

DeForest Area School District
Administrative Regulation

TITLE: STUDENT WELLNESS – NUTRITION & PHYSICAL ACTIVITY	NUMBER: AR 6.3(4d)
<i>Executive Limitation: EL 6, Programs and Services</i>	
Recorded as Administrative Regulation: <i>Established: 6/21/2006 Revisions: 6/11/2012, 04/09/18, 04/23/18</i>	
Origin as Board Of Education Policy: <i>Established: n/a Revisions:</i>	

The DeForest Area School District recognizes that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. Good health fosters student attendance and education.

The District is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of the DeForest 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 PK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition guidelines set forth by this regulation.
- Qualified food service professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, After-school Snacks, and Summer Food Service 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.

TO ACHIEVE THESE POLICY GOALS:

I. Student Wellness Team

The school district will have a wellness team to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The team will also serve as resources to school sites for implementing those policies.

The school wellness team will consist of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, school administrators, teachers, physical education teachers, health professionals, and members of the public.

II. Nutrition Standards for All Foods and Beverages Available on School Campus during the School Day

A. School Meals

1. Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutritional requirements as established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
 - At lunch, vegetables will be canned, frozen and fresh including dark green, orange and red vegetables and legumes. Fresh fruit will be provided at least once a week.
- serve only low-fat (1% or less) and fat-free (skim) milk¹, flavored or unflavored, and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
- All grains served are at least 51% whole grain
- Meals will follow the linked [USDA National School Lunch Program](#) and [School Breakfast Program](#) standards

2. Food Environment

- Students should be encouraged to start each day with a healthy breakfast since children who come to school hungry may find it difficult to stay alert and learn.
- Bus schedules and morning breaks should be coordinated to allow students ample time before class to eat breakfast if they haven't eaten at home. If a full breakfast program is not feasible, schools should consider having healthy breakfast items available that students can purchase on campus in school stores or vending machines.

¹ As defined by the Healthy, Hunger-Free Kids Act of 2010.

- Lunch periods should be scheduled as near the middle of the school day as possible.
- Recess for grades K-8 should be scheduled before lunch, whenever feasible.
- Students should be provided sufficient time to eat during meal periods, with at least 10 minutes for breakfast and 20 minutes for lunch.
- Dining areas should be attractive and include enough seating area to accommodate all students who would like to sit and eat lunch, as well as enough serving areas so that students do not have to spend too much time waiting in line.
- Students will be provided access to hand washing or hand sanitizing before they eat meals or snacks; and
- Promotional activities should incorporate nutrition education and be connected to activities that encourage physical activity, academic achievement, positive youth development, and support teaching and learning.
- DASD will make potable water available to children, without restriction and at no charge, in the place where lunch meals are served or immediately adjacent to the meal service area.
- Students have access to water throughout the school day throughout the entire campus.

3. Sharing of Foods and Beverages

- Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

4. Planning of School Meals

- Schools should engage students and parents in selecting foods sold through the school meal programs. Taste-tests of new entrees and surveys can be used to identify new, healthful, and appealing food choices.
- Information about the nutrient content of meals is available to parents and students. Such information is available on the district website and by contacting the food service supervisor.

5. Qualifications of School Food Service Staff

- Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, continuing professional development will be provided for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.²

B. Foods & Beverages Sold Individually During the School Day

² School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

School day under this heading is defined as when the morning bell rings to the afternoon bell.

This section covers all foods and beverages sold outside of reimbursable school meals, such as through vending machines, bake sales, cafeteria a la carte lines, in-school fundraisers, school stores during the school day.

All Schools

Foods and beverages sold should meet the [USDA Smart Snack criteria](#).

- Calories: Entrée: less than 350 calories or Snack: less than 200 calories
- Total fat: Calories from total fat must be at or below 35% per serving. Excludes nuts, seeds, nut butters and reduced-fat cheese.
- Trans fat; less than 0.5 grams (trans fat free) per serving
- Saturated fat: Calories from saturated fat must be below 10% per serving. Excludes reduced-fat cheese.
- Sugar: Total sugar must be at or below 35% by weight. Excludes fruit, vegetables and milk.
- Sodium: Sodium is less than 480 mg per entrée, less than 200 mg per non-entrée.
- Only beverages allowed:
 - Milk: only low-fat (1% or less) and fat-free (skim), flavored or unflavored fluid milk, and/or USDA approved alternative dairy beverages; limit serving size to maximum of 8 oz for elementary, 12 oz for middle and high school.
 - Juice: 100% full strength fruit and vegetable juices with no sweeteners; limit serving size to maximum of 8 ounces for elementary, 12 oz for middle and high school.
 - Water: unflavored, no sweeteners (nutritive or non-nutritive), carbonated, caffeine-free.
 - Low calorie beverages: High school only and less than 20 oz.
 - Caffeine in beverages: Only allowed at high school.

C. Other Foods & Beverages Offered to Students During the School Day

School day under this heading is defined as the bell at the start of the school day and the bell at the end of the school day.

1. Snacks

Snacks served during the school day or during after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving nutrient-dense foods. The district will disseminate a list of healthful, allergen aware snack suggestions to teachers, after-school program personnel, and parents.

- Snacks served during the day should meet the USDA Smart Snack standards, see above.
- Grades PK-4 will offer milk break through the Wisconsin School Day Milk Program and the Special Milk Program.
- Milk and/or snack breaks should not be scheduled one hour before or one hour

after scheduled meal periods.

- Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

2. Rewards

Schools should not use foods or beverages, especially those that are not nutrient-dense as rewards for academic performance or good behavior,³ and will not withhold food or beverages (including food served through school meals) as a punishment.

3. Celebrations, Parties, & Treats

Schools should limit celebrations that involve food during the school day. Food and beverages at celebrations should meet the Smart Snack criteria listed previously. Classroom celebrations involving food should not take place one hour before, during, or one hour after the scheduled meal period. The district will disseminate a list of healthy party ideas to parents and teachers. The district also provides catering services for healthy snacks delivered to the classroom. Holiday celebrations (Halloween, Valentine's Day, and a Winter Holiday Party) are encouraged to meet the above guidelines.

4. Fundraising Activities

To support children's health and school nutrition-education efforts, fundraising activities during the school day will not involve food or will use only foods that meet the nutrition and portion size standards for foods and beverages sold individually (Section II B). Fundraising activities involving food or beverages should not take place one hour before, during, or one hour after scheduled meal periods. The school district will make available a list of ideas for acceptable school-day fundraising activities. Fundraisers involving food will be approved through foodservice supervisor.

5. Curriculum Integration

Foods and beverages offered to students as part of classroom lesson plans that support curriculum should make a positive contribution to children's diets and health. Classrooms are encouraged to coordinate with the Food & Nutrition Services Department to integrate classroom instruction into cafeteria promotions, menus, and for assistance with foods for classroom use.

D. Foods & Beverages Offered to Students Outside of the School Day

Outside of the school day under this heading is defined as before and after the bell for each school, and non-school days.

1. School-sponsored Events

Foods and beverages offered or sold at school-sponsored events outside the school day (such as, but not limited to, athletic events, dances, or performances) are encouraged to meet the nutrition standards for foods and beverages sold individually during the school day (Section II B).

2. Fundraising

Schools will encourage fundraising activities that are held outside of the school day to

³ Unless this practice is allowed by a student's individual education plan (IEP).

support children's health, school nutrition-education efforts, and physical fitness.

E. Wellness Promotion and Marketing

- Staff are encouraged to participate in staff wellness events and model healthy behaviors for students.
- Healthy food options will be comparably priced for ala carte to encourage consumption of fruit, vegetables, whole grains and milk. Taste tests and posters will be used to promote healthy choices.
- Schools will restrict food and beverage marketing during the school day to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for all food sold in schools (smart snack) rule.

III. Nutrition and Physical Activity Promotion

A. Nutrition Education and Promotion

The DeForest Area School District aims to teach, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion. These opportunities will be:

- Offered K-8 as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. It is offered through electives in grades 9-12.
- Part of not only health education classes, but also classroom instruction in other subjects such as math, science, allied arts, language arts, etc.
- Developmentally appropriate, culturally relevant, and include participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- Promoting fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasizing caloric balance between food intake and energy expenditure (physical activity/exercise).
- Including training for teachers and other staff.
- Nutrition education services and support are available through the food service supervisor for students, staff and community members.
- School nutrition services shall use the Smarter Lunchroom scorecard and techniques to promote and improve the school meals environment.

The DeForest Area School District has a comprehensive curriculum approach to nutrition in kindergarten through eighth grade. All instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition are emphasized. These nutritional themes include but are not limited to:

- Knowledge of choosemyplate.gov
- 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

B. Integrating Physical Activity into the Classroom Setting

Students will have the opportunity to have daily physical activity. To achieve this goal, students need opportunities for physical activity beyond the physical education class.

Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

IV. Physical Activity Opportunities and Physical Education

A. Physical Education

All students in grades K-9, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education each year. In grades 10-12, students are required to enroll in an additional 2 semesters of physical education. All physical education classes will be taught by a certified physical education teacher.

Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

- The physical education curriculum for grades K-12 will be aligned with established state physical education standards and published on the district website.
- All K-4 elementary students will receive 180 minutes every 12 days of physical education instruction throughout the school year. All 5-8 middle school students will receive 47 minutes, every other day of physical education instruction throughout the school year. All 9-11 high school students will receive 140 minutes, 2 out of every 3 days for 1 semester.
- The school district will provide annual CPR, first aid and AED training to physical education teachers.

- Physical education classes will have the same student/teacher ratios used in other core classes.
- All students in grades K-9 shall be required to take physical education class.
- Schools will not allow students to be exempted from required physical education excluding medical waivers.

B. Daily Recess

All elementary school students will have at least 60 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity and through the provision of space and equipment.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

C. Physical Activity Opportunities Before and/or After School

All elementary, middle, and high schools are encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs before and/or after school. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

D. Physical Activity and Punishment

Teachers and other school and community personnel should not use physical activity (*e.g.*, running laps, pushups) or limit opportunities for physical activity (*e.g.*, entire recess, physical education) as punishment.

E. Safe Routes to School

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district should explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements.

F. Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School regulations concerning safety and facility use will apply at all times.

G. Other School-Based Strategies for Wellness

The district will offer one family-focused event supporting health promotion each year. (Fun run, open house, health fair, etc.)

V. Monitoring and Policy Review

A. Monitoring

The district will conduct an assessment of the school's existing nutrition and physical activity environments and policies every three years.

B. Policy Implementation, Review and Communication

The district will compile school-by-school assessments every three years to help review policy compliance, assess progress, and determine areas in need of improvement. Results will be shared with administration, school board, teachers, support staff, parents and community with focus on education and action to address areas of concern.

- The assessments will be posted on the district website.
- The Wellness team welcomes public input on the policy, assessment and areas of improvement.

C. Roles and Responsibilities

The principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

The Food & Nutrition Services Supervisor will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or designee.

The Director of Instruction will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. She/he will report on this matter to the superintendent or designee.