

## MIDDLETON-CROSS PLAINS AREA SCHOOL DISTRICT

### Administrative Policy and Procedure Manual

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#### WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION

##### Policy

The Middleton-Cross Plains Area School District is committed to providing school environments that promote and protect children's and adult's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Middleton-Cross Plains Area School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe settings and adequate time for students to eat.
- All schools in our district will participate in the National School Lunch Program and targeted schools will participate in the School Breakfast Program.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

##### Procedure

1. The Middleton-Cross Plains Area School District will provide organized health and physical education curricula and related programs.
  - a. 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. High school students are required to have 1.5 credits in physical education for graduation.
  - b. 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. Health Education is taught in elementary and middle school. High school students are required to have .5 credits (one semester) of health education for graduation.

- c. The district provides additional opportunities for physical development and fitness through co-curricular activities, health and wellness fairs, and will work cooperatively with other agencies to provide additional programming.
2. The total school environment will reflect the Middleton-Cross Plains Area School District's commitment to student and staff wellness.
    - a. Beginning in September 2006, all food and beverage items served or sold in the schools must meet **acceptable nutritional standards**. The Alliance for a Healthier Generation has established the following beverage guidelines:
      - No or low calorie beverages with up to 10 calories / 8 ounces (e.g. diet sodas, diet and unsweetened teas, fitness waters, low calorie sports drinks, flavored waters, seltzers);
      - Low fat and non fat regular and flavored milk and nutritionally equivalent (per USDA) milk alternatives with up to 150 calories / 8 ounces;
      - 100% juice with no added sweeteners, up to 120 calories / eight ounces, and at least 10% daily value of three or more vitamins and minerals;
      - Light juices and sports drinks with no more than 66 calories / 8 ounces;

Also:

- Food items that have no more than 30% of their total calories derived from fat and no more than 10% of their calories derived from saturated fat. Nuts and seeds are exempt due to their nutrient density and levels of monounsaturated fat.

These guidelines apply to beverages and food items sold on school grounds during the regular and extended school day, including activities such as clubs, yearbook, band and choir practice, student government, drama, and childcare / latchkey programs. These guidelines do not apply to school-related events where parents and other adults are part of an audience or are selling beverages as boosters during intermissions, as well as immediately before or after an event. Examples of these events include school plays and band concerts.

In addition:

- The consumption of nutrient dense foods, i.e. whole grains, fresh fruits and vegetables is encouraged.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.
- Teachers are strongly encouraged to consider non-food items for student incentives and rewards. If food items are used for incentives and rewards, the acceptable nutritional standards should be followed.

- b. The district food service program will provide a quality breakfast (at targeted schools) and lunch program (at all schools) for students and staff. The food service program will:
- provide students with well-balanced nutritional choices of food and beverages. To meet this goal, the district continually expands and explores menu offerings based on nutritional content and student preferences. The food service program strives to exceed the minimum nutrition guidelines required by the National School Lunch Program.
  - assist students in making healthy choices. Work with students, staff and parents to educate consumers about proper nutrition. The food service program will offer, promote and display food items deemed high in nutritional value. The program will only offer food and beverage items that meet acceptable nutritional standards.
  - encourage and promote participation in the school breakfast and lunch program. The food service program will work with school administration, staff, parents and students to provide information and incentives to promote participation in school breakfast and lunch. The district will provide a clean and safe eating environment for students and staff, with adequate space and appropriate time for eating (20 minutes suggested for student lunch).
- c. Snacks and treats served during the student school day should meet acceptable nutritional standards. In addition, to reduce the risk to students who have food allergies, all food items that are provided in a classroom must have ingredients labeled and may require prior approval of the parent/guardian of the allergic student. Even then, the food item may not be suitable due to unknown ingredients and potential cross contamination.
- d. The district will maintain a nutrition/wellness committee with the purpose of monitoring the implementation of the district's wellness policies, evaluating the progress of related goals, serve as a resource to school sites, plan special events and incentives, and recommend policy revisions as necessary. The committee will meet at least twice yearly and will include the Assistant Superintendent of Educational Services, Supervisor of Food Services, two building principals, the Coordinator of Health Services, two parents, a middle school and high school student, and a staff member from each school level. Staff member representation should include at least one physical education teacher and one health teacher. An administrator will chair the committee.
- e. Annually, the Board of Education will review the progress of the district wellness plan.

APPROVED: June 26, 2006

REVISED: May 11, 2011