Grade 7 students will attend up to three class periods per week, and Grade 8 students will attend up to two class periods per week. Unless otherwise exempted, all students will be required to engage in the District's physical education program. There will be no substitutions allowed for the physical education time requirement.

Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason. (Example: running laps or jogging around a playground). The administration believes that recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment

The district provides additional opportunities for physical development and fitness through co-curricular and intramural sports, health and wellness programs, and will work cooperatively with other entities (i.e. the City of Delafield, Village of Hartland and other Arrowhead High School feeder programs) to provide additional programming whenever and wherever possible.

Children and adolescents should participate in 60 minutes of physical activity every day. The district shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The district shall also provide opportunities for students to participate in physical activity in addition to physical education.

Goal: Continue Jump Rope for Heart

Goal: Continue PTO Fun Run for School

Goal: Continue 1 recess plus lunch recess for grades K-6.

Goal: Continue to promote the use of our fitness track, disc golf course, hiking trails, and other facilities for exercise - both during and after school.

Goal: Continue to offer a variety of extracurricular sport activities at Lake Country such as basketball, volleyball, dance, and track and field.

DISTRICT NUTRITION

The Lake Country School District will practice and promote good nutrition within the school setting.

Students who practice good nutrition attend school with minds and bodies ready to take advantage of their learning environment. Eating habits are learned early in life. Therefore, the School Board, administrators and staff support a school environment that promotes and encourages lifelong nutritious eating habits.

The Lake Country School District rule is to:

1. Ensure that all students have access to healthy food choices during school and at school functions. Healthy food options will be comparably priced.
2. Provide applications for free/reduced priced meals to all families at the beginning of the school year and post on the district website.
3. Reach out to the family of a child with an unpaid lunch account balance to assess whether the child is eligible for free or reduced price meals.
4. Provide a pleasant, safe and comfortable eating environment for students and staff.
5. Provide adequate time for meals (the American Food Service Association recommends at least 20 minutes for lunch from the time that the children are seated.)
Goal: Increase lunch periods to meet the recommendation of 20 minutes of seat time after lunch is picked up.
6. Provide recess previous to the lunch hour as it encourages appetites and settles students down before resuming classroom activities.
7. Provide convenient access to hand washing facilities before meals.
8. Provide nutrition education in the classroom with the knowledge and skills necessary to promote health.
9. Ensure school personnel serve as nutrition educators and role models for healthy lifestyles.
10. Provide opportunities for health and wellness programs to staff.
11. Ensure that all school activities, including classroom practices and incentives, are consistent with the sound nutrition practices taught in the classroom and implemented in the school meal program.
12. Integrate nutrition education across the curriculum and physical activity will be encouraged daily.
Goal: To continue providing health education with one unit related to nutritional standards for grades 6th/7th/8th
13. Educate students about healthy foods. Provide school gardens and nutrition instruction as part of the academic curriculum.
Goal: Through PE, teachers will continue to introduce healthy living and nutrition standards.
14. Expand criteria for selecting educational materials for the classroom to include review of advertising content. Every effort is to be made to select materials free of brand names/logos and illustrations of unhealthy foods.

15. Ensure the district does not expose students to food marketing of any kind. All advertising in school publications and school media outlets must be approved by the administration. Avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with the goals for a healthy school community.
16. Encourage the practice of good nutrition by reducing the sale or distribution of foods of minimal nutritional value.
17. Restrict student access to minimal nutritional value foods in vending machines, school stores, concession stands, clubs or fundraisers which students have access to during the school day and other venues that compete with healthy meals in all grades, 4K through grade 8.
Goal: To continue to not have vending machines in our school.
18. Prohibit the vending or non-vending sales of soda or artificially sweetened drinks for students on school grounds both prior to the start of the school day and throughout the instructional day, excluding after school activities such as PTO, ACE, Booster, etc. Sale of these items can only occur a minimum of one-half hour before or after school hours.
19. Permit the use and sale of skim or 1% milk and water. Water fountain/water filling station is available in the hallway by the cafeteria.
Goal: To continue to encourage the promotion of drinking water. Students have access to water stations.
Goal: To continue to not allow caffeine products during the school day.

Food Service:

1. Posters or other materials promoting healthy eating habits in the cafeteria.
2. Selective pricing that favors sales of healthy foods.
3. Articles in school newsletters and etc.
4. Students will be given the opportunity to provide input on local, cultural and ethnic favorites of the students through surveys.
5. Post menus.
6. Food safety will be a key part of school food service operation.
7. The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for the food service director. New and current food service directors must have at least 12 hours of annual training.
8. Ensure the integrity of the school lunch program by limiting food and beverages that are in direct conflict with the guidelines of the National School Lunch Program. Meals served through the district's food services program shall comply with the National School Lunch standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable.
Goal: School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment.
9. All food and beverages sold outside of the school meal programs (including Ala Carte) shall meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. <https://dpi.wi.gov/school-nutrition/program-requirements/smart-snacks>
10. Food/Health service will provide nutritional information to parents on purchased lunch items. (Available upon request – Food service manager has a binder located in the kitchen.)

The District encourages parents to provide safe and nutritious food in their children's bag lunches. Parents are encouraged to enjoy lunch with their students at school.

Fundraising:

1. School administrators will monitor fundraising activities in order to ensure that they are not in conflict with sound nutrition messages.

2. Items being sold must not interfere or compete with the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Smart Snacks nutrition standards apply to all foods and beverages sold to students through district-sponsored fundraisers, unless an exemption applies. Each school will be allowed to hold 3 exempt fundraisers per school year during which any food or beverages may be sold.
3. Items must not be sold during school hours in the cafeteria.

Classroom Incentives:

The district encourages that foods that are offered meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Non-food celebrations will be promoted and a list of allowable party foods that meet the Smart Snack standards will be available to staff and family members. Food should not be used as a reward. We strongly recommend staff use physical activity as a reward when feasible.

Whenever possible, the school will:

- Offer low-fat salad dressings
- Offer a minimum of choices of fruits/vegetables at all grade levels
- Offer whole grain foods to help meet bread requirements

The school will provide healthy food choices wherever possible when foods are sold at school sporting events or other special school activities. Frozen yogurt, fruit smoothies, popcorn, milk, cheese/crackers). Offering healthy options will support students and adults in making healthful eating decisions.

The menus will meet the nutrition standards established by the U.S. Department of Agriculture and WI Department of Agriculture, conforming to good menu planning principles and featuring a variety of healthy choices consisting of fruits, vegetables, whole grains and dairy foods that are low in fat, sugars and sodium, that are tasty, attractive, of excellent quality and are served at the proper temperature.

We will include on the menu the following statement, "This institution is an equal opportunity provider". For all other information related to the website, we will use the following statement, "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Administration shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy. The district will invite a diverse group of stakeholders (administration, classroom teachers, physical education teachers, SFA representative, school nurse, community members/parents, students. The district wellness committee will meet one time per year; and every two-three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

The district will evaluate compliance with the Wellness Policy no less than once every three years. The triennial progress report will be posted on the district website. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model

policy, as established by the U.S. Department of Agriculture. The district will actively inform families and the public about the content of and any updates to the policy through the school website and Board of Education meetings.

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