



Shorewood School District
Wellness Action Plan
2008-2009

I. Demographics

The Shorewood School District Wellness Policy Development Committee was formed in response to the Child Nutrition & WIC Reauthorization Act of 2004. The law requires that Administrators, Community members, Nutritional Services, Parents, School Board, Students and Teachers are invited to provide direction in the development of the policy in four areas. These areas are nutrition education, physical activity, food available on school grounds during the school day and other school-based activities that are designed to promote student wellness.

II. Vision Process

During the 2003-2004 school year, an informal committee began to meet to discuss how the District could offer healthy options through the Nutritional Services meal program. This committee began to meet regularly during the 2004-2005 school year. Committee members included parents, Nutritional Services Director and Director of Recreation and Community Services. We continued to meet and received additional support for the changes and improvements. This committee of parents had the vision even prior to the Child Nutrition & WIC Reauthorization Act of 2004 to increase awareness of the health and wellness of our children.

The District's vision for the development of the wellness policy was to meet the requirements of the Child Nutrition & WIC Reauthorization Act of 2004 by inviting everyone to become involved in the development of wellness action plans. In order to meet the requirements of the Child Nutrition & WIC Reauthorization Act of 2004, the Director of Recreation and Community Services began informing the school community, students, parents and the community of the wellness policy development committee. By mid-January, 2006, we had over 50 individuals volunteer for one of the four wellness committees. Each committee was lead by co-chairs, a community member and a district employee. An extensive resource manual was disseminated to each volunteer at an orientation meeting on January 31, 2006.

In order to keep everyone informed on the discussion occurring at each sub-committee, the Shorewood School District website has a link that contains committee names, committee minutes, and committee meeting dates, times and locations.

III. Governance

2007-2008

The Shorewood Nutrition and Physical Activity Advisory Committee (SNACPAC) meet monthly during the monthly during the school year to discuss, plan, implement, and evaluate the 2006-07 wellness action plans. Members of the committee included Mary Kay Anderson, Tom Bachhuber, Wendy Daniell, Martha Davis Kipcak, Jean Krause, Lisa Noble, Deb Stolz, Kathy Yanoff, and Jan Zehren.

2006 – 2007

The Shorewood Nutrition and Physical Activity Advisory Committee (SNACPAC) meet monthly during the monthly during the school year to discuss, plan, implement, and evaluate the 2006-07 wellness action plans. Members of the committee included Mary Kay Anderson, Tom Bachhuber, Wendy Daniell, Martha Davis Kipcak, Jean Krause, Duane Milder, Kathy Papineau, Cindy Roach, Deb Stolz, Ruth Treisman, Donna Whittle, Kathy Yanoff, and Jan Zehren.

2005 - 2006

The Wellness Policy Development Committee is comprised of four sub-committees. Each sub-committee had co-chairs to facilitate the discussion and development of action plans. Over fifty individuals volunteered to be on one of the four committees. The sub-committees were given February through Mid-April to meet to develop the action plans. Once the action plans were developed by each of the committees, the plans were reviewed by the Shorewood Nutritional Advisory Committee (SNAC). SNAC reviewed, discussed, modified and approved the plans. The action plans will then be submitted to the Administrative Team for the same process in June. I am anticipating that the School Board will have the

action plans and wellness policy for their review in July. On annual basis, the SNAC will evaluate the action plans. The action plans will be revised annually as needed.

Sub-Committee Members

Nutritional Education and Promotion

Co-Chairs: *Deb Taylor and *Martha Davis Kipcak

Committee Members: *Mary Kay Anderson, Chris Bazar, Carrie Belcher, *Janis Cohn, *Elizabeth Fetzer, Holly Garrett, Scott Graber, Alison Hanrahan, May Klisch, *Linda Knutson, Mary Luba, *Marci Margolis and *Ruth Treisman. *attended at least one meeting

Physical Activity

Co-Chairs: *Dom Newman and *Tom Bachhuber

Committee Members: Lizzy Bassen, Joanne Dixon, Melanie Gilmore, *Laura Gough, Tom Gough, Marita Gruber, *Jenny Hartlaub, Shannon Jayamaha, *Mary Lou Johnson, *Kirk Juffer, *Joe Kelley, *Tom Klug, *Michael Kushner, *Pat Leitheiser, *Duane Milder, *Zach Rehbein-Jones, *Ken Warren and *Jan Zehren. *attended at least one meeting

Nutrition Guidelines for All Foods & Beverages Available On School Campus during the School Day

Co-Chairs: *Bill Haury, *Tom Bachhuber, and *Martha Davis Kipcak

Committee Members: *Kim Apfelbach, *Lynn Belcher, *Wendy Daniell, *Paul Hartlaub, Kelly Knoke, *Jean Krause, Gretchen Mead, *Rick Monroe, *Therese Palazzari, Kathy Papineau, Allie Pinkalla, Peggy Pushkash, *Sara Smith, Denise Stoltz, *Al Thien, *Cindy Tomasello, *Susie Vulpas, and *Cindy Weisling. *attended at least one meeting

Other School Based Activities

Co-Chairs: *Bonni Haber and *Diane Blacher

Committee Members: *Jean Krause, *Kristina Kromer, Shelley Lamoreaux and *Barbara Markoff. *attended at least one meeting

The Shorewood Nutritional Advisory Committee has agreed to add the physical activity component to the committee to incorporate the requirements of the Child Nutrition & WIC Reauthorization Act of 2004. The Committee's title beginning the 2006-07 school year will be the Shorewood Nutrition and Physical Activity Advisory Committee (SNACPAC). We will be encouraging committee involvement of students, staff, parents, and community.

Action plans developed by Wellness Sub-Committees, February - March, 2006
Approved by the Shorewood Nutritional Advisory Committee, April - May, 2006
Approved by the Shorewood Administrative Team, June, 2006
Approved by the Shorewood School Board, July, 2006

IV. SNACPAC Highlights

May, 2008

The 2007-2008 evaluated wellness action plans presented to the School Board.
Farm Fresh Atlas distributed through the Shorewood Schools and Community.
2008-2009 wellness action plans developed.

April, 2008

Kathy Yanoff and Martha Davis-Kipcak presented at Atwater and Lake Bluff PTO regarding the nutrition curriculum.

February, 2008

Lake Bluff lunch room program is educating students during the lunch hours: recycling, take the trash out

November, 2007

Silverware implemented at the Elementary Schools for the lunch program
Nutrition Curriculum Committee continues to meet

September, 2007

2007-2008 wellness action plans developed
SNACPAC List of Accomplishments Completed
SHS Kiosk is in business
Nutritional Services second breakfast grant received for \$3,000

June, 2007

Wellness Action Plan presentation to the School Board
2006-2007 wellness action plans evaluated

May, 2007

Farm Fresh Atlas Southeast 2007 distributed through the weekly folders
Fresh Fruit and Vegetables month

April, 2007

Elementary Teacher Survey on wellness completed
Evaluated the Wellness Action Plans
Purchased a Point of Sale System for Nutritional Services

March, 2007

Take Out the Trash implemented at AT, LB, and SIS

January, 2007

Growing Power Tour
Compiled a Suggested Healthy Snack List
Wellness Grant for \$1,000 received from DPI

December, 2006

Nutritional Services purchase the NUTRIKIDS point of sale system. Implementation for the 2007-2008 school year.

October, 2006

Wellness Action Plan Presentation at all four PTO meetings

September, 2006

Tom Bachhuber agrees to chair the Shorewood Nutrition and Physical Activity Advisory Committee (SNACPAC)
Nutritional Services receives a \$4,000 breakfast grant from DPI.
Implemented the SHS Kiosk.

August, 2006

Wellness Action Plan Inservice to District Employees
District Employee Wellness Program presented during the Welcome Back Celebration

July, 2006

Wellness Action Plans approved by the School Board

June, 2006

Wellness Action Plans approved by the Administrative Team

April-May, 2006

Wellness Action Plans approved by SNAC
Farm Fresh Atlas Southeast 2006 distributed through the weekly folders

February through March, 2006

Wellness Committees developed action plans

January, 2006

Orientation for Wellness Committees

December, 2005

Letter sent to student families requesting involvement in the Wellness Committee
Draft of the Nutritional Services Growth Plans

November, 2005

SNAC presentation for Atwater and Lake Bluff PTO's
Discussion of Wellness Committee formations
First nutrition articles in PTO newsletters

October, 2005

Presented Nutritional Services 2004-2005 annual report to the School Board
Farm Fresh Atlas of Southeast Wisconsin 2005 sent home in weekly folders

September, 2005

Reviewed Nutritional Services 2004-2005 annual report
Farmers Market presented at all four schools
SIS Grad 'N Go Breakfast initiated
Collaborated with Elementary PTO's to print and distribute lunch menu's

May, 2005

Take Out the Trash event at Atwater and Lake Bluff
Article in the HERALD Take Out the Trash, "What A Waste" by Brendan O'Brien

April 2005

Began to investigate school wellness policies based on the Child Nutrition and WIC Reauthorization Act of 2004
Atwater and Lake Bluff grade 4-6 student survey

March, 2005

Administrators, parents and Nutrition Services Director attended "WHAT'S RIGHT FOR KIDS" workshop through DPI
Completed the 2004-2005 Nutrition and Physical Education/Activity Assessment
Discussion begins for the point of sale system

February, 2005

Dairy Council special event at the Elementary Schools
Reviewed policy on nutrition and vending machine sales
Atwater and Lake Bluff Parent Survey completed
Article written for Atwater and Lake Bluff PTO newsletters
SNAC presented at Atwater and Lake Bluff PTO meetings
Soy Smoothies sampled at the Lake Bluff family dinner
Recess before Lunch research presented to the Atwater Building Instructional Team

January, 2005

Jean Krause explained menu planning to SNAC
Recess before Lunch research provided to Atwater Principal and Atwater Building Instructional Team
Ice cream eliminated at the Elementary Schools during lunch hour
Nutritional Services promoted BUILD YOUR OWN CEREAL BAR at SIS.

October, 2004

Official First Meeting: Priscilla Tolan, Martha Davis Kipcak, Tom Bachhuber, Jean Krause and Deb Stolz

2003-2004

Completed the 2003-04 Nutrition and Physical Education/Activity Assessment
Began meeting with Martha Davis Kipcak and Tom Bachhuber during the spring of 2004.

V. SHOREWOOD SCHOOL DISTRICT OVERARCHING GOALS

1. We will improve the achievement of all students through meaningful learning experiences within the next five years.
2. We will develop a comprehensive technology plan.
3. We will build a positive, safe and healthy environment.
4. We will develop partnerships with the community:
5. We will maintain our facilities to the highest standards to support the learning and emotional well being of our students and staff by:

The accomplishment of these goals will be enabled by the development of a strong professional learning community.

Approved June 2005

VI. COMMITTEE RECOMMENDATIONS

COMMITTEE ONE: NUTRITION EDUCATION AND PROMOTION

The Shorewood School District has a comprehensive curriculum approach to nutrition for K-12 grade. Beginning with the 2006-07 school year, all instructional staff will be encouraged to integrate nutritional themes into lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

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|---|-------------------------------|
| *Knowledge of food guide – mypyramid.gov | *Healthy diet |
| *Healthy heart choices | *Food labels |
| *Sources and variety of foods | *Major nutrients |
| *Guide to a healthy diet | *Multicultural influences |
| *Diet and disease | *Serving sizes |
| *Understanding calories | *Proper sanitation |
| *Healthy snacks | *Identify and limit junk food |
| *Healthy breakfast | |

The District wellness policy reinforces nutrition education to help students practice these themes in a supportive school environment.

Parent Nutrition Education:

- Schools shall provide parent education, promote food-centered activities that are healthful, enjoyable, developmentally appropriate, culturally relevant, and participatory, such as contests, promotions, taste testing, farm visits, school gardens, through newsletters, websites and other educational tools, using newest Dietary Guidelines;
- Schools will work with local parent groups (PTA, PTO, SNACPAC) to increase community involvement in nutritional education;
- 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.

Student Nutrition Education:

- To help ensure the health and well being of each student attending Shorewood School District, and to provide guidance to school personnel in the areas of nutrition, health, physical activity and food service, the Governing Board encourages all District employees to recognize the lunch period as an integral part of the educational program of the district, and work to implement the goals of this policy;
- Each school in the district is encouraged to establish an instructional garden (tilled ground, raised bed, container, nearby park, community garden, farm or lot), of sufficient size to provide students with experiences in planting, harvesting, preparation, serving, and tasting foods, including ceremonies and celebrations that observe food traditions, integrated with nutrition education and core curriculum, and articulated with state standards;
- Staff shall integrate hands-on experiences and enriched activities such as food samplings, farm field studies, farmers' market tours, and visits to community gardens, with core curriculum so that students begin to understand how food reaches the table and the implications that has for their health and future;
- Schools shall use food as an integrator and central focus of education about human events, history, and celebrations, and shall encourage classes to use food and cooking as part of a learning experience that sheds light on the customs, history, traditions, and cuisine of various countries and cultures;
- Nutrition education curriculum will be developed and integrated into the core academic curriculum at all levels; emphasizing newest Dietary Guidelines for America;
- Students receive consistent nutrition messages throughout the school, classroom, cafeteria;
- Nutrition education is offered in the school dining room as well as in the classroom with coordination between the nutritional staff and teachers;
- Staff who provide nutrition education have appropriate training.

Committee Name: Nutrition Education & Promotion: Committee One Date: May, 2008

Goal One: To provide comprehensive nutrition education to students and families in the School District of Shorewood.

ACTION STEPS	TIMELINE	BUDGET and RESOURCES	PERSON(S) RESPONSIBLE	TO WHOM DOES THIS NEED TO BE COMMUNICATED	RESULTS OR EVIDENCE OF PROGRESS
A. Curriculum Development: Review K-12 nutrition curriculum	2006-2009	Summer Curriculum Hourly Pay for Teachers and School Year Release Time	Director of Instruction, K-12 Teacher Committee	Administrators, Teachers, School Board SNACPAC	Curriculum Outline Lesson Plans
B. To recommend that a SNACPAC member be involved in the curriculum review discussion.	2006-2009	None	SNACPAC Member	Administrators, Teachers, School Board, SNACPAC	Martha Kipcak and Kathy Yanoff will be a member of this committee.
C. Professional Development Offer a Nutrition Course for faculty	2009-2010	Honorarium of instructor	Director of Instruction, K-12 Teacher Committee	Administrators, Teachers, School Board	Teacher Survey Teachers share the best lesson with each other
D. Marketing and Education: SNACPAC Nutritional Services District Website School and District Newsletter Articles	Ongoing Need to develop ways to reach parents on the importance of nutrition, physical activity, and health.	Minimal	Principals, PTO, SNACPAC, School Nurse, School Newspapers	Parents, Community, PTO's, School Newspapers	Listing of articles in newsletters. Meal program participation numbers. Increase participation in SNACPAC meetings. District website on wellness.
E. Instructional Gardens To explore instructional garden opportunities based on the nutrition curriculum updates.	2009-2010	TBD based on activity	Director of Instruction Principals	Administrators Teachers	Student/Teacher survey at conclusion of activity

COMMITTEE TWO: PHYSICAL ACTIVITY

“The current epidemic of inactivity and the associated epidemic of obesity are being driven by multiple factors (societal, technologic, industrial, commercial, financial) and must be addressed likewise on several fronts. Foremost among these are the expansion of school physical education, dissuading children from pursuing sedentary activities, providing suitable role models for physical activity, and making activity-promoting changes in the environment.”

Excerpts from ‘Pediatrics; Active Healthy Living: Prevention of Childhood Obesity through Increased Physical Activity’
Pediatrics 2006: 117; 1834-1842, May 2, 2006

BACKGROUND

In 2002, data showed that 15% of children and teens were overweight; a tripling of the incidence since 1980. It is estimated that ½ of overweight school children and upwards of 80% of overweight teens will be overweight adults. In the last ten years, the incidence of type 2 diabetes in children has risen tenfold. Physical inactivity and poor diet together account for at least 400,000 deaths per year in the United States. The most powerful technology driving the obesity epidemic is television. Statistics from the National Health and Nutrition Examination Survey (NHANES II) 1980-1994, stated that 25% of school aged children watched four or more hours of television per day. NHANES III completed in 2004 stated that 33% of children watched four or more hours of television per day and that 43% of students 9-12 years old watched two or more hours of television per day. Recent surveys show that 61.5% of 9-13 year olds did not participate in any organized physical activities and 22% did not participate in non-organized physical activity outside of school hours.

Data from the Center for Disease Control (CDC) “School Health Policies and Programs Study 2000” show only 8% of grade schools, 6.4% of middle schools and only 5.8% of high schools in compliance with existing CDC guidelines for PE across the nation. 16.7% of grade schools and 25.3% of intermediate and 40% of high schools exempt students from required PE courses for various reasons. Participation in daily PE in the high school went down from 42% in 1991 to 28% in 2003.

Over the last ten years, there has been a decrease of Physical Education offerings in Shorewood Public Schools, especially in the Intermediate School, where PE has been reduced to only two quarters per year and the health curriculum has been abandoned. To compound this, the lunch period at SIS is only 25 minutes long precluding any unstructured physical activity.

The Shorewood School District has received the Carol White Physical Education Program grant beginning for the 2007 school year. The Physical Education Curriculum will be reviewed and updated for the grant as well as for curriculum update.

MISSION

Recognition that PE and physical activity programs are important to the long term health and wellness of our children.

PHYSICAL ACTIVITY GUIDELINES

Healthy People 2010; daily PE classes for all grades for the entire year.

The National Association of State Boards of Education (based on recommendations from the CDC) recommends;

- 150 minutes per week of PE for elementary students (3 times a week for a 50 minutes)
- 225 minutes per week of PE for middle and high school students (daily classes of 45 minutes)

National Association of Sports and Physical Fitness (NASPE) recommends children should receive 60 minutes, and up to several hours, of age appropriate physical activity on a daily basis.

Wisconsin Department of Public Instruction recommends;

- Senior Kindergarten - 6th grade, PE classes should be held at least 3x a week
- Standard L recommends weekly instruction throughout the school year in PE for children in 5th - 8th grade
- There are no concrete recommendations for high school

The existing Physical Education Curriculum at Shorewood Public Schools is as follows;

- JR Kindergarten: 30 minute session every 6 day cycle
- Senior Kindergarten: 2 sessions @40 minutes each = 80 minutes per 6 day cycle, plus teacher led activities
- Grades 1 – 6: 2 sessions @40 minutes each = 80 minutes & 40 minute teacher led per 6 day cycle
- Intermediate Grades 7-8: Daily PE of 44 minutes every other quarter, two quarters per school year
- High School Grades 9-12: recommends daily PE as a requirement two years with a third year of PE elective. Students are allowed to opt out of a 4th year of PE.

COMMITTEE TWO: PHYSICAL ACTIVITY

Committee Name: Physical Activity, Committee 2

Date: May, 2008

Goal One: To review and revise the K-12 Physical Education and Health Curriculum.

ACTION STEPS	TIMELINE	BUDGET and RESOURCES	PERSON(S) RESPONSIBLE	TO WHOM DOES THIS NEED TO BE COMMUNICATED	RESULTS OR EVIDENCE OF PROGRESS
A. To review and revise the K-12 Physical Education and Health Curriculum.	2007-2009	TBD	Director of Instruction, Physical Education & Health Instructors, SNACPAC	Administrators, School Board, Principals, Community, SNACPAC	Recommendations presented to the School Board by the end of the 2008-2009 school year with implementation for the 2009-2010 school year.
B. To recommend that a SNACPAC member be involved in the curriculum review discussion.	2006-2009	None	Director of Instruction, Physical Education & Health Instructors, SNACPAC	Administrators, SNACPAC	

Goal Two: To develop an intramural activity program for high school students.

ACTION STEPS	TIMELINE	BUDGET and RESOURCES	PERSON(S) RESPONSIBLE	TO WHOM DOES THIS NEED TO BE COMMUNICATED	RESULTS OR EVIDENCE OF PROGRESS
A. To form a committee to develop an intramural program and extra curricular clubs.	2007-08	TBD	SHS Principal Assistant Principal SHS Athletic Director Recreation Dept.	Parents, Students, Nutritional Services, Staff	Participation numbers, Evaluation form

Goal Three: To provide a variety of structured playground activities during the Elementary School lunch period and recess.

ACTION STEPS	TIMELINE	BUDGET and RESOURCES	PERSON(S) RESPONSIBLE	TO WHOM DOES THIS NEED TO BE COMMUNICATED	RESULTS OR EVIDENCE OF PROGRESS
A. The Elementary PE Instructor will provide training for elementary playground staff and teachers on organized	September, 2008	TBD	Elementary Physical Education Instructors	Teachers Playground Staff	Feedback from teachers and staff

& playground games.				
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Goal Four: To have a Physical Education Teacher participate in SNACPAC.

ACTION STEPS	TIMELINE	BUDGET and RESOURCES	PERSON(S) RESPONSIBLE	TO WHOM DOES THIS NEED TO BE COMMUNICATED	RESULTS OR EVIDENCE OF PROGRESS
A. To recommend that a PE Instructor be represented on SNACPAC.	2008-2009	None	Director of Instruction Principals	Director of Instruction, Principals	Attendance and involvement in the Committee

Goal Five: To create opportunities for student/family events that involves physical activity.

ACTION STEPS	TIMELINE	BUDGET and RESOURCES	PERSON(S) RESPONSIBLE	TO WHOM DOES THIS NEED TO BE COMMUNICATED	RESULTS OR EVIDENCE OF PROGRESS
A. PTO's should sponsor student/family physical activity events throughout the school year.	2008-2009	Parent volunteers will organize the PTO component.	PTO	Students, Parents, Teachers	Listing of these events.
The Recreation Dept will offer physical activity programming throughout the year.	2008-2009	The Recreation Dept offerings maybe user fee based.	Recreation Dept.	Students, Parents	Listing of these events
PE Instructors promote/implement events that encourage students/families to participate in physical activities.	2008-2009	None	Principals	Principals PE Instructors	Listing of these events

Goal Six: To provide and promote an employee wellness program.

ACTION STEPS	TIMELINE	BUDGET and RESOURCES	PERSON(S) RESPONSIBLE	TO WHOM DOES THIS NEED TO BE COMMUNICATED	RESULTS OR EVIDENCE OF PROGRESS
A. To continue to develop a wellness program for District	2008-2009	District Wellness Committee	One representative from each school will be on the Employee	District Employees	Participation numbers, Evaluation Forms

employees.			Wellness Committee chaired by the Fitness Center Manager.		
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COMMITTEE THREE: NUTRITION GUIDELINES FOR FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUS DURING THE INSTRUCTIONAL DAY

BACKGROUND

Childhood obesity is a growing and complex problem that results from poor dietary choices and a lack of physical exercise. Underlying this is an inadequate understanding of healthy nutrition. Shorewood Public Schools has a mandate to address this issue in the food that it serves and the programs that it offers its students. Lifelong eating habits are greatly influenced by the types of foods and beverages that are available to children. Schools need to establish standards to address all foods and beverages sold or served to students during the school day. The guidelines should focus on increasing nutrient density, decreasing fat and added sugars and moderating portion size.

MISSION

The recommendations of the Committee support and promote educated and optimal dietary choices and habits contributing to students' health, safety and academic performance. All foods for sale or provided to students on school grounds and at school-sponsored activities during the school day should meet or exceed the USDA recommendations and/or District nutrition standards listed herein. Emphasis should be placed on foods that are nutrient dense per calorie. Copies of the USDA recommendation guidelines are available in Nutritional Services.

The Institute of Medicine has released a report in April, 2007, NUTRITION STANDARDS FOR FOODS IN SCHOOLS: LEADING THE WAY TOWARD HEALTHIER YOUTH which provide recommendations regarding appropriate nutrition standards for the availability, sale, content, and consumption of foods and beverages at school, with attention given to foods and beverages offered in competition with federally- reimbursable meals and snacks. These recommendations have been included in the District's Nutritional Standards. Copies of the recommendations are available in the Recreation and Community Services Department.

The Committee further recommends that the healthy school environment not be dependent on revenue from high-fat, low-nutrient foods to support school programs.

Goal: All foods for sale or provided to students on school grounds and at school-sponsored activities should meet or exceed the USDA recommendations and/or District nutrition standards listed herein.

SCOPE

This policy applies to the period prior to the start of the school day (7:00 a.m.) throughout the instructional day (3:30 p.m.) starting on the first day of the 2007-08 school year. Special school events that begin after the conclusion of the instructional day are initially exempt from the requirements, though the Committee proposes that the guidelines be discussed in the future.

It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.

DISTRICT NUTRITIONAL STANDARDS

The consumption of nutrient dense foods such as whole grains, fresh fruits and vegetables are highly encouraged.

Fats:

School Meal Program: Total Fat – not to exceed 35% of calories over a school week, Saturated Fat – to be less than 10% of calories over a school week, Trans Fats – Zero trans fats.

- Nuts and seed are exempt from the above fat recommendations because they are nutrient dense and contain high levels of mono unsaturated fat. Foods high in mono unsaturated fat help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol. It is recommended that the nuts and seeds not be oil roasted.

A la carte items:

At least 60% of all products sold a la carte in vending machines, concessions, and school meal program must meet the district nutrition guidelines.

Sugar and Candy:

35% or less of calories from total sugars, except for yogurt with no more than 30 g of total sugars, per 8-oz portion as packaged.

Calcium:

People who are lactose intolerant or who choose not to consume dairy products are highly encouraged to attain calcium from other sources.

Portion Size:

Age-appropriate USDA calorie targets will be approximated at lunch. Snacks sold at a' la carte and concessions can not be super-sized.

Sodium:

Sodium content of 200mg or less per portion as packaged.

Fresh Foods:

Nutritional Services will attempt to utilize fresh foods when ever possible.

Goal: Work towards fresh fruits that are preservatives and other additives free, or have not been exposed to pesticides.

Beverages:

The School District of Shorewood is committed to providing students with healthy sources of hydration. Re-useable water bottles are allowed and encouraged at Shorewood Schools.

Recommended beverages:

- *Non-carbonated water with no calories or sugars. Water may contain natural flavoring.*
- *Low-fat (1% milk fat) and nonfat milk (8oz portions)including but not limited to chocolate milk, soy and rice beverages and other similar dairy and nondairy drinks.*
- *100% fruit juices or fruit-based drinks that do not contain added sugar.*
- *Electrolyte replacement beverages that contain 42 grams or fewer of additional sweetener per 20 ounce serving.*
- *Decaffeinated coffee or tea.*
- *Caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances.*

Unacceptable beverages:

- Carbonated beverages, including soda and sparkling water.
- Drinks with caffeine are not allowed at the elementary schools or SIS with the exception of naturally occurring caffeine in cocoa with less than 15 mg. per 8-ounce serving.
- Drinks with artificial sweeteners.
- All products not covered above with more than 30 grams of sugar per 8 ounce serving.

The vending machines located in the staff lounge at each school must contain at least 50% of the recommended beverages during the 2007-08 school year.

OTHER GUIDELINES REGARDING FOOD AND BEVERAGES AVAILABLE DURING THE SCHOOL DAY

Fund Raising in Schools

No food and beverage fundraising during the instructional day, on school grounds will be allowed. Principals may make exemptions for fundraising to Clubs on a case-by-case basis, if it complies with the district nutritional standards.

Food as a Reward and/or Punishment

School District staff and teachers can not use food or beverage as a reward for academic performance, good behavior or other achievements. Disciplinary measures impacting students can not interfere with the School District scheduled breakfast or lunch service hours, nor should food or beverage be withheld as a source of punishment.

Role Models

Parents, students, staff, teachers, and district employees are role models in practicing healthy eating and being physically active, both at school and at home. The District will develop strategies to assist staff and parents to become effective role models.

Classroom Snacks and Celebrations

Classroom snacks and celebrations should reinforce the importance of healthy choices, moderation and portion control.

Each principal will work with staff to establish and implement age-appropriate food and beverage recommendations for class snacks and celebrations, with reference to the district nutritional standards. These recommendations will stress variety and portion control.

It is suggested that healthy food and beverage preferences for snacks and celebrations is communicated with parents at the beginning of each school year as part of the teacher's overview of class procedures and expectations and reiterated throughout the school year as necessary.

Class celebrations offering food should not conflict with scheduled school lunch service times, and it is the committee's recommendation to schedule class celebrations after the lunch service hours.

Food Safety

Section 111 of the Child Nutrition and WIC Reauthorization Act 2004 requires School Food Authorities (SFA) to implement a food safety program that complies with Hazard Analysis Critical Control Point (HACCP) system. The HACCP system focuses on identifying specific points within a product's flow through operations that are essential to prevent, eliminate or reduce biological, chemical or physical hazards to safe levels. The plan is specific to the District's menu, students, staff/guests served, equipment processes and operation. The School District of Shorewood is in full compliance with HACCP regulations.

Vending Machines

All vending machines located throughout the District will be operated and maintained by the School District Business Office. Vending machines will be turned off at the start of the school day (7:00 a.m.) and remain off throughout the instructional day (3:30 p.m.) beginning the first day of the school year. The exception will be the vending machines located in the staff lounge at each school and at the Shorewood Community Fitness Center. These machines are for adults only. All vending machines must meet or exceed the District nutrition standards.

Professional Development for Nutritional Services

Staff development is critical in order to assure "Nutritional Integrity" in Shorewood's Child Nutrition Program. An effective continuous improvement plan for nutritional service employees is and must remain in place. This includes:

- Concise job descriptions with appropriate levels of staff qualifications.
- Effective staff training for new employees.
- Annual evaluations and assessment tools to measure staff competencies.
- Individual staff development plans to meet, maintain and enhance all competencies.
- Budget for professional staff development.

Director of Nutritional Services

The Director of Nutritional Services is responsible for assuring that all foods served during their nutritional service hours within the school day for children and employees are consistent with recommended dietary allowances and the dietary guidelines and, when consumed, contribute to the development of lifelong, healthy eating habits. The Director administers, assesses, implements and evaluates all aspects of the district school nutrition program with guidance from SNACPAC, and partners with others in the school, community and professional organizations to obtain support for the development of nutrition-based programming.

Goal One: To educate students, employees and the community on the District's Nutritional Standards.

ACTION STEPS	TIMELINE	BUDGET and RESOURCES	PERSON(S) RESPONSIBLE	TO WHOM DOES THIS NEED TO BE COMMUNICATED	RESULTS OR EVIDENCE OF PROGRESS
A. To provide the District's wellness action plans to all District employees, students, and families. The Principal at each school will be responsible for educating their staff/students/parents on the Standards through handbooks and flyers.	2008 – 2009 Include action plans in staff and student handbooks. Materials available at Fall registration.	Minimal	SNACPAC Principals	The entire school community (students, parents, community, staff)	Feedback from School Health Aides, Faculty, Administrative Team, School Board, Students, Parents and Community.

COMMITTEE IV: OTHER SCHOOL BASED ACTIVITIES

Goal One: To develop a SNACPAC logo.

Action Steps	Time Line	Budget and Resources	Person(s) Responsible	To whom does this need to be communicated?	Results or evidence of progress
To create a SNACPAC logo through the SHS graphic arts class.	Have the students design the logo during the first semester.	Limited	Director of Recreation SHS Art Teachers	SHS Art Teachers Graphic Art Students	Logo in place.
To create a wellness section on the District website.	Develop the website during the first semester	Limited	Director of Recreation Public Information Specialist SNACPAC	Public Information Specialist	Website in place.

VII. Assessment

On an annual basis, the SNACPAC will review the action plans and evaluate their effectiveness. Evaluations will be based on action plans.

A plan for measuring implementation of the District's wellness policy, including designating the Shorewood Nutrition and Physical Activity Advisory Committee (SNACPAC) within the District with responsibility for ensuring that each school fulfills the district's wellness policy.

A sustained effort by each school is necessary to assure that the wellness policies are faithfully implemented. The Committee will periodically assess how well the policy is being managed and implemented and will need to update or amend the action plans as the process moves on. Evaluation and feedback from students, parents, staff and administration are very important in maintaining a wellness policy.