

STUDENT WELLNESS POLICY

The Little Chute Area School District supports healthy schools by promoting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that no child is left behind.

- A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

- B. Support and promote proper dietary habits contributing to students' health status and academic performance.

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the District Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals.

- C. Increase the amount of time students are engaged in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's education program from grades pre-K through 12. Physical activity should include regular instructional physical education, co-curricular activities, and recess.

- D. The Little Chute Area School District is committed to improving academic performance in high-risk groups so that no child is left behind.

Educators, administrators, parents, health practitioners, and communities need to acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. Research highlighting the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn should be highlighted to ensure widespread understanding of the benefits to healthy school environments. The diversity of the student population (e.g., economic, religious, minority, cultural, and medical) should be considered at all times to ensure that all student needs are being met so that no child is left behind.

District Nutrition Standards

The Little Chute Area School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities that occur during the instructional day. 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 the sale of food, beverage, and candy on school grounds. Schools are encouraged to study these Standards and develop building policy using the following District Nutrition Standards as minimal guidelines.

Food:

- Any given 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 total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.
- Encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits, and vegetables.

Beverages:

- The vending or non-vending sale of soda will be prohibited during the instructional day. Soda will begin to be phased out of all vending machines by the start of the 2006-2007 school year.
- The vending or non-vending sale of soda will not be permitted on school grounds both prior to the start of the school day and throughout the instructional day, but will be permitted at those special school events that begin after the conclusion of the instructional day. After the start of the 2008-2009 school year, soda can only be sold through concessions.
- Milk, water, sports drinks, and beverages containing 10% real juice may be permitted both prior to and during the instructional day.

Candy

- The vending of candy will not be permitted.
- Non-vending sale of candy will be permitted at the end of the instructional day.

- Candy is defined as any item that contains 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}, syrup) listed as one of the first two (2) ingredients.

Student Nutrition Procedures

The Little Chute Area School District supports healthy schools by promoting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that no child is left behind.

Food Program

- The full meal program will continue to follow the U.S. Government's Nutrition Standards.
- The Food Program provider will be expected to make every effort to follow the District's 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 when offered on an intermittent basis.

Fundraising

- All fundraising projects must be approved by the school administrator.
- All fundraising projects are encouraged to meet the district nutritional standards.
- Items being sold must not interfere or compete with the National School Lunch or Breakfast program.

Teacher-to-Student Incentive

Students should be given nonfood items (no soda) as part of any teacher-to-student incentive programs during instructional time.

Health Education

The Health curriculum will educate students to develop the knowledge, attitudes, skills, and behavior for life long healthy eating habits and physical activity. The district has approved a K-12 nutrition curriculum as part of the comprehensive health curriculum. 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.

Some of the topics covered as part of the health curriculum include, but are not limited to: knowledge of the food guide pyramid, healthy heart choices, sources of variety of foods, guide to a healthy diet, diet and disease,

understanding calories, healthy snacks, healthy breakfasts, healthy diet, major nutrients, multicultural influences, serving sizes, identify and limit junk food, serving sizes, labeling, weight problems, eating disorders, fad dieting, food safety, food allergies, food sensitivities, and body composition.

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 four health related components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility). They also receive instruction in the five performance components (motor skills, balance, strength, speed, and agility). The comprehensive curriculum promotes lifelong physical activity and fitness that helps build healthy hearts and muscles which are important to the overall well being of every student.

Responsibility

Efforts to promote good nutrition are the shared responsibility of the District Administrator, the School Board, all administrators, all professional staff, the Director of Food Services, and the food service staff.

LCASD Wellness Committee

With the purposes of monitoring the implementation of this policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary it is recommended that a District-wide wellness committee be established. The committee would meet a minimum of two times annually with committee members as follows:

- District Food Service Coordinator
- District Nurse
- Parent Representative (s)
- Student Council Representative
- Staff Member Representative from each school level
- Administrative Representative, Co-Chair
- Physical Education and Health Program Leader, Co-Chair
- AODA Coordinator
- Board Member

Approved: March 28, 2006