

## DISTRICT HEALTH AND WELLNESS POLICY

### STUDENT NUTRITION AND PHYSICAL ACTIVITY

Walworth Joint District #1 promotes a healthy school by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

- A. **Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.** Our entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. We believe that a healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.
- B. **Support and promote proper dietary habits contributing to student's health status and academic performance.** All foods provided by the district school-sponsored activities during the instructional day should meet or exceed USDA Nutrition Standards. Emphasis will be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals.
- C. **Encourage students to be engaged in regular physical activity.** A quality physical education program is an essential component for all students to learn about and participate in regular physical activity. Physical activity should be included in our school's daily education program from grades Kindergarten through 8. Physical activity should include regular instructional physical education, co-curricular activities and recess. Substituting any one of these components for the others is not appropriate.
- D. **Our district is committed to improving academic performance in high-risk groups so that no child is left behind.** Educators, administrators, parents, health practitioners and communities must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure student's basic nourishment and activity needs are met. Research highlighting the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn will be highlighted to ensure widespread understanding of the benefits to healthy school environments. The diversity of our district's population should be considered to ensure that all students' needs are being met.

### DISTRICT NUTRITION STANDARDS

Walworth Joint District #1 strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following Nutrition Standards governing the sale of food, beverages, and candy on school grounds.

### Food:

- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.
- It is recognized that there may be rare special occasions when the school’s District Administrator may allow a school group to deviate from these guidelines.
- Milk, water, and 100% fruit juices may be sold on school grounds both prior to and throughout the instructional day.

### Candy

- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will be permitted at the conclusion of the instructional day, with special permission of the Administrator.
- Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose, syrup) listed as one of the first two ingredients.

### Soda/Energy Drinks

- Students are not permitted to bring soda/energy drinks to school.
- Vending sales of soda to students will not be permitted on school grounds.
- Non-vending sales of soda will be permitted at the conclusion of the instructional day, with special permission of the Administrator.

## **STUDENT NUTRITION PROCEDURES**

Walworth Joint District #1 promotes a healthy school by supporting wellness, good nutrition, and regular physical activity as a part of our total learning environment. The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our district contributes to the basic health status of our Walworth children. We believe that improved health optimizes student performance potential.

### School Breakfast/Lunch Program:

- The full meal program will continue to follow the U. S. Government’s Nutrition Standards.
- Additional portion availability will be offered on a limited basis.

### Middle School Nutrition Break:

- It is encouraged that the nutritional break will include food that is healthy and follows the District Nutrition Standards.
- A Fruit/Vegetable will be available each day.

- Students that bring their own nutritional break item must adhere to the District Nutrition Standards.

#### Lunchroom Climate:

- It is encouraged that the lunchroom environment be a place where students have:
  - adequate space to eat and pleasant surroundings
  - adequate time for meals (the American Food Service Association recommends at least 20 minutes for lunch from the time they are seated)
  - convenient access to hand washing facilities before meals

#### Fundraising:

- All fundraising projects are encouraged to follow the District Nutrition Standards.
- All fundraising projects for sale and consumption within and prior to the instructional day will be expected to make every effort to follow the District Nutrition Standards when determining the items being sold.
  - items being sold that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e., limit quantity sold to an individual student)
  - items being sold that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis

#### Teacher-to-Student Incentive:

Strong consideration should be given to non-food items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutritional Standards.

#### Student Nutrition Education:

Walworth Joint District #1 has a comprehensive curriculum approach to nutrition in Junior Kindergarten through eighth grade. All instructional staff will be encouraged to integrate nutritional themes into lessons when appropriate. Annually, the physical education staff will integrate nutrition concepts into the “Jump Rope for Heart” unit at all grade levels.

The health benefits of good nutrition should be emphasized. These nutritional themes include, but are not limited to:

- |                                |                                |
|--------------------------------|--------------------------------|
| * knowledge of “My Plate”      | * healthy diet                 |
| * healthy heart choices        | * food labels                  |
| * sources and variety of foods | * major nutrients              |
| * guide to a healthy diet      | * multicultural influences     |
| * diet and disease             | * serving sizes                |
| * understanding calories       | * proper sanitation            |
| * healthy snacks               | * identify and limit junk food |
| * healthy breakfast            |                                |

The district nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

### Parent Nutrition Education:

- Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle school level.
- Nutrition education may be provided in the form of handouts, postings on the district website, or presentations that focus on nutritional value and healthy lifestyles.

### District Health & Wellness Committee:

It is recommended that the District's Health & Wellness Committee meet regularly with the purposes of monitoring the implementation of the district's policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary. The committee will meet on an annual basis with committee membership as follows:

- District Food Service Supervisor
- Parent Representatives
- Student Representatives
- Staff Member Representatives
- Administrative Representative
- Physical Education and Health Program Leaders
- Board of Education Representative

The District Health and Wellness Committee will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the District's health and wellness goals. The annual report will be distributed to District households and families through the District's website and newsletter.

The District Health and Wellness Committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.

This policy will be assessed and updated as indicated at least every three years.

Walworth Joint District #1 does not discriminate on admissions to any school, class, program, or activity on the basis of sex, gender identification, race, religion, national origin, creed, pregnancy, marital status, parental status, sexual orientation, or physical, learning, emotional, or mental disability. All discrimination complaints shall be processed in accordance with established procedures.

**LEGAL REFERENCES:** Healthy Hunger Free Kids Act of 2010

**APPROVED:** January 29, 2007

**REVISED:** January 19, 2015, January 22, 2018