

Policy

The School District of Phillips recognizes its responsibility to promote a healthy learning environment by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. This policy supports the mission of the District as it promotes life-long wellness behaviors and links healthy nutrition and exercise to students' overall physical well-being, growth, development, scholastic performance and readiness to learn. Improved health through nutrition and physical activity optimizes student performance and readiness to learn. Healthy eating patterns and regular physical activity are essential for students to achieve their full academic and life potential. In addition nutritional education should extend beyond the classroom and needs to involve multiple channels of communication. Teachers, foodservice professionals, and family members play a role in promoting life-long healthy eating habits. Therefore, nutrition education should be linked with the school food environment and at home.

Nutrition & Health Education

- A. **Nutrition Education Goals:** Implement nutrition education from Pre-K through secondary school as part of a sequential, comprehensive school health education curriculum designed to help students adopt healthy eating behaviors.

Health Curriculum: The health curriculum will encourage students to develop the knowledge, attitudes, skills and behaviors for lifelong eating habits and physical activity. The health curriculum supports the philosophy that the quality of life is dependent upon the student's interaction with their total environment which includes their physical, mental and social well being.

Nutritional Education is integrated into the curriculum:

- *All grade levels - Nutritional Education is integrated into the curriculum in accordance with the Wisconsin Standards for Physical Education provided by the Wisconsin Department of Public Instruction*
- *Elective food science classes available for high school credit*

- B. *Links with Nutrition-related community services:*

- *UW Extension*
- *Farm to School*
- *Price County Health and Wellness Coalition*

Family Communication

- A. *Information about healthy nutrition, ideas for healthy parties, rewards, fundraising activities and education about changing nutrition regulations will be provided through:*
- *District Newsletter*
 - *Food Service Menus*
 - *Public Local TV/Radio*
- B. *The district will promote availability of school breakfast and lunch to all families, and encourage those who are eligible for free and reduced-priced meals to complete applications.*

Nutrition Promotion

The cafeteria environment shall promote good nutrition via display of posters, informational materials, menu and other such related material.

- *Use descriptive and imaginative language to describe fruits and vegetables on the menu*
- *Move competitive foods away from the serving line*
- *District will offer one family-focused event supporting health each year. Booth or table at Family Fun Night*

Staff as Role Models

The School District encourages staff to exhibit and promote healthy food/beverage habits during the instructional day.

Classroom Curriculum and Recess:

- A. A quality physical education program is essential so that all students learn about and participate in physical activity. In addition to regular physical education, physical activity will be integrated across curricula and throughout the school day. *Physical education requirements shall be taught by a certified physical education teacher.*
- B. Physical Education Curriculum: The physical education curriculum teaches children the importance of physical exercise and exposes students to a wide range of physical activities, so that students develop the knowledge and skills to be physically active for life. Students receive instruction in the five health-related components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition). Body composition instruction includes proper diet and healthy eating habits. The curriculum promotes lifelong physical activity and fitness, which includes healthy eating as its primary goal.

- *In grades kindergarten through six shall be provided at least three times weekly, except that days on which special activities are conducted may be exempt; and shall be conducted by or under the direction of a licensed physical education teacher.*
- *All pupils in grades 7 through 12 shall participate in the instructional program of physical education taught by a licensed physical education teacher, except that in senior high school one year or the equivalent may be optional to pupils.*

Recess is offered daily in grades K-5 and Middle School, preferably outdoors.

C. *Physical Activity Use of School Facilities by Students and Community Before and After School Hours.*

- *Middle School and High School will offer Interscholastic Sports Programs*
- *Pool*
- *Additional Physical Activities - open weight room, ASP and Summer School*
- *Elementary has access to the gym prior to school*
- *Encourage exercise breaks in classroom*

D. *Staff Wellness*

- *Employee Wellness Interest Survey*
- *Assistance programs (Stress management)*
- *Nutrition programs (weight loss, healthy recipe swap)*

Nutrition Standards:

A. School Meals

The Phillips School District Food Service Program will meet or exceed USDA National School Lunch and Breakfast Program regulations and guidelines.

- **Breakfast Program**
- **Lunch Program**
The Phillips School District shall provide free and reduced lunch prices to students according to the terms of the National School Lunch Program.
- **Milk Program**
Fat free and low fat milk will be provided
- **School Nutrition will implement at least one Smarter Lunchroom Techique.**

Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices, and ensure that all children have access to adequate and healthy food choices on scheduled school days, and be in compliance with the Federal Healthy, Hunger Free Kids Act 2010. Compliance with HHFKA2010 will include: goals for nutrition education, goals for physical activity, and other school wellness activities, standards for all food available on school campus, goals for nutrition promotion, collaborative community team to develop, implement, and review policy, and communication and monitoring of the policy.

Nutrition information will be made available upon request for all foods and drinks available in each school in the district during the school day, with the objective of promoting student health and reducing childhood obesity. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of Agriculture.

B. Food and Beverages Sold Individual (foods sold outside of reimbursable school meals) such as through vending machines, fundraisers, etc. during the school day.

- *Exemptions as outlined by USDA*
- *Vending Machines*
If a vending machine is turned on during the school day, school will ensure that food and beverage sold will adhere to nutritional standards for snacks and beverages.
- *Fundraisers*
To support students' health and nutrition education efforts, the district encourages organizations to offer food that meets nutritional guidelines, non-food items or events that promote physical activity.

C. School-Sponsored Events Outside of the Instructional day

- *Food and beverages offered or sold at events outside the school day (such as athletic events, performances, dances, etc.) currently may not meet USDA nutrition standards.*

D. Snacks, Rewards, Celebrations During School Days and Other School-Based Activities. Local wellness policy goals should be considered in planning all school-based activities (such as school events, field trips, dances, social events and fundraising activities).

- *Snacks served at no charge during the school day should encourage a healthy lifestyle. The offering of snacks should be based on timing of school meals, students' ages and nutritional needs. Parents are encouraged to provide healthy snacks and treats.*

- *Strong consideration should be given to non-food items as part of any teacher-to-student incentive program.*

E. School 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.

Monitoring and Policy Review

- *The Superintendent or designee along with the support of the administrators will ensure compliance with established nutrition and physical activity wellness policies.*
- *School food service staff will ensure compliance with nutrition policies within school food service areas.*

The district will maintain a nutrition/wellness committee with the purpose of:

- monitoring the implementation of the district's wellness policies.
- regularly evaluating the related goals and effectiveness of guidelines.
- serving as a resource to school sites.
- recommending policy revisions as necessary.

The committee will include an administrator, Food Service Supervisor, students, parents, staff and board members. Staff member representation should include someone with physical and health education background.

Annually, the Board of Education will review the progress of the district wellness plan.

- A. Triennial Assessment - the District 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.
- B. Update/Inform the Public - the District will actively inform families and the public about the content of and any updates to the policy through the school website and Board of Education meetings.

Legal Ref: Federal Healthy, Hunger Free Kids Act, 2010. Compliance with HHFKA2010

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