

## WAUSAU SCHOOL DISTRICT

STUDENTS

5900

HEALTH AND SAFETY

WELLNESS AND NUTRITION

The Wausau School District recognizes to advance student learning, achievement and success it is important to provide a healthy learning environment by supporting wellness, good nutrition and regular physical activity. This policy promotes life-long wellness behaviors, and links healthy nutrition and exercise to students' overall physical and mental well being. Healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential.

### NUTRITION EDUCATION

The nutrition education curriculum shall reflect the knowledge and skills necessary for a lifetime of healthy eating behaviors and be consistent with current state and national standards and guidelines, such as the Dietary Guidelines for Americans and Wisconsin's Model Academic Standards for Nutrition Education. The district may utilize community partners to expand and promote nutrition education in schools. An example would be the integration of a farm to school program within the Child Nutrition Programs and within the District's curricular and extracurricular programs to facilitate the nutritional and educational goals of the school district.

### PHYSICAL EDUCATION

The District will continue to support physical education programs that enhance lifelong fitness and encourage daily physical activity for its students. The District will strive to meet or exceed the Wisconsin Department of Public Instruction and NASPE's recommended guidelines for physical education (minutes per week and teacher to student ratio). Physical Education and Health teachers will continue to be informed of the most current health and physical education information through community partnerships and other professional development opportunities.

### PHYSICAL ACTIVITY

Students will be provided opportunities for physical activity through a range of after-school programs including, but not limited to, intramurals, interscholastic athletics and other school-sponsored activities. When possible, District facilities will be available to the community. Students and families will be provided opportunities to participate in physical activity (i.e. family fun nights/days, fitness walk/runs, health fairs, various school-community activities). Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events. The District will encourage daily recess for all elementary students. Classroom activity breaks will be scheduled in all buildings and resource materials will be made available upon request. Recess and activity breaks WILL NOT take the place of physical education class.

### SCHOOL NUTRITION PROGRAMS

The School Nutrition Department shall offer and promote healthy school breakfast, lunch, and snacks as part of the education learning environment to encourage choices that reflect a healthy lifestyle. The District shall comply with current federal and state guidelines for Child Nutrition Programs and Food Safety. Students will be allowed adequate time to eat breakfast and lunch.

## OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

The District recognizes the role that a positive school environment plays in promoting consistent wellness messages to its students. The District will provide clean, safe, and appropriate meal environments for students as well as safe, secure, well-maintained, and inviting physical education facilities, along with adequate equipment, to enhance teaching and learning. Schools will schedule lunch times as near to the middle of the school day as possible. Physical activity is encouraged as a reward (i.e. extra recess time, organized games, walk with the principal, etc.) and should not be used as a punishment. To the extent possible, recess should not be taken away from the students. After-school programming should consider activities that have a nutrition or physical activity component.

## FOOD REWARDS IN THE CLASSROOM/NON-FOOD REWARDS

Rewarding children with unhealthy foods in school undermines the efforts to teach them about good nutrition. Using food as a positive reinforcement or withholding food for punishment can lead to learned behaviors that may lead to weight problems. Non-food rewards should be used to encourage positive behaviors and include:

- Social rewards – positive praise
- Recognition – ribbons, stickers, certificates, emails home to parents
- Privileges – going first, choosing a class activity, “no homework” pass
- Rewards for the class – going outside to eat, holding class outdoors, listening to music while working and/or going outside for an additional activity break
- School Supplies – pencils, notebooks, erasers, bookmarks

## STAFF WELLNESS

The District will provide staff wellness programs and educational opportunities that encourage employees to make healthy lifestyle choices improving their physical and mental well-being. The wellness steering committee will develop and promote quality programs for staff to be active and healthy. The committee will target programming to address the greatest areas of interest and need based on health risk assessments, surveys, health insurance utilization trends, etc. The wellness steering committee will also monitor and measure the impact of wellness activities/programs in order to continually improve program effectiveness (i.e. employee participation rates, reduction in absenteeism, health risk assessments data, and utilization of health care services, etc.)

## IMPLEMENTATION, COMPLIANCE, AND MAINTENANCE OF DISTRICT WELLNESS INITIATIVES

A community-wide Wellness Council will be established and maintained. The purpose of the Council will be to monitor the implementation of the Wausau School District Wellness Policy, serve as a District resource on wellness issues, and aid in any policy revisions. Each school building will monitor yearly progress and perform a required assessment to determine compliance, compare the District’s policy to other district’s policies and document progress made. The Council will meet annually to review and publish the Wellness Policy as outlined by the USDA. Furthermore, building administrators are responsible for implementing and verifying

compliance of the wellness policy in their buildings. All District employees are responsible for assisting with the implementation process and for compliance of the Wellness Policy.

#### FOOD AND/OR BEVERAGE OPTIONS FOR FOODS SOLD IN SCHOOL OR CONSUMED DURING THE SCHOOL DAY

The following policies and USDA regulation will be taken into consideration when planning a food event (i.e. special celebrations, snacks in the classroom, fundraisers held during school hours, vending, school stores, foods sold ala carte through the Child Nutrition Programs):

1. USDS Smart Snacks in School regulations will be followed for all foods SOLD during the School day. Please refer to the USDA for specifics:  
<[http://fns.dpi.wi.gov/sites/default/files/imce/fns/pdf/ss\\_ian\\_1415\\_3.pdf](http://fns.dpi.wi.gov/sites/default/files/imce/fns/pdf/ss_ian_1415_3.pdf)>  
and use the following tool to determine if items that are purchased that fit within the USDA proposed standards:  
<[https://schools.healthiergeneration.org/focus\\_areas/snacks\\_and\\_beverages/smart\\_snacks/](https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/)>
- \* Marketing and advertising of only foods and beverages that meet the Smart Snacks in School nutrition standards are allowed during the school day.
2. For foods sold outside of the school day (fundraisers, concession stand sales, bake sales, etc.) two District policies need to be considered when making decisions regarding what foods to sell and to offer at school functions:
  - Policy 5900 – Wellness and Nutrition
  - Policy 5920 – Food Allergy/Food Intolerance
3. Marathon County Health Department also recommends that schools follow the food safety regulations when serving food to the public. Food Safety & Health Codes can be found on the following website: <http://www.dhs.wisconsin.gov/fsrl/codes/>

Cross Reference:

Policy 5920 – Food Allergy/Food Intolerance

Appendix:

USDA STANDARDS

## Nutrition Standards for All Foods Sold in School

Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food.	<p>To be allowable, a competitive FOOD item must:</p> <ol style="list-style-type: none"> <li>(1) meet all of the proposed competitive food nutrient standards; and</li> <li>(2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; <i>or</i></li> <li>(3) have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); <i>or</i></li> <li>(4) be a combination food that contains at least ¼ cup fruit and/or vegetable; <i>or</i></li> <li>(5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food.</li> </ol> <p>*If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.</p>	<ul style="list-style-type: none"> <li>• Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards.</li> <li>• Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards.</li> <li>• Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.</li> </ul>
NSLP/SBP Entrée Items Sold A la Carte.	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.	
Sugar-Free Chewing Gum	Sugar-free chewing gum is exempt from all competitive food standards.	
Grain Items	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.	
Total Fats	Acceptable food items must have ≤ 35% calories from total fat as served.	<ul style="list-style-type: none"> <li>• Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard.</li> <li>• Nuts and seeds and nut/seed butters are exempt from the total fat standard.</li> </ul>

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> <li>• Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard.</li> <li>• Seafood with no added fat is exempt from the total fat standard.</li> </ul> <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Saturated Fats	Acceptable food items must have < 10% calories from saturated fat as served.	<ul style="list-style-type: none"> <li>• Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard.</li> <li>• Nuts and seeds and nut/seed butters are exempt from the saturated fat standard.</li> <li>• Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard.</li> </ul> <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Trans Fats	Zero grams of trans fat as served ( $\leq 0.5$ g per portion).	
Sugar	Acceptable food items must have $\leq 35\%$ of weight from total sugar as served.	<ul style="list-style-type: none"> <li>• Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard.</li> <li>• Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.</li> </ul>

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> <li>Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.</li> </ul>
Sodium	<p>Snack items and side dishes sold a la carte: ≤ 230 mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold a la carte must be: ≤200 mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤480 mg sodium per item as served, including any added accompaniments.</p>	
Calories	<p>Snack items and side dishes sold a la carte: ≤ 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤350 calories per item as served including any added accompaniments.</p>	<ul style="list-style-type: none"> <li>Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.</li> </ul>
Accompaniments	Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.	
Caffeine	<p>Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.</p> <p>High School: foods and beverages may contain caffeine.</p>	
<b><i>Beverages</i></b>		
Beverages	<p>Elementary School</p> <ul style="list-style-type: none"> <li>Plain water or plain carbonated water (no size limit);</li> <li>Low fat milk, unflavored (≤8 fl oz);</li> <li>Non fat milk, flavored or unflavored (≤8 fl oz), including nutritionally equivalent milk alternatives as permitted by the</li> </ul>	

Food/Nutrient	Standard	Exemptions to the Standard
	<p>school meal requirements;</p> <ul style="list-style-type: none"> <li>• 100% fruit/vegetable juice (≤8 fl oz); and</li> <li>• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤8 fl oz).</li> </ul> <p>Middle School</p> <ul style="list-style-type: none"> <li>• Plain water or plain carbonated water (no size limit);</li> <li>• Low-fat milk, unflavored (≤12 fl oz);</li> <li>• Non-fat milk, flavored or unflavored (≤12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;</li> <li>• 100% fruit/vegetable juice (≤12 fl oz); and</li> <li>• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤12 fl oz).</li> </ul> <p>High School</p> <ul style="list-style-type: none"> <li>• Plain water or plain carbonated water (no size limit);</li> <li>• Low-fat milk, unflavored (≤12 fl oz);</li> <li>• Non-fat milk, flavored or unflavored (≤12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;</li> <li>• 100% fruit/vegetable juice (≤12 fl oz);</li> <li>• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤12 fl oz);</li> <li>• Other flavored and/or carbonated beverages (≤20 fl oz) that are labeled to contain ≤5 calories per 8 fl oz, or ≤10 calories per 20 fl oz; and</li> <li>• Other flavored and/or carbonated beverages (≤12 fl oz) that are labeled to contain ≤40 calories per 8 fl oz, or ≤60 calories per 12 fl oz.</li> </ul>	