

SERIES 400 – STUDENTS

Student Health and Welfare - 450

School District Wellness Policy – 458

Preamble

The Norwalk-Ontario-Wilton School District is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. This policy outlines the District's approach to ensure all students practice healthy eating and physical activity behaviors throughout the school day.

Policy Leadership

The Superintendent shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy.

School Wellness Committee

A Wellness Committee shall be formed and maintained to oversee the activities set forth in this policy. The Committee shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The Committee shall meet at least once during the school year to discuss the implementation of the established activities and address any barriers and challenges. The Superintendent shall report annually to the Board of Education on the implementation of the policy and any recommended changes or revisions. The Board will adopt or revise policies based on the Committee recommendations.

Committee Representatives are:

Superintendent, Elementary Principal, Jr. & Sr. High School Principal, Food Service Manager, School Nurse, Athletic Director/Classroom Teacher, Physical Education Teacher, School Board Member, Parent, Student.

Nutrition Standard for All Foods

The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

School Meal Programs

Standards and Guidelines for School Meal Programs.

- All meals meet or exceed current nutrition requirements established under the Healthy and Hunger Free Kids Act of 2010 (www.fns.usda.gov/sites/default/files/dietaryspecs.pdf).
- All schools in the District participate in USDA child nutrition programs.
- All meals are accessible to all students.
- Withholding food as a punishment shall be strictly prohibited.
- All meals are appealing and attractive and served in clean and pleasant settings.
- Drinking water is available for students during mealtimes.
- Students are provided at least ten (10) minutes to eat breakfast and at least twenty (20) minutes to eat lunch after being seated.
- All school campuses are “closed” meaning that students are not permitted to leave the school grounds during the school day.
- Lunch shall be served between 11:00 a.m. and 1:00 p.m.
- Menus shall be posted on the District website.
- Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional.
- All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

School Meal Program Participation

- Shall notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals;
- Shall allow students the opportunity to provide input on menu items;
- Shall restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings;

Foods and Beverages Sold Outside of School Meals

- All food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at <http://www.fns.usda.gov/healthierschoolday/toolsschoolsfocusingSMARTsnacks>.
- All food and beverages sold to students during before and after school programs shall meet the USDA Smart Snack nutrition standards.
- No beverages with nonnutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. shall be sold to students during the school day regardless of their compliance with the USDA Smart Snacks standards.
- The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels during the school day are prohibited.

Foods Offered/Provided but Not Sold

- All foods offered on the school campus shall meet or exceed the USDA Smart Snacks in School nutrition standards except those provided at celebrations and parties and classroom snacks brought by staff or family members.
- The District encourages foods offered on the school campus 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.
- All foods and beverages offered on the school campus, except those provided at celebrations, parties, or part of classroom snacks, will adhere to the District standards as established below.
- Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.

Fundraising

- Fundraising during and outside school hours use only nonfood fundraisers, and the District encourages those fundraisers promoting physical activity (such as walkathons, jump rope for heart, fun runs, etc.).
- Fundraising during and outside school hours sell only nonfood items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. This may include but is not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.
- Foods and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fundraisers during the school day.
- No restrictions are placed on the sale of food/beverage items sold outside of the school day.
- The District allows up to five (5) exempt fundraisers per school per year.
- The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards.

Marketing

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes Brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

Nutrition Education

- The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District. The District aims to teach, model, encourage, and support healthy eating by providing nutrition education that helps students develop lifelong healthy eating behaviors.
- Nutrition curriculum shall be offered as part of a sequential, standards based program designed to provide students with the knowledge and skills necessary to promote health. Curriculum will place an emphasis on: Promotion of adequate nutrient intake, healthy food preparation techniques, food safety, and healthy eating practices based on the Dietary Guidelines for Americans and MyPlate; Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information; and Media literacy and the problems associated with food marketing to children.
- Nutrition education shall follow the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition. Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.
- Nutrition education shall be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers. Staff shall integrate at least four (4) experiential nutrition education activities in all grade levels. Activities will include gardening, cooking demonstrations, and farm and farmers' market tours.
- Students shall have the opportunity to participate in school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden produced foods. Staff members responsible for nutrition education will regularly participate in relevant professional development. Staff shall only use approved nutrition curriculum in the classroom.
- Nutrition education shall be provided to families via handouts, newsletters, postings on the website, presentations, and workshops.

Nutrition Promotion

- The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.
- School nutrition services shall use the Smarter Lunchroom Self Assessment Scorecard to determine ways to improve the school meals environment.
- School nutrition services shall implement at least four (4) Smarter Lunchroom techniques at each school. School nutrition services shall purchase locally grown/produced products when possible.
- School nutrition services shall offer students school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden produced foods.
- The District shall offer students the opportunity to participate in culinary activities.

Physical Activity

- The District shall provide students with age and grade appropriate opportunities to engage in physical activity.
- The District shall utilize the Wisconsin Department of Public Instruction's Active Schools: Core 4+ resources.
- The District shall develop a comprehensive, school based physical activity program (CSPAP), that includes the following components: physical education, recess; classroom based physical activity; and out of school time activities.
- 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 provide opportunities for students to participate in physical activity in addition to physical education.
- Students may not be allowed to participate on sports teams due to failure to meet WIAA or other school codes, e.g. academic, behavioral or attendance requirements.
- Elementary schools shall offer at least 20 minutes of recess on most days during the school year (early dismissal/late arrival days are exempt). Outdoor recess shall be offered unless the following weather conditions prevent outdoor recess: 0 degrees or less; 0 degrees wind chill or less; it is raining; severe weather warning has been issued by the National Weather Service. Recess monitors/teachers shall encourage students to be active during recess.
- Teachers shall incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible.
- Teachers shall offer short activity breaks (or brain breaks) as needed throughout the school day.
- Schools shall provide physical activity opportunities for all students before and after school. Activities include physical activity classes/clubs, physical activity in aftercare, and varsity sports.
- District facilities shall be made available to students and community members.
- Opportunities to participate in physical activity shall be promoted throughout the school via school district newsletters and the school district web-site.

Physical Education

- Physical activity (physical education) is provided for grades five year old kindergarten thru grade six, three times per week; seventh and eighth grades every other day; and ninth through eleventh grades every day for a semester. These classes devote 50-75% of class time to moderate to vigorous activities. Students in the district cannot opt out or miss physical education classes unless a doctor excuse or note is provided to the instructor.
- Norwalk-Ontario-Wilton Elementary School requires students receive a minimum of 130 minutes of physical education scheduled per week.
- Brookwood Jr. High School requires students receive a minimum of 90 minutes of physical education scheduled per week.
- Brookwood Sr. High School requires that students schedule 225 minutes of physical education per week for one semester.

- Students are taught fitness skills for personal fitness as well as lifetime activities to promote an active lifestyle for each student.
- All District elementary students in each grade shall have physical education scheduled a minimum of three times per week.
- All District junior high students are required to take the equivalent of one academic year of physical education.
- All District high school students are required to receive 1.5 credits of physical education prior to graduation.
- All physical education classes are taught by licensed teachers who are certified to teach physical education.
- Physical education staff shall receive professional development on a yearly basis. In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.

Other Activities that Promote School Wellness

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. The Norwalk-Ontario-Wilton School District will have a Sr. High School Wellness Day for all students one day a year. The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student wellbeing. Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water. Staff is strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum. Staff is not permitted to eat or drink out of branded packaging in front of children (e.g., coffee containers with specific company logos).

Staff Wellness

- Educational activities for school staff members on healthy lifestyle behaviors. Distribution of an employee health newsletter to promote healthy behaviors.
- Organization of employee physical activity clubs.
- Establishment of peer support groups for weight management, stress management, tobacco use cessation, family guidance, and other identified issues.
- Administration of flu shots at school. Periodic screening at school for blood pressure, blood cholesterol, body mass index, and other health indicators.
- Through the District's group health insurance provider, individual health risk appraisals to help staff members establish personal health improvement goals. Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.
- District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom.

Community Engagement

- The District will work with community partners, including Scenic Bluffs Health to support district wellness.
- The District will offer five (5) events supporting health promotion each year.
- The District will inform and invite parents to participate in school sponsored activities throughout the year.
- The District will actively inform families and the public about the content of and any updates to the policy through the District web-site, newsletters and formal communications from the Superintendent.
- The District shall provide information on how the public can participate in the school wellness committee on an annual basis.

Monitoring and Evaluation

The Wellness Committee will monitor goals and objectives for the District and compile an annual report to address the progress of the schools within the District in meeting wellness goals. This report will be presented by the Superintendent at the School District Annual Meeting. The Wellness Committee will evaluate compliance with the Wellness Policy no less than once every three years. 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 notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at www.now.k12.wi.us. The District wellness policy will be updated as needed based on evaluation results, District changes, emergence of new health science information/technology, and/or new federal or state guidance are issued.

Legal Reference: Sections 118.01, 118.12, 118.33(1), 120.13, 121.02(1) Wisconsin Statutes

Child Nutrition and Wisconsin Reauthorization Act of 2004 (Public Law 108-265)

Adopted: April 17, 2006

Revised: January 14, 2013
 May 15, 2017