

NORTHERN OZAUKEE SCHOOL DISTRICT

POLICY J-11

WELLNESS POLICY: SCHOOL NUTRITION and PHYSICAL EDUCATION/ACTIVITY ENVIRONMENT

adopted June 12, 2006

PURPOSE

This policy supports the Mission Statement of the Northern Ozaukee School District. In partnership with the community, our mission is to prepare students to think critically, to make informed decisions, to be continual learners, to value learning, and to be productive members of a democratic society. In addition, we want students to be educated to lead a healthy lifestyle.

POLICY

Wellness influences a child's development, health, well-being, and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This district-wide nutrition and physical education/activity policy encourages all members of the school community to create an environment that supports lifelong, healthy eating habits and regular physical activity. Decisions made in all-school programming need to reflect and encourage positive nutrition and physical activity messages and choices.

SCHOOL NUTRITION GUIDELINES

1. Provide a positive environment and appropriate knowledge regarding food.
 - Ensure that all students have access to healthy food choices during the instructional day.
 - Provide a pleasant eating environment for students and staff members.
 - Allow a minimum of 20 minutes for students to eat lunch and socialize in the designated cafeteria area.
 - Nutrition information will be provided to all students to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.
2. When using food as a part of class or learning incentives, staff members and students are encouraged to utilize healthy, nutritious food choices (refer to list under item #3) and/or non-food choices such as:
 - Play a favorite game or puzzle
 - Get "free choice" time at the end of the day
 - Read outdoors
 - Listen to music while working
 - Get stickers, pencils, and other school supplies
 - Select a paperback book
 - Take a trip to the treasure box (non-food items)
 - Enter a drawing for donated prizes
 - etc.
3. When curricular-based food experiences are planned, staff members and students are encouraged to select good nutrition choices whenever appropriate. Some suggested foods include:
 - Raw vegetable sticks/slices with low-fat dressing or yogurt dip
 - Fresh fruit and 100% fruit juices
 - Frozen fruit juice pops
 - Dried fruits (raisins, banana chips, etc.)
 - Trail mix (dried fruits)
 - Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)

- Party mix (variety of cereals, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips and fat-free potato chips with salsa and low-fat dips (ranch, French onion, bean, etc.)
- Low-fat muffins, granola bars, and cookies
- Angel food cake
- Flavored yogurt and fruit parfaits
- Jell-O and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Water

4. Reduce student access to foods of minimal nutritional value.

- While maintaining consistency with contractual obligations to the National School Lunch program, ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the lunch programs.
- Encourage the practice of good nutrition by:
 - Reducing access to foods of minimal nutritional value. A phase-out of foods of minimal nutritional value is under way, so that all foods available during the school day will meet district nutrition standards prior to the 2006-07 school year.
 - Educating students about healthy foods.
 - Selective pricing that favors sales of healthy foods.

DISTRICT NUTRITION STANDARDS

The sale or distribution of nutrient-dense foods is encouraged 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 foods and beverages. Fund raising activities are encouraged, but not required to follow the guidelines.

Food

- Foods from reimbursable meals shall, over the course of five days, derive no more than 30% of their total fat and less than 10% of total calories from saturated fats.
- Encourage the consumption of nutrient-dense foods, e.g., whole grains, fresh fruits, and vegetables.

Vending Snacks

- A minimum average of 40% of snacks available in vending machines will be healthy choices beginning with the 2006-07 school year, increasing to 60% in 2009-10.

Beverages

- Milk products will be promoted during all meals. Milk will be available to students bringing sack lunches.
- Vending sales of carbonated soft drinks or artificially-sweetened drinks will not be permitted at the middle and high schools during the times when school lunch programs are operating.
- The vending or sale of carbonated soft drinks for students will be prohibited at elementary facilities.
- Elementary students will be encouraged to bring non-carbonated beverages for lunch.
- Where permitted, vending choices of carbonated soft drinks will be limited to 50% of all beverages.
- Water consumption will be encouraged throughout the day. Staff members should be particularly sensitive to student needs for water during periods of hot weather.
- Milk, water, and fruit juices may be sold on school grounds, both prior to and throughout the instructional day.

PHYSICAL EDUCATION/ACTIVITY GUIDELINES and STANDARDS

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. The curriculum promotes lifelong physical activity and fitness, which includes healthy eating as its primary goal.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity is included in a school's daily education program from grades pre-K through twelve. Physical activity should include regular instructional physical education, co-curricular activities, and recess.

1. Provide opportunities for daily physical activity during the school day through physical education classes, scheduled recesses, and extra-curricular sports.
2. Implement sequential physical education curricula and instruction in grades K-12 which:
 - Emphasize enjoyable participation in physical activities that are easily done throughout life, including walking and dancing,
 - Offer a diverse range of noncompetitive and competitive activities appropriate for different ages and abilities,
 - Help students develop the knowledge, attitudes, and skills they need to adopt and maintain a physically-active lifestyle, and
 - Keep students active for most of class time.
3. Provide physical and social environments that encourage and enable safe and enjoyable physical activity.
4. Encourage parents/guardians to support their children's participation in physical activity and to include physical activity in family events.
5. Regularly evaluate physical activity instruction, programs, and facilities.

EVALUATION

The Wellness Policy Committee will regularly evaluate the effectiveness of the school wellness policy. The co-chairs (currently elementary principal and school nurse), as directed by the superintendent, will convene the Committee twice annually and provide reports to the Board of Education. Examples of data to be reviewed include school lunch program participation rates, observation, and anecdotal evidence.