

SCHOOL DISTRICT OF NEW GLARUS SCHOOL DISTRICT  
**WELLNESS POLICY**

The School District of New Glarus is committed to providing a school environment that promotes and fosters children's health, well-being, and ability to learn by supporting and encouraging healthy eating and regular physical activity. The following wellness policy, developed May 2006, serves to support this healthy school environment.

**SCHOOL DISTRICT WELLNESS POLICY COMMITTEE**

The School District of New Glarus will create a Wellness Policy Committee for the purpose of developing, implementing, monitoring, and reviewing the school's nutrition and physical activity policies. The Wellness Committee will consist of representation from the district's school board, administration, food service, teachers, students, parents, and the public.

**The School District of New Glarus' Wellness Committee will meet three to five times during the development of the policy and subsequently on an annual basis to review and adapt the policy.**

**SCHOOL NUTRITION PROGRAM**

**School Meals**

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

Be appealing and attractive to children;

Be served in a clean and pleasant setting;

Meet at a minimum, the nutrition requirements established by the school district, Wisconsin, and federal statutes and regulations;

Offer a variety of fruits and vegetables;

Serve low-fat and fat-free dairy products and nutritionally-equivalent non-dairy alternatives; and

Ensure that half of the served grains are whole grains.

The Middle/High School will offer "Grab N Go" breakfast or breakfast options prior to the start of the school day or during the morning break.

The School District of New Glarus will engage students, staff, and parents through taste-tests of new entrees and surveys, in selecting food sold through the school meal programs in order to identify new, healthful and appealing food choices.

**The School District of New Glarus will provide nutritional information on the school menus, district website, cafeteria menu boards, and other point of purchase materials.**

### **Free and Reduced Price Meals**

The School District of New Glarus will promote the Free and Reduced priced meal program at least annually through the registration process. The district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced price school meals. Towards this end, the school district may utilize electronic identification and payment systems; promote the availability of school meals to all students; and use non-traditional methods for serving school meals.

### **Meal times and Scheduling**

The School District of New Glarus will:

Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;

Schedule lunch period between 11:00 AM – 1:00 PM;

Not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless the students or staff may eat during such activities;

When possible, will schedule lunch periods to follow recess periods for the elementary students; and

Provide student access to hand washing or hand sanitizing before they eat meals and snacks.

## **SCHOOL DISTRICT NUTRITION GUIDELINES**

The School District of New Glarus strongly encourages the sale or distribution of nutrient dense foods for the school nutrition program as well as all school functions and activities. Nutrient dense foods are those foods that provide

students with calories rich in nutrient dense 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 guidelines to govern the sale of food beverages and candy on school grounds.

## **New Glarus School District Nutrition Standards**

### **Food Items**

The food service program will encourage the consumption of high nutrient dense foods by offering whole grains, vegetable and/or fresh fruit on a daily basis.

Foods from reimbursable meals shall, over the course of five days, derive no more than the current recommendation of 30% of their total calories from fat and less than 10% of total calories from saturated fats. The New Glarus School District will continue to follow the recommended mandates with current USDA Guidelines.

In addition to food items for sale, food service will limit sizes of prepackaged items to avoid “super sizing” and limit the amounts of fat and sugar consumption.

Nuts and seeds are exempt from these standards because they are high nutrient foods and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” cholesterol.

During Middle School/High School Mid-Morning Break, donuts and other similar items will only be offered once a week.

The New Glarus School District’s Lunch program will only serve dessert once per week.

It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.

Concessions at school functions should include healthy food choices in their offerings. It may be necessary to market these healthy options at a lower profit margin to encourage their purchase.

Food or beverages of minimal nutritional value may not be sold or distributed during the school day (see definition below).

### **Foods of Minimal Nutritional Value as Defined by USDA**

Soda Water – any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, and protein

Water Ices – any frozen, sweetened water such as “popsicles” and flavored ice with the exception of products that contain fruit or fruit juice.

Chewing Gum – any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

Certain Candies – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients.

Hard Candy – A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture and includes such items as sour balls, lollipops, fruit balls, candy sticks, cinnamon candies, breath mints and cough drops.

### **Beverages**

Vending sales of soda or artificially sweetened drinks (i.e. Poweraid, Gatorade) will be discouraged and **will not** be permitted during the instructional day.

The vending sale of milk and 100% fruit juice will be encouraged and **will** be permitted during the school day.

Water will be encouraged and **may be** sold on school grounds any time during the instructional day.

Vending sales of beverages with less than 10% fruit juice may begin after the conclusion of the instructional day in the district.

Serving sizes of ala Carte beverages, excluding milk and water, will be limited to 12 ounces or less. 100% juice choices may be available for purchase on a daily basis at secondary schools on ala carte purchases

Building principals may permit bottled water throughout their buildings during the school day.

### **Concessions**

Concessions at school functions should include at least one healthy food choices at all times. It may be necessary to market healthy options at a lower profit margin to encourage their purchase.

Non-carbonated water, 100% fruit juices and/or milk shall be available at concession stands in addition to soda.

### **Implementation**

Building principals will ensure compliance with the district wellness policy in their school(s) and may form a building-level committee to develop building related wellness activities.

Building administrators will annually report to the district the steps taken to improve wellness in their building.

## **FUNDRAISING AND OTHER SCHOOL BASED ACTIVITIES**

The School District of New Glarus aims to promote student and staff health by providing consistent, positive health messages and the promotion/availability of healthy foods and beverages.

### **Fundraising**

The district encourages all fundraisers and other school based activities to meet the District Nutrition Standards in the sale or distribution of foods and beverages.

**The School District of New Glarus will provide a listing of healthy fundraising options to groups that will include:**

**Healthy food fundraising options**

**Non-food fundraising options**

**Promoting physical activity “fun”raising**

**Nutrient dense food options will be encouraged at all extra-curricular school events where concessions are operating. It is recommended that groups market these healthy food options at a lower profit margin to encourage selection by students.**

### **Classroom Celebrations, Birthdays / Social Events**

The district encourages classroom celebrations to meet the District Nutrition Standards. Nutrient dense foods will be encouraged at classroom celebrations/events as a healthy food option for students.

**The School District of New Glarus will distribute a list of suggested healthy food options for classroom celebrations to teachers and parents.**

### **Classroom Rewards/Incentives**

Teachers are encouraged to consider **non-food items** as a reward or incentive for students. Should a teacher feel inclined to use food items as an incentive or reward, they are encouraged to adhere to the District Nutrition Standards

and are discouraged from using unhealthy foods (i.e. candy, pop, and chips) as incentives/rewards.

### **Snacks**

Snacks served at school will make a positive contribution to the student's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. with an emphasis on serving fruit and vegetables as the primary snacks. The school district will assess if and when to offer snack time based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

**The School District of New Glarus will distribute a list of healthful snack items to teachers and parents.**

### **Food Marketing in Schools**

The School District of New Glarus strongly discourages the marketing and advertising of non-nutritious foods and beverages through signage and other advertising on campus and other materials available to students (beverage cups, book covers, etc.).

## **NUTRITION EDUCATION CURRICULUM**

The School District of New Glarus aims to teach, encourage, and support healthy eating by students and staff. The District supports a comprehensive curriculum approach to nutrition in kindergarten through 12<sup>th</sup> grade that provides students and staff with the knowledge and skills necessary to promote and protect their health. All instructional staff are encouraged to integrate nutritional themes into lessons when appropriate, not only in health education classes, but also in classroom instruction in subjects such as math, science, language arts, social sciences and electives. The health benefits of adequate nutrition and physical activity will be emphasized through topics such as:

The importance of eating a variety of fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health-enhancing practices;

The need for caloric balance between food intake and energy expenditure (physical activity/exercise);

Media literacy with an emphasis on food marketing, understanding food labels, portion sizes, and healthy snacks vs. junk food;  
The role of a healthy breakfast in learning; and  
The importance of preparing, handling, and storing food safely.  
The importance of daily physical activity.

The District will reinforce the nutrition education by encouraging students and staff to practice healthy lifestyle behaviors in a supportive school environment.

**The New Glarus School District will provide nutrition education to parents in the form of handouts, postings on the District website, and/or presentations that focus on nutrition and healthy lifestyles (i.e. Annual Health Fair).**

## **PHYSICAL ACTIVITY AND PHYSICAL EDUCATION**

### **Daily Physical Education K-12**

All students in grades K-11 will receive daily physical activity (or its equivalent). The elementary school students will receive 150 minutes/week for the entire school year. The middle and high school students will receive 225 minutes/week for one semester. **It is recommended that every 2 weeks K-1 grades will participate in cardiovascular exercise for 5 minutes and grades 2-5 for 10 minutes.** A certified physical education teacher will teach all physical education classes. Students will spend at least 70% of physical education class time participating in moderate to vigorous physical activity.

### **Daily Recess**

All students in grades K-5 will have at least 35 minutes of supervised recess a day. **Schools/play ground supervisor should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.**

### **Physical Activity and Punishment**

Teachers and other personnel are **encouraged not to** use physical activity (e.g., running laps, doing pushups) as punishment. Teachers and other

personnel are **encouraged not to withhold** opportunities for physical activity (e.g., recess, physical education) as punishment more than 2 times per week.

### **Before and After School Programs**

All middle and high schools will offer interscholastic sports programs. Schools should offer a range of activities to meet the needs, interests, and abilities of all students

## **STAFF WELLNESS**

The School District of New Glarus highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

All staff members will be encouraged to use the high school's fitness room. The room will be available for staff use at least one morning per week and any evening or weekend that it is not reserved by district athletic teams.

The staff will be encouraged to participate in one wellness project each school year. This project will be for all staff members and will promote team building and wellness.

## **IMPLEMENTATION, EVALUATION, AND POLICY REVIEW**

The Superintendent or his/her designee will be responsible for ensuring the overall compliance of the School District of New Glarus's Wellness Policy.

The Wellness Policy committee will reconvene on an annual basis to review and update the policy. The Committee will revise the policy and develop work plans to facilitate its implementation as needed.

School district food service staff will ensure compliance with nutrition policies within the school's food service and that the minimum standards set forth in the federal child nutrition program laws and regulations, including but not limited to the *Dietary Guidelines for Americans* are met. The food service representative will be responsible for reporting any changes in the standards to the superintendent in a timely fashion.

The Superintendent or designee will develop a summary report annually on district wide compliance with the district's established Wellness Policy. Based on input from the administration, food service staff, teachers, students, parents, and community members, the report will provide data and feedback on the effectiveness of the Wellness Policy. The report will be provided to the School Board.

## **New Glarus School District WELLNESS IMPLEMENTATION SCHEDULE**

<p>2006-2007 School Year</p>	<p>Vending Machines          Develop Classroom Celebrations, Birthdays, Social Events &amp; Snack Guidelines to meet District Nutrition Standards          Plan and Implement Annual Health Fair          Plan and Implement Student Wellness Day and Activities (i.e. Movin &amp; Munchin)          Yearly Staff Wellness Activities (i.e. Ropes course, team sponsored walks, etc)          Survey staff on health promotion in-service topics          Designated staff only times for the Fitness Center          Update Nutrition and Human Growth and Development Curriculum          Increase participation of students in the Mid Morning Break at the Middle/High School.</p>
<p>2007-2008 School Year</p>	<p>Negotiate Item for Staff Wellness in Contracts          Yearly Staff Wellness Activities (i.e. Ropes course, team sponsored walks, etc)          Sporting Events, Concession Stands, and Extra-Curricular Activities to meet 75% of District Nutrition Standards</p>
<p>2008-2009 School Year</p>	<p>Fundraising to meet 75% of District Nutrition Standards</p>
<p>2009-2010 School Year</p>	<p>Healthy choices and foods that meet the District's Nutrition Guidelines are served in school, outside school and at athletic and other school based activities 100% of the time. All vending products must meet the District Nutrition Standards.</p>