

## **DISTRICT WELLNESS**

### BARABOO SCHOOL BOARD POLICY

**458**

The School District of Baraboo shall strive to make a significant contribution to the general well being, mental and physical capacity and learning ability of each student and staff member, and afford them the opportunity to fully participate in the education process. The District promotes a healthy school environment by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where students and staff members learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, the schools contribute to the basic health status of students and staff. Improved health optimizes student performance potential and ensures that no child is left behind.

#### **The School Environment**

The District is committed to the mission of building school and community connections that create a school environment that treats all students and staff with dignity and respect, provides a safe physical and emotional learning environment, and promotes respect and cooperation. Specifically, the District shall strive to:

- Develop self-confidence and maintain a safe psychological environment for students and staff free of harassment, bullying and other intimidating behavior.
- Improve each student's readiness to learn and to form supportive and constructive relationships that will afford them the opportunity to fully participate in the education process.
- Enhance the success of students in the classroom by providing intervention and prevention strategies consistent with student needs.
- Create an environment of mutual support during times of personal, school, and community crisis.

#### **Nutrition and Nutrition Education**

The District shall support and promote good nutrition and proper dietary habits of students and staff through education and other activities. All foods available on school grounds and at school-sponsored activities, including reimbursable school meals, shall meet applicable legal requirements and established District Nutrition Standards. The District shall provide nutrition education to parents at all school levels.

#### **Physical Activity Opportunities and Physical Education**

**Daily Physical Activity 4K-12.** All students in grades 4K-12, including students with disabilities, special health-care needs, and in alternative educational settings, should have the opportunity to participate in and receive daily physical activity throughout the school year.

Physical education should follow DPI licensure requirements and instructional time guidelines. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) should not be substituted for meeting the physical education requirement. Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

**Daily Recess.** All elementary schools should strive to provide 45 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity 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.

**Physical Activity Opportunities Before and After School.** All elementary, middle, and high schools should strive to offer physical activity programs, such as physical activity clubs or intramural programs. The high school, and middle school 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.

After-school child care and enrichment programs should provide and encourage daily periods of moderate to vigorous physical activity for all participants through the provision of space, equipment, and activities.

**Physical Activity and Punishment.** Teachers and other school and community personnel should not use physical activity (e.g., running laps, pushups) or habitually withhold opportunities for physical activity (e.g., recess, physical education) as punishment unless there is a safety issue.

A District Wellness Committee shall be established for the purposes of monitoring implementation of this policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary.

LEGAL REF.: Sections 118.001, 118.01(2)(d)8, 118.12, 118.33(1), 120.13 and 121.01(1)  
Wisconsin Statutes  
Child Nutrition and WIC Reauthorization Act of 2004

CROSS REF.: 458-Rule(1) General Procedures for Implementing  
District Wellness Policy  
458-Rule(2) District Nutrition Standards  
341.5 Physical Education Instruction  
345.6 Graduation  
374 Fundraising Activities  
377 Athletic Programs

453.6 Students with Special Health Care Needs  
454.1 Child Enticement  
512 Harassment  
512.1 Sexual Harassment  
720 School Safety Plans  
760 School Food Services Management

ADOPTED: May 22, 2006  
September 28, 2009  
July 26, 2010

**GENERAL PROCEDURES FOR IMPLEMENTING  
DISTRICT WELLNESS POLICY**

BARABOO SCHOOL BOARD POLICY

**458-Rule (1)**

Hot Lunch/Breakfast Program:

- The full meal program will follow all USDA requirements applicable to the schools, including government nutrition standards, and the District Nutrition Standards.
- The Hot Lunch/Breakfast provider will be expected to follow the District Nutrition Standards when determining the items in a la carte sales.
  - A la Carte items that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation.
  - A la Carte items that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

Meal Times and Scheduling:

- Schools will strive to provide students with at least 10 minutes to eat after sitting down to breakfast and 20 minutes after sitting down for lunch.
- Schools will not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Schools will provide peanut-free eating areas if necessitated by student needs.
- Schools will provide students access to hand washing before they eat meals or snacks.
- Schools should take responsible steps to accommodate the tooth-brushing regimens of students.

Snacks and Celebrations:

- Snacks served during the school day or in after-school care or enrichment programs will meet the District Nutrition Standards.
- A healthy snack list may be distributed to parents and staff and include, but not be limited to:

Fresh fruit or fruit cups	Graham Crackers
Fresh vegetables and dip	Yogurt
Dried fruits	Pretzels
String cheese/ cheese cubes	Popcorn
Whole grain crackers	Low-Fat Muffins
Trail/cereal mixes (no candy)	
- During occasional celebrations (i.e., birthdays, holidays) items that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation.

Teacher-to-Student Incentives (Rewards):

Strong consideration should be given to nonfood items as part of any Teacher-to-Student Incentive programs. Should a teacher feel compelled to utilize food items as an incentive, he/she are encouraged to adhere to the District Nutrition Standards.

Fundraising Activities:

- Any fundraising requires administrative approval.
- To support children's health and school nutrition education efforts, schools are encouraged to use fundraising activities that include non-food items or foods that meet the District Nutrition Standards.
- Schools will encourage fundraising activities that promote physical activity.

School-sponsored events/Concessions:

- Organizations operating concessions at school functions should try to include offerings which meet the District Nutrition Standards.
- It is suggested that groups market healthy options at a lower profit margin to encourage selection by students.

Parent Nutrition Education:

Parent 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.

Baraboo School District Wellness Committee:

The District Wellness Committee shall consist of the following membership: Administrative Representative; Physical Education and Health Program Leader, Food Services Director, Chair; parent representatives; student representatives; teacher from each school level; community health professionals; school nurse and school counselor. The Committee will meet bi-annually.

## DISTRICT NUTRITION STANDARDS

### BARABOO SCHOOL BOARD POLICY

#### **458-Rule (2)**

##### **Food:**

- Any 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 calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined.
- Strive towards offering 50% whole grains.
- Strive towards offering multiple choices of non-fried vegetables and fruit options each day at lunch and fruit options each day at breakfast. Schools are encouraged to provide fresh fruit and vegetables from local sources when practicable.

##### **Beverages:**

- Serve only low-fat and fat-free milk.
- Offer 100% fruit juices with limited alternative choices on the school grounds both prior to and throughout the instructional day. Vending machines will be continually monitored by the Wellness committee.
- Water consumption should be encouraged throughout the instructional day. Water should be easily available for students during snack and mealtimes.
- Vending sales of pop or artificially sweetened drinks will not be permitted prior to the start and throughout the instructional day.
- The non-vending sale of pop or artificially sweetened drinks will not be permitted on school grounds prior to the start of the school day and throughout the instructional day, but will be permitted at those special events that begin after the conclusion of the instructional day.

##### **Candy:**

- Vending sales of candy will be permitted only at the conclusion of the instructional day and will not be permitted at the elementary level. Vending machines containing these items will be continually monitored by the Wellness Committee and should contain at least 50% healthy options.
- Non-vending sales of candy will be permitted at the conclusion of the instructional day.
- 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 listed as one of the first two ingredients).