
Platteville School District Wellness Policy

Nutrition and physical activity influence a child's development, health status, well being and potential for learning. Students who practice good nutrition attend school with minds and bodies ready to take advantage of their learning environment. The Platteville School District encourages all members of the school community to help create an environment that supports healthy, lifelong habits and develop school programming that reflects and encourages positive nutritional choices.

I. School Health Councils

The school district will create a school health council to develop, implement, monitor, review, and, as necessary, revise the school wellness policy. Council members may also serve as resources to school sites for implementing the wellness policy. The school health council is a school and community group that should include representation from parents, students, food service staff, school board, school administrators, teachers, health professionals, and members of the public.

II. Nutritional Guidelines for Foods and Beverages Sold and Served at School

School Meals

Meals served through the National School Lunch and Breakfast 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 fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives as defined by USDA;
- Ensure that half of the served grains are whole grain.
- Provide a sufficient amount of time for students to eat breakfast and lunch.
 - breakfast (10 minutes after receiving the meal)
 - lunch (20 minutes after receiving the meal)
- Utilize methods to serve breakfast that encourage participation (i.e. breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break).
- Encourage parents of non-participating children through newsletter articles to provide a healthy breakfast for their children at home.
- Publicize nutritional information (i.e. total calories and calories from fat) for all items being served in the school meals program.

The food service program should involve students and parents, by committee or by survey, in a process of menu advising for the school lunch and breakfast programs.

Free and Reduced-priced Meals Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Lunch Schedules School lunches will be served between 11:00 a.m. and 1:00 p.m. and allow students 20 minutes to eat after being served. Some exceptions may apply.

Foods and Beverages Sold Individually

All food and beverages sold outside of the school meal programs shall meet the standards established in [USDA's Nutrition Standards for All Foods Sold in Schools \(Smart Snacks\) rule](#).

Elementary Schools The school food service program should provide all food and beverage 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 and non-fat milk, fruits, and non-fried vegetables.

Middle and High Schools In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, will meet the following nutrition and portion size standards:

Foods Provided but Not Sold

Fundraising Activities. To support children's health and school nutrition-education efforts, fundraising activities conducted at school during the school day will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually (above). School sponsored organizations (those for whom the school district maintains fund accounts) will be encouraged to promote physical activity or nonfood items for fund raising activities that are conducted outside of school and outside the school day.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water or milk as the primary beverages. School and classroom newsletters and websites will identify preferred snacks to guide parents who provide snacks for classrooms or programs at school. All snacks that are not provided by the school food service program must be commercially prepared and show labeled ingredients on the manufacturer's package.

Rewards. Schools will not use foods or beverages that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior.

Celebrations. Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above).

III. Promoting Nutrition Education and Physical Activity

Nutrition Education Teach nutrition facts and promote healthy eating habits:

- By teaching the knowledge and skills necessary to promote and protect good health at each grade level in the health/PE curriculum.

- By reinforcing the health/PE curriculum within all subject areas.
- By providing wellness training for teachers and other school staff.
- By conducting contests, participatory activities, surveys and other activities that promote nutrition awareness.

Smarter Lunchroom School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment. School nutrition services shall implement at least one Smarter Lunchroom techniques at each school.

Physical Activity Encourage students to embrace regular, physical activity as a personal behavior:

- By teaching the knowledge and skills necessary to promote a physically active lifestyle at each grade level in the health/PE curriculum.
- By finding opportunities to incorporate short physical activity breaks into other classes as appropriate.
- By encouraging students to incorporate 60 minutes of physical activity in their normal, daily routine, such as walking/biking instead of driving to school, activities, etc.

Communications with Parents Schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. Parents will be encouraged to have their children walk/bike to school and activities whenever practical. Information on school websites and in school newsletters will enhance parental awareness about good nutrition and physical activity. School websites, newsletters and calendars will inform parents of physical activity opportunities that are available to students both during and after the school day.

Food and Beverage Marketing in Schools School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Staff Wellness The School District values the health and well-being of every staff member and will support efforts to plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle.

Facilities and Infrastructure There will be well-maintained walking and bicycle access to all schools and convenient bicycle racks provided. The district will advocate for safe, convenient walking/bike access to schools from any new residential development.

IV. Physical Activity Opportunities and Physical Education

Physical Education. The school's physical education program will ensure that students have the opportunity, support and encouragement to be physically active on a regular basis. Physical education teachers will provide leadership within each school to help students develop and self-monitor a daily physical activity habit. Daily physical

education classes and regularly scheduled recess in the elementary schools will help form the habit of daily physical activity. As they mature and become more responsible at the middle and high school levels, students will be expected to supplement their physical education classes with physical activity in other ways including their participation in organized sports and personal physical activity plans. At the middle and high school levels, interscholastic or intramural sports should supplement but not substitute for meeting the school's physical education requirement. At all levels students should spend at least 70 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. All elementary school students should have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.

Physical Activity Opportunities Before and After School. Opportunities for student participation in intramural and interscholastic sports programs at the middle and high school levels should provide a range of activities that meet a wide range of interests, and abilities so as to encourage participation by all students.

After-school child care and enrichment programs should provide and encourage daily periods of moderate to vigorous physical activity for all participants.

The district will offer at least one family-focused event supporting health promotion (e.g., health fair, nutrition/physical activity open house) each year.

Use of School Facilities Outside of School Hours. In accordance with Policy KG-School Facility Use, school spaces and facilities are available to students, staff, community members, agencies and organizations before, during, and after the school day, on weekends, and during school vacations.

V. Monitoring and Policy Review

Monitoring. The superintendent will be responsible for ensuring compliance with the school district's wellness policy. The principal, or designee, in each school will ensure compliance at his/her school and report on the school's compliance to the superintendent. The administrator in charge of the district's food service program will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. This report will include a review of the most recent administrative review of the meal pattern and nutritional quality assessment.

The superintendent will develop an initial wellness baseline report during the first year of the policy's implementation and thereafter complete a wellness monitoring report every three years on district-wide compliance with the district's wellness policy. Those reports will identify the nutrition and physical activity environments at each school at the time of the reports.

The wellness report will be provided to the school board and also distributed to the school health council, student groups, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review.

The district will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.

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**School District of Platteville
Platteville, Wisconsin**