

## **Policies of the Board of Education**

### **Section I      Students**

## **SCHOOL WELLNESS & NUTRITION POLICY      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 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 life long 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. Students will not lose more than two recess periods in 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 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.

### **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. Provide a positive environment and appropriate knowledge regarding food.
2. Ensure that all students have access to healthy food choices during school and at school functions.
3. Provide a pleasant, safe and comfortable eating environment for students and staff.
4. 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.)
5. Provide recess previous to the lunch hour as it encourages appetites and settles students down before resuming classroom activities.
6. Provide convenient access to hand washing facilities before meals.
7. Enable all students through comprehensive curriculum to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.
8. Ensure nutrition practices taught in the classroom and implemented in the school meal program.
9. Ensure school personnel serve as nutrition educators and role models for healthy lifestyles.
10. 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.
11. 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 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup>

12. Educate students about healthy foods. (PE/Health/Recess)

Goal: Through PE, teachers will continue to introduce healthy living and nutrition standards.

13. Ensure the integrity of the school lunch program by limiting food and beverages that are in direct conflict with the guidelines of the school lunch program.
14. Encourage the practice of good nutrition by reducing the sale or distribution of foods of minimal nutritional value.
15. 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, kindergarten through grade 8.

Goal: To continue not having vending machines in our school.

16. 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
17. Permit the use and sale of milk, water and beverages containing 10% real juice both prior to and during the instructional day.

Goal: To only serve skim or 1% milk products

Goal: To continue to encourage through direction the promotion of water.

Goal: To limit soda use only during PTO/Booster/Medieval Faire

Goal: To not allow caffeine products during the school day.

**Food Service:**

1. Posters or other material promoting healthy eating habits in cafeteria and other parts of the school.
2. Selective pricing that favors sales of healthy foods.

3. Articles in school newspapers and etc.
4. Include food service topics in school announcements.
5. Students will be given the opportunity to provide input on local, cultural and ethnic favorites of the students through surveys.
6. Post menus.
7. School food service staff members that are properly qualified according to current professional standards and regularly participate in professional development activities will administer the Child Nutrition Program.
8. Food safety will be a key part of school food service operation.
9. Nutritional analysis of all ala carte items will be posted in the proper area.
10. Food/Health service will provide nutritional information to parents on purchased lunch items. (Available upon request – located in a binder in the School Office.)

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.

The Child Nutrition Program will provide nutritious meals that reflect current research and comply or exceed federal and state standards.

**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 National School Lunch Program.

**Classroom Incentives:**

1. Teachers are encouraged to consider non-food items as a teacher to student incentive. Should teachers decide to use a food item, they are encouraged to adhere to the nutritional guidelines.
2. Teachers should encourage healthy snacks in the classroom.

A healthy diet can include all foods, as long as snacks, desserts, side dishes and entrees are appropriately proportioned. Competitive foods should not take the place of a nutritionally balanced diet.

Lake Country School encourages parents/guardians to support their child's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Goal: Write a Federal Pep Grant(Sharon B. White) for a possible track or interval cross country course. This is a collaborative effort with local private schools

Goal: Continue Jump Rope for Heart

Goal: Continue Family Fit Run for School

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

Whenever possible, the school will:

- Offer low-fat salad dressings

- Offer a minimum of choices of fruits/vegetables at all grade levels (a salad bar is provided to help in this area).
- Offer whole grain foods to help meet bread requirements  
Goal: Per new standards, only whole grain breads will be served starting in 2012-2013.

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 salt, 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, sex, age, or disability. 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.”

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