

**FOX POINT-BAYSIDE SCHOOL DISTRICT
BOARD POLICY MANUAL**

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**GUIDELINES FOR IMPLEMENTATION OF THE STUDENT
SCHOOL WELLNESS POLICY**

Nutrition Quality for Foods and Beverages Sold and Served on School Grounds

School Meals

Meals served through the National School Lunch programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations;
- Offer a variety of fresh fruits and vegetables;
- Serve only low-fat (1%), 2% white and fat-free milk and nutritionally-equivalent non-dairy alternatives; and
- Ensure that at least half of the served grains are whole grain.

Meal Times and Scheduling

Schools:

- Will provide students with at least 20 minute lunch period;
- Should schedule meal periods at appropriate times, e.g., lunch ordinarily should be scheduled between 11 a.m. and 1 p.m.
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will provide students access to hand washing, **preferably**, or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

Foods and Beverages Sold Individually

Elementary Schools: The school food service program will approve and provide all food and beverages sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat, 2% white and non-fat milk, fruits, and non-fried vegetables.

Middle Schools: The school food service program will approve and provide all food and beverages sales to students in the middle school. In the middle school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte line, vending machines and student stores) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Beverages: Water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% real fruit juice and do not contain additional caloric sweeteners; sports drinks, unflavored or flavored low-fat, 2% white or fat-free fluid milk and nutritionally-equivalent non-dairy beverages (as defined by the USDA).

Foods:

A food item sold individually:

- Will have no more than 35% 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;
- Will have no more than 35% of its weight from added sugars;
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold.

Portion Sizes: Portion sizes should be monitored to limit caloric input for students.

Fund-Raising Activities. In the event of fund-raising activities, schools will encourage fundraising activities that promote physical activity.

Snacks. Snacks sold or served by the school during the school day or in after-school care or enrichment programs will make a positive contribution to children's diet and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

Rewards & Celebrations. Schools will encourage rewards that promote physical activity and limit food and beverages as rewards.

Physical Activity Opportunities and Physical Education

Physical Education PreK-8. All students in grades preK-8, including students with disabilities, special health-care needs, will receive regular physical education as per the Wisconsin Department of Public Instruction guidelines set forth in the administrative rules guide. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. All students in grades K-8 will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.

Additional Physical Activity Opportunities at School. Schools will offer extracurricular physical activity programs for students in grades 4-8. Middle school students, as appropriate, will be offered 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. Additional physical activity opportunities will be publicized so that students and parents will be aware of the various additional physical activity offerings of the Fox Point-Bayside Schools.

Monitoring of Nutrition and Physical Activity in the Schools

Yearly, the District's Administrative team will review the School Wellness Policy compliance within the schools and the Superintendent will issue a compliance report to the Curriculum, Instruction and Policy (CIP) Committee of the Board. The CIP Committee will review the report issued by the Superintendent and determine if the School Wellness Policy needs to be reviewed/updated and/or modifications be made to the nutrition and/or physical activities within the District.

LEGAL REF.: Child Nutrition and WIC, Reauthorization Act of 2004

APPROVED:

March 20, 2006