Policy Overview

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.

Policy Leadership - Implementation of the student nutrition, wellness and physical activity policy are the responsibilities of the human resource director and the school nutrition director.

Public Involvement- This policy was developed and written with the help of the following stakeholder groups: parents, teachers, administrators, school nurse, university health science and/or hospital professionals.

Policy Review - This policy is reviewed every two years.

Compliance:

Yes  Partially in Compliance  No

Notes/Comments/Suggestions:

Policy was reviewed during the 2017-18 school year by two people. Consider aligning with review with USDA/DPI biennial three-year review schedule instead of biennial review. Evaluate who should be in charge of policy leadership and update policy. The group involved for this review meet annually to monitor compliance and biennially to review and update policy.

Policy should also include language specifying how the SFA Updates/Informs the Public about the content and implementation of the policy. I.E. DPI Sample (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). Add this to policy.

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.

Nutrition Promotion - In an effort to promote and increase healthy eating, the school nutrition program will implement at least one Smarter Lunchroom Strategies per quarter. In addition, the School Nutrition Director uses the Smarter Lunch Self-Assessment Scorecard to determine ways to improve the school meals environment.

**Notes/Comments/Suggestions:**

Breakfast/Lunch programs meet USDA and policy requirements. The Smarter Lunchroom strategies are completed on a quarterly basis, except during virtual instruction. Increase use of school nutrition advisory committees per Section G below.

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.

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA’s Nutrition Standards for All Food sold in Schools (Smart Snack rule).

A milk program will be available at each elementary school.

**Notes/Comments/Suggestions:**

A la Carte program is available except during 2nd semester of 2020-21 due to COVID restrictions. The District is evaluating the milk program and aligning with guidance regarding milk consumption.

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 sales 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, decor, 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**

   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 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 to 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.
6. 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.

Notes/Comments/Suggestions (Other Nutrition beyond breakfast/lunch/milk/ a la carte):

Staff on the committee reported students are coming to school hungry or finding themselves hungry between meal opportunities. Teachers regularly buy food for their students to help them be able to concentrate on instruction. It was suggested a district initiative to provide supplemental food be considered. It was believed this may ensure uniformity, equity, and good choices.

It was noted how food is considered an essential component of a celebration. Are there non-food means for celebrating that we should consider? What are we teaching our students when this is the norm at school? Are there non-food means for celebrating? It was noted that everyone celebrates the same holidays.

If we are going to do celebrations with food, a standardized list of items is suggested.

There needs to be more access to water and water fountains. Some have been removed (i.e. gymnasium due to floor damage concerns).

Encourage recycling of food that is otherwise tossed. For food safety this is limited to pre-packaged items. We do a good job with other types of recycling.

Consider piloting a co-curricular activity trip that does not include stopping at a fast-food restaurant. Can a prepared more-nutritious meal be brought or furnished without overt identification?

Fundraisers seem to include a significant portion of non-healthy food options.

At one time nutritious alternatives were part of concessions.

Compliance:

Yes Partially in Compliance No

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 students per day both as part of classroom instruction and outside of the classroom. 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 website).

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.

Compliance:

Yes  Partially in Compliance  No

Notes/Comments/Suggestions:

There was general consensus of the review committee that a significant portion of students are not achieving the policy’s recommended 60 daily minutes of physical activity a day from combined school and outside activities.

Elementary: Elementary does one “fun run” per year. There is a framework for discussing what to do to stay active, there could be more activities.

Elementary has done “walking bus” activities periodically.

Middle: Middle does two “fun runs” per year. Middle does one staff/student competition per year. Students are wanting to use the fitness room. The fitness room could be upgraded. There can still be activities to encourage physical activity at noon break. Kids can be spread out. “Middle School Playground” equipment can be added. Encourage the students to spread out and utilize the green space. There has been a “field day” at the end of the year.

High: Freshmen participate in physical education class every day. Consider opportunities for students to move around during lunch break. Can an activity day be created?

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).

Compliance:

Yes  Partially in Compliance  No

Notes/Comments/Suggestions:
All: Can the day start with encouragement of physical activity (i.e. something during morning live or video announcements)?

Health education exists and could be stronger if we identify connections to classrooms. The committee believed this would particularly work well for K-5.

OMS offers health for a quarter each in Grades 6 and 7 and 7.2 weeks in Grade 8. High School offering is particularly strong.

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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.

Compliance:

Yes          Partially in Compliance           No

Notes/Comments/Suggestions:

1. Include materials in newsletters.
2. Review space needs (OMS) for family nights.
3. Offer Healthy Family Cooking Evening.

Concluding Notes/Comments/Suggestions:

1. Review policy items for possible recommendations for updating (leadership, review frequency, etc.) [Admin/Board]
2. Consider implementation of a couple of the recommendations:
   a. Snack List for Celebrations/Alternatives.
   b. Morning Activities.
   c. Standardize and implement uniform healthy snacks between meals.