



Book	Policy Manual
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The School District of Beloit (hereto referred to as the District) is committed to every student's optimal development and well-being. A student-centered approach to wellness that includes good nutrition and regular physical activity before, during, and after the school day is strongly correlated with positive student outcomes. The District believes that we need to create and support learning environments that promote health throughout all our schools, allowing staff and students to achieve success. This policy outlines the District's approach to ensure all students practice healthy eating, physical activity, and other wellness behaviors throughout the school day. The District also supports the health and well-being of staff members and encourages staff to be healthy role models for students.

District Wellness Committee

A District Wellness Committee shall be formed and maintained to oversee the activities outlined in this policy. The District's Director of Food and Nutrition or designee and the Superintendent or designee are the officials for oversight of the District's Wellness Committee and the Wellness Policy. At least one of the officials or their designees, shall convene the District Wellness Committee, lead the review and evaluation of the Wellness policy and make recommendations on policy changes per Board of Education procedures.

The District Wellness Committee shall meet at least three (3) times during the school year to discuss the implementation of the established activities and address any barriers or challenges. By June 1 of each year, the District Wellness Committee shall evaluate the past school year's nutrition, physical activity, wellness activities and develop an action plan for the upcoming school year to address District wellness priorities. The District Wellness Committee shall share a report on wellness policy implementation and activities with school leadership and make a copy of the report and action plan available to the community before starting each school year. At a minimum, the District Wellness Policy will be reviewed and updated at least triennially by the District Board of Education Policy Committee and the District Board of Education.

District Wellness Committee Participants

The District will invite a diverse group of district and community members to participate in the District Wellness Committee, which may include but is not limited to:

- School District Administrator/Principals
- District Director of Food and Nutrition
- Food Service Management Company Dietitian

- Food Service Management Company Food Services Director/Chef
- Board Member
- School Health Advisory Committee Representative (see the implementation of wellness activities section below)
- Classroom Teacher
- Health Educator Teacher
- Physical Education Teacher
- School/District Nurse or Health Assistant
- Counseling, Social Work or Student Services
- School Staff
- Student(s)
- Parent(s)/Guardian(s)/Caregiver(s)
- School Volunteers
- Booster Group Leader(s)
- Community Member(s)/Business Partner(s)

Implementation of Wellness Activities/School Health Advisory Councils (SHACs)

The District Wellness Committee will implement wellness activities through School Health Advisory Councils, or SHACs. Each school will have a SHAC, a school-level group that may include parents/guardians/caregivers, students, community members, and school staff working together to improve the health of all students and families through coordinated school and student wellness activities. Each SHAC will have a designated representative, and this representative will serve as a member of the District Wellness Committee. The SHAC representative will serve as the communication link between his/her/their school and the District Wellness Committee and will report on wellness activities and policy implementation at his/her/their school at least once per year. The SHAC representative will also keep his/her/their school informed of wellness activities discussed at the District Wellness Committee, and any changes to the District Wellness Policy and its implementation.

Nutritional Standards for All Foods

School Meal Programs

The district is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Standards and Guidelines for School Meal Programs

- All schools shall follow the USDA final rule on wellness policies.
- All meals meet or exceed current Federal nutrition requirements established by USDA under the Healthy Hunger-Free Kids Act of 2010. See <https://www.fns.usda.gov/programs> for additional information on programs and requirements.
- All schools in the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Fresh Fruit and Vegetable Program (FFVP), Summer Food Service Program (SFSP), Seamless Summer Options (SSO) and others as eligible.
- All meals are accessible to all students.
- Withholding food as a punishment is strictly prohibited.
- All meals are appealing and attractive and are served in a clean and pleasing environment.
- Drinking water is free and available to students during all mealtimes.
- Water cups will be provided when drinking fountains are not in the café.
- Students shall be provided at least 10 minutes after being seated for breakfast and 20 minutes after being seated for lunch.
- Scheduling recess before lunch is encouraged for elementary students.

- It is recommended that every student is scheduled for a lunch break between 11:00 a.m. and 1:00 p.m. daily. If lunch is not served between 11:00 a.m. - 1:00 p.m., students will be allowed to a snack mid-morning or mid-afternoon.
- Classwork, make-up tests and tutoring are only scheduled during lunch if an alternate lunch option is provided.
- Menus shall be accessible to students, parents, and the community and posted on the District website. The menu will also provide the nutrient content of the foods served.
- Menus shall be created or reviewed by a Registered Dietitian contracted or employed by the District or Food Service Management Company (FMSC).
- All school nutrition program directors, managers and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

School Meal Program Participation

- The District shall notify parents of the availability of the Breakfast, Lunch, and Summer Meal Programs. All students are eligible under Community Eligibility Provision(CEP) to participate in all meal programs without cost.
- The District shall explore using non-traditional breakfast service models such as breakfast in the classroom, to increase breakfast participation.

Food and Beverages Sold Outside of School Meals

- The sale of foods and/or beverages containing caffeine is allowed at the high school level only.
- Vending machines selling food items not meeting the Federal Nutrition Guidelines/USDA Smart Snacks will not be accessible to students during the school day

(<https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/smart-snacks-in-a-nutshell.pdf>)

Foods Offered or Provided, Not Sold During the School Day

- All foods and beverages offered on the school campus during the school day meet or exceed the USDA Smart Snacks nutrition standards including those provided at celebrations and classroom parties where staff/family members bring food items.
- All foods provided to students during the school day must either be a fresh fruit or vegetable, have an ingredients label, or be provided by the Food Service Management Company. This ensures allergy precautions and food safety is maintained.
- Food rewards or incentives shall not be used to encourage student achievement. Whenever possible low/no cost rewards that reinforce healthy habits are encouraged.
- The School Principal will share information on allowable foods and beverages, party/celebration ideas, and managing food allergies with teachers, parents/guardians/caregivers, and classroom volunteers at the start of each school year and be responsible for education and enforcement.

Fundraising

The District encourages fundraising activities that support, healthy habits and/or student service opportunities. The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and has procedures to allow for up to two exempt fundraisers per school, per year. Exempt fundraisers must be requested in advance to each school's principal, who will review and approve or deny the request. All other fundraisers held during the school day must meet the Smart Snacks nutrition standards. No food or beverages can be sold in competition with the school meal program during meal periods. Flexibility for important traditions preserving the ability for parents/guardians/caregivers to send treats for activities such as birthday parties, holidays and other celebrations. Selling food/beverages 30 minutes after the final bell is allowed.

Marketing

The promotion, marketing, and advertising of food products on District property is restricted by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) guidance. School administration (Principal or designee) will restrict and enforce food and beverage marketing in their building to only those foods and beverages that meet the nutrition standard by USDA's Smart Snacks rule. Marketing includes brand names, trademarks, logos or decals on equipment, posters, garbage/recycling containers, display cases and signage. Product labels are not considered marketing.

Nutrition Education

- The primary goal of nutrition education is to influence students' lifelong eating behaviors.
- Nutrition education is a component of comprehensive health education and shall be offered annually to all District students . (if applicable, based on student scheduling K-12).
- Additional standards-based nutrition education programs, such as FoodWise, are encouraged to provide additional nutrition education.
- The District shall teach, model, encourage, and support healthy lifestyles and health literacy through nutrition education activities. The District will include families and the community in nutrition education efforts.
- Wisconsin Model Academic Standards for Nutrition Education will provide standards-based, behavior-focused and age-appropriate nutrition education.
- Staff members responsible for nutrition education, including food service staff, will regularly participate in relevant staff development.
- Teachers are encouraged to integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.
- The District will foster positive relations with food and promote a healthy body image.

Nutrition Promotion

- The District is committed to providing a school environment that provides students with opportunities to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout the schools, classrooms, cafeterias, and school media.
- District-wide participation in programs such as Harvest of the Month will be encouraged.
- The District will work with the School Nutrition and Food Service Director to offer school garden activities linking the classroom to the cafeteria. Examples include hydroponic gardening, school gardens, 4-H Youth Development programs and Future Farmers of America (FFA) programming.
- The District shall offer students the ability to participate in Culinary Arts, Cooking Clubs and Wisconsin Chef Competitions.

Physical Activity

- The District shall provide students with developmentally age- and grade-appropriate opportunities to engage in physical activities.
- Physical activity during the school day shall not be withheld as punishment.
- All Elementary and Intermediate schools shall offer outdoor recess daily except in inclement weather.
- The District shall offer physical activities for all students before and/or after school. Activities include, but are not limited to, physical activity classes/clubs, physical activity in aftercare, intramural, and varsity sports.
- The District contributes to efforts and partners with parents/guardians/caregivers and the community to provide students daily opportunities to accumulate 60 minutes of physical activity daily and promote lifelong physical activity.
- The District promotes safe routes to school programs to students, staff, and parents/guardians/caregivers via newsletters, websites or newspapers.
- Physical activity, including brain breaks and active learning, is encouraged in the classroom for students.
- The District will foster health and positive relations with physical activity and promote a healthy body image.

Physical Education

- All District students shall be provided with planned, sequential, developmentally- and age-appropriate physical education.
- All District students shall be provided with standards-based physical education that meets or exceeds the Wisconsin Department of Public Instruction Model Academic Standards for Physical Education.
- At the high school level, one and one half (1 ½) physical education credits are required to be completed for graduation. Students should have the option to participate in various skills-based and lifestyle activities as part of the high school physical education course scope and sequence.
- Every effort will be made to staff physical education classes with licensed teachers who are certified to teach physical education.
- District Physical Education staff shall receive professional learning yearly.

Social, Emotional, and Mental Health

- Every effort will be made to ensure all students have access to credentialed school counselors and psychologists who support and assist in making healthy decisions, managing emotions, and coping with crises.
- The District coordinates with community mental health partners for screening and identification, management and community provider referral for students needing behavioral and mental health services.

Healthy School Environment and Other Activities that Promote School Wellness

- The District supports implementing other programs that help create a school environment that conveys consistent wellness messages to promote student well-being.
- All District Staff are strongly encouraged to model healthy eating habits and are discouraged from eating in front of the children/sharing food with children during regular class time or outside activities related to the nutrition education curriculum.
- The District will monitor and promote student immunization and wellness services.
- The District will promote healthy behaviors and community services through health fairs and outreach messages.
- The District will make every effort to ensure safe and healthy school environments for students and staff, including district transportation, environmental health (including allergens), injury prevention and safety, and emergency preparedness and response.
- The District Board of Education recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying-based on weight or health condition.

Staff Wellness

- The District will work to provide flu shots at school sites for staff.
- Vending machines or staff food sales on any school campus will offer healthier alternatives for at least half the products stocked.
- District staff wellness programs include access to mental health and well-being resources.

Community Engagement

- The District will work with community partners to support district wellness.
- The District encourages schools to partner with families and communities to enhance student health and learning.
- The District will work with parents and the community to provide a family focused health promotion event, health fair or wellness themed open house each year.
- The District will invite public involvement in its wellness policy review and implementation process.
- The community can access the District Wellness Policy and any school-based wellness reports, and receive notification of any updates and implementation activities related to the District Wellness Policy.

Implementation, Monitoring, and Evaluation of the Wellness Policy

The District Wellness Committee will complete a district-wide assessment of wellness implementation activities and report compliance to the Board of Education at least once every three years. This triennial assessment will include the extent to which each school is in compliance with the Wellness Policy and how the policy compares to a model policy, as established by the USDA.

The District will make wellness implementation results and triennial assessment reports accessible to the public by posting the assessment reports on the District website.

www.sdb.k12.wi.us.

Legal

Healthy, Hunger-Free Kids Act of 2010 (Sec. 204 of PL 111-296) and Local School Wellness Policy Implementation Under the Health, Hunger-Free Kids Act of 2010 Final Rule, 7 CFR part 210, August 2016

Child Nutrition and Special Supplemental Nutrition Program for Special Supplemental Nutrition Program for Women, Infants, and Children Reauthorization Act (Sec. 204 of PL 108-265)

Cross References

Policy 322 School Day

Policy 345.6 Graduation Requirements

Policy 367 School Counseling Program

Policy 374 Student Fund Raising Activities

Policy 411 Student Nondiscrimination Statement and Complaint Procedure

Policy 411.1 Harassment of Students

Policy 443.4 Student Alcohol And/Or Other Controlled Substances Use

Policy 443.72 Anti-Bullying

Policy 453 School Health Program

Policy 723.4 Emergency School Closings

Policy 760 Food Services Program

Policy 764 Food Safety

Policy 830 Public Use of School Facilities

Policy 851 Advertising