

WATERFORD GRADED SCHOOL DISTRICT WELLNESS POLICY

It is the belief of the Waterford Graded J1 School District to strive to make a significant contribution to the general well-being, mental and physical capacity, and learning ability of each student and afford them the opportunity to fully participate in the education process. The Waterford Graded J1 School District supports the adoption and implementation of a comprehensive school wellness program at all district school buildings. The Waterford Graded J1 School District will work in cooperation with parents, who are the primary teachers and caregivers for their children.

At the center of a thriving school is a healthy, resilient, successful learner. The Waterford Graded J1 School District recognizes that a well functioning comprehensive school wellness program will improve the safety and health of all school community members and improve the academic achievement of students.

The comprehensive school wellness program plan incorporates the following six components:

1. **Healthy School Environment** – the culture and climate that exist within a school that support the physical, mental, emotional, and social well-being and safety of all its members.
2. **Student Programs** – can help address students' physical, emotional, social, and cognitive needs. These programs may include, but are not limited to, extracurricular activities, peer programs, student assistance programs, and mentoring.
3. **Adult Programs** – provide information and support to adults directly involved in the care and education of students. The three primary elements involved are: professional development for staff, parent education and support programs, and employee assistance and wellness programs.
4. **Pupil Services** – include the four core disciplines of school psychology, school social work, school counseling, and school nursing which are organized as a collaborative team.
5. **Curriculum, Instruction, and Assessment** – involves planning, implementing, and evaluating a sequential and developmentally appropriate K-8 curriculum that deals with all important health and safety issues.
6. **Family and Community Connections** – consist of the various formal and informal working relationships between schools, the greater community, and the families that live and work within them. These relationships involve networking, cooperation, coordination, and collaboration on health, prevention, and youth development issues.

DISTRICT NUTRITION GUIDELINES

The Waterford Graded J1 School District strongly encourages the sales or distribution of nutrient dense foods 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 the sale of food, beverage, and candy on school grounds.

Food:

- Any given food item for sale prior to the start of the school day and throughout the instructional day will minimize use of trans and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans, which can be found at the following links:
<http://www.health.gov/dietaryguidelines/dga2005/document/pdf/DGA2005.pdf>,
and other links of interest are: www.eatright.org or www.nih.gov,
<http://www.fns.usda.gov/cnd/lunch/AboutLunch/NSLPFactSheet.htm>

Beverages:

School lunches will provide low fat milk. If a child has dairy allergies, student with a medical excuse will be provided with juice instead of milk.

The district encourages increased consumption of water throughout the day. Staff members should be particularly sensitive to student needs for water during periods of hot weather.

- Water bottles must be clear and have secure caps.
- Water bottles may not be used in computer labs, science labs and the library.

Students are not permitted to bring carbonated or caffeinated beverages to school.

GUIDELINES FOR FOOD AND BEVERAGES OFFERED TO STUDENTS AT SCHOOL FUNCTIONS

The Waterford Graded J1 School District encourages the use of nutrient dense foods 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. At any school function (parties, celebrations, feasts, sporting events, etc.) healthy food choice options should be available. Some suggested foods are listed below:

- 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 and nuts)
- 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 chips, pretzels and low sugar cereals
- Low-fat muffins and granola bars
- Angel food and sponge cakes
- Flavored yogurt & fruit parfaits
- Low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Plain water
- Popcorn

NUTRITION EDUCATION POLICY

The Waterford Graded J1 School District aims to teach, and encourage, and support healthy eating by students. Schools should provide nutrition education and nutritional promotion that:

- Offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Part of not only health education classes but is cross-curricular;
- Includes enjoyable, developmentally appropriate, and culturally diverse participatory activities;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meals;
- Includes training for teachers and other staff

GOALS. Healthy eating is linked to reduced risk for mortality and development of many chronic diseases as adults. To ensure the health and well-being of all students it is the policy of the Waterford Graded J1 School District to:

- Ensure that all children have access to adequate and healthy food choices on scheduled school days at reasonable prices;
- Ensure that food sales/parties for students are held during hours that will not conflict with the lunch program;
- Support and promote proper dietary habits contributing to the students' health status and academic performance;
- Provide a comprehensive learning environment for developing and practicing life-long wellness behaviors. The 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;
- Ensure that meals offered by the district's food service program meet all legal requirements for participation in the National School Lunch Program;
- Provide school staff involved in nutritional education and in supporting a healthy school environment with adequate and on-going in-service training;
- Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles; and,
- Regularly evaluate the effectiveness of the healthy lifestyles policy in promoting healthy eating and change the program as appropriate to ensure its effectiveness.

PHYSICAL EDUCATION POLICY

Every student in each grade, kindergarten through eighth, shall have the opportunity to participate in regular physical activity for the entire school year, including students with disabling conditions and those in alternative education programs.

Students in the grades K-8 shall participate in physical education for at least the minimum recommended guidelines set by the Wisconsin DPI.

PHILOSOPHY. Physical Education will positively contribute to each student's physical, social, emotional, and intellectual development through participation in a variety of activities. This program will be taught by a trained professional using activities designed to meet State and Federal standards.

GOALS OF THE PHYSICAL EDUCATION PROGRAM:

- The student values participation in physical activities throughout life as a result of understanding the importance of regular physical activity and maintaining a healthy lifestyle.
- The student has the skills and knowledge needed to plan and enjoy the benefits of personal fitness and physical activity throughout life.
- Through participation in a variety of activities, the student will find one or more activities that they can use throughout a lifetime.
- There should be a progression from basic motor skills development to an exploratory phase of team and individual activities, rhythms, gymnastics, physical fitness, lifetime activities, cooperative activities/Adventure Education and sports.
- Physical Education classes will include integration components from other curricular domains whenever possible.
- Individual needs should be addressed whenever necessary through participation in the adapted or specially designed programs or through differentiation of the regular Physical Education activities.
- Physical Education and interscholastic athletics/intramural activities should not be substituted for each other.

ADDITIONAL BENEFITS OF PHYSICAL ACTIVITY:

- Through its effect on mental health, physical activity can help students' capacity for learning;
- Physical activity has substantial health benefits for children and adolescents including favorable effects on endurance capabilities, muscular strength, body weight, and blood pressure; and,
- Positive experiences with physical activity at a young age lay the basics for being regularly active throughout life.

ASSESSMENT. All students shall be regularly assessed for attainment of the physical education learning objectives.

HEALTH-RELATED FITNESS TESTING. Physical Education will include the use of a comprehensive health related fitness and activity assessment. The goal of this assessment is to promote enjoyable regular physical activity and to provide comprehensive physical fitness and activity assessment and reporting programs. Such testing shall be used to teach students how to assess their fitness levels, set goals for improvement, and monitor progress in reaching their goals.

ADEQUATE FACILITIES. School leaders shall endeavor to ensure the cost-efficient provision of adequate spaces, facilities, equipment, supplies, and operational budgets that are necessary to achieve the objectives of the physical education program.

School authorities shall minimize the use of physical education facilities for noninstructional purposes, such as using the gymnasium for school assemblies during times scheduled for physical education classes.

The physical education department and/or the Waterford Recreation Department shall actively engage families as partners in their children's education and collaborate with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day.

HEALTH EDUCATION POLICY

PHILOSOPHY. The Waterford Graded School District believes that school health education is an essential part of every child's education. Health education is delivered by a multitude of sources including, but not limited to the classroom teacher, developmental guidance, physical education teachers, community resources, as well as certified health teachers.

GOALS: We believe that a comprehensive health education program can make a difference in the quality of life for this and subsequent generations. We believe that through health education, students will:

- Know that total health includes all of a person's physical, emotional, intellectual and social growth, development and well-being;
- Understand that every individual human being is valuable;
- Appreciate that health is a right and a responsibility of every individual and community;
- Understand that individuals can prevent many health problems through positive health behaviors;
- Know that to become partners in their own health care, individuals need accurate information, education, and health promoting services and support;
- Practice behaviors which promote and maintain intellectual, physical, emotional and social well-being;
- Contribute to family and community health and effectively use the health care system;
- Practice principles of safe living and disease prevention to avoid health problems and to stress personal hygiene and good hand-washing; and
- Understand the structure and function of the human body and patterns of health, growth and development

COLLABORATION. To the extent practicable, school staff shall cooperate with other agencies, organizations, and individuals conducting health education in the community. Guest speakers invited to address students shall receive appropriate orientation to the relevant policies of the Waterford Graded J1 School District. School staff is encouraged to work with community organizations to provide opportunities for student volunteer work related to health.

STAFF WELLNESS POLICY

Waterford Graded J1 School District highly values the health and safety of every staff member and will plan and implement activities and policies that support health promoting behaviors among staff members.

Staff wellness and morale will be promoted through implementation of activities that encourage physical activity and healthy eating. Staff will be provided with adequate and on-going training that supports a physically active school environment focusing on strategies for behavioral change and encouraging positive role modeling for a healthy lifestyle.

