

## 3690 - STUDENT NUTRITION, WELLNESS AND PHYSICAL ACTIVITY

The School District of Onalaska supports healthy practices by promoting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District recognizes the following components as essential to the implementation of positive nutrition and wellness practices.

### I. Student Nutrition Program

The district will support and promote proper dietary habits through the school nutrition programs.

#### A. Breakfast/Lunch Programs

School sponsored meal programs will provide nutritionally balanced foods for the students. The program will strive to meet or exceed the U.S. Dietary Guidelines. These guidelines will focus on a healthy eating plan that:

"Emphasizes fresh fruits, vegetables, whole grains and fat-free or low-fat milk and milk products.

"Includes lean meats, poultry, fish, beans, eggs and nuts.

"Is low in saturated fats, trans fats, cholesterol, salt and added sugars.

"When possible and feasible, is derived from purchases made in collaboration with local farmers and growers for the purpose of increasing the consumption of minimally processed foods.

Foods shall be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals and healthy dietary habits.

The lunchroom environment should provide a relaxed atmosphere where students have time to eat their meals. Lunch times will be a minimum of 20 minutes in length with minimal interruptions.

#### B. A la Carte / Milk Program

A la Carte programs will be available at the middle and high schools. Snacks available from a la Carte will follow the U.S. Dietary Guidelines and may include beverages such as water, milk or juice. A la Carte times will vary but should relate to the lunchtime schedule to not discourage eating a healthy lunch.

A milk program will be available at each elementary school.

#### C. Other Sale of Foods

The building principal must approve all other food sales during the school day.

#### D. Student / Teacher Fundraising

All fundraising projects involving food and affiliated with the schools shall have a goal of supporting healthy nutrition and wellness.

#### E.School Sponsored Events Outside the School Day

It is highly recommended that foods and beverages sold at school sponsored events outside the school day place an emphasis on promoting good health and nutrition.

#### F.Vending Machines and Non-Vending Food Items

Vending machine and non-vending machine food sale of milk, water, fruit juices, nutritionally fortified beverages and snacks that follow the U.S. Dietary Guidelines will be permitted on school grounds.

#### G. School Nutrition Advisory Committee

Each school will develop a process in which a group of stakeholders will consult with the school nutrition director on food products, décor, food presentation and other school nutrition related areas. Members of this group should include, but would not be limited to, students, teachers, parents, administrators and school nutrition employees.

#### H. School Store

School store(s) will only sell food items that comply with the district nutrition policy.

#### I. Class Celebrations / Student Incentives

Parents are encouraged to bring healthy snack choices for classroom celebrations such as but not limited to children's birthdays, holiday celebrations and special classroom events. A recommended list of snacks will be made available to parents upon request from the building administrator. Teachers will also make parents aware of restricted food/non-food products to prevent any allergic reactions within the class population.

Teachers will be required to follow district nutrition guidelines with regard to snacks they purchase for student treats or student incentives. Strong consideration should be given to non-food items as part of any teacher to student incentive program.

#### J.Parent and Support/Fundraising Groups (Revised December 2012)

Parent and support groups are required to follow the district nutrition policy and the Wisconsin Food Code when including food as part of school fundraising functions held on District ground or in District facilities, or anytime food is sold on District grounds or in District facilities - such as but not limited to fundraisers and concession stands.

See new Appendix AH for procedural guidelines regarding bake sales and food related fundraisers.

It is also recommended that parents refrain from providing foods of minimal nutritional value as defined by the USDA.

#### K. Water Consumption

Increased consumption of water throughout the day is encouraged. Staff members should be particularly sensitive of student needs for water during periods of hot weather. Students should be allowed to carry bottles of water during the school day. Water should be available during meal times and through school vending machines, concessions and a la Carte.

##### Water Bottles -

1. Water bottles should be clear and have secure caps.
2. Students may not share water bottles.
3. Empty bottles should be sanitized for continued use, discarded or recycled on a regular basis.
4. Students misusing water bottles shall be subject to school disciplinary policies.
5. Water bottles can be restricted in certain areas where equipment, instruction or appropriateness is a factor - example: science labs, LMCs, computer labs, etc.

#### L. Co-Curricular Travel

Co-Curricular participants are encouraged to eat healthy snacks and pre/post event meals when traveling on school trips. Parents are also encouraged to provide food products that meet the US Dietary Guidelines in sack type lunches for such events.

## II. Physical Activity

Physical activity is an essential component for all students. Students will be encouraged to engage in physical activity through a curriculum that promotes life-long activities. The district recommends at least 60 minutes of physical activity for student per day. This activity should include regular instruction in physical education classes, co-curricular activities, recess and other opportunities for physical activity before, during and after school. When possible, schools will encourage students to actively commute to and from school. The goal of the district is to meet or exceed the physical education requirements set by the State of Wisconsin. (See district physical education curriculum on district web site).

The district will continue to collaborate with the City of Onalaska, the La Crosse County Health Department and the YMCA to find ways to increase the physical activity of students. Schools are encouraged to explore the availability of Safe Routes to Schools and Walking School Bus activities within the county in an effort to expand student physical opportunities and an educational awareness of the

benefits of such efforts.

### III. Health Education

The K-12 health curriculum will educate students to develop the knowledge, attitudes, skills and behaviors for life-long wellness. The health curriculum supports the philosophy that the quality of life is dependent upon the student's interaction with their total environment - including physical, mental and social well-being. It is the goal of the district to meet or exceed the requirements for health education of the State of Wisconsin. (See district health education curriculum).

#### A. Parent/Family Wellness Education

The district will provide parents with informational materials that will help support the notion of family wellness, good nutrition and physical activity. This information will be in the form of (but not limited to) curriculum materials, family education nights, newsletter articles or recommended home activities/practices.