

## **STUDENT HEALTH, NUTRITION AND WELLNESS**

The Greendale School District promotes healthy schools by supporting wellness, good nutrition, sound emotional, mental and social health and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of health practices, schools contribute to the basic health status of children. Improved health and wellness optimizes student performance potential and ensures that no child is left behind. Throughout implementation of this policy, the District supports the idea that students learn to make healthy choices. Moderation and balance are positive goals in choosing foods/beverages. The District realizes the large impact parents have on the student's health education and academic success and defers to the family wishes in matters outside this policy.

### **GOALS**

#### **A. Provide a comprehensive learning environment by developing and practicing lifelong wellness behaviors.**

The entire 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 sound emotional, mental and social health and regular physical activity.

#### **B. Support and promote proper dietary habits contributing to students' health status and academic performance.**

School meals offered during lunch or breakfast follow USDA requirements. All other foods including a la carte items available on school grounds and at school-sponsored activities during the instructional day that are **provided by the school** (not parent provided) should meet or exceed the USDA nutrition standards for foods sold at school:

- Be a whole grain-rich grain product or
- Have as the first ingredient a fruit, vegetable, a dairy product or a protein or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable or
- Contain 10% of the Daily Value of one of the nutrients calcium, potassium, vitamin D, or dietary fiber
- Snack items: 200 calories or less
- Entrée items: 350 calories or less
- Sodium limits: Snack 230 mg or less/ entrée 480 mg or less
- Fat limits: total fat at 35% or less of calories, saturated fat at 10% or less of calories, trans fat at zero grams
- Sugar: 35% or less of weight from total sugars

Foods that do not meet these standards will not be sold, served or given away anywhere on school property from midnight until 30 minutes after the end of the school day.

Emphasis will be placed on foods that are nutrient dense per calorie. Food will be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals.

Beverages allowed:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives
- 100% fruit or vegetable juice (or diluted with water), with no added sweeteners
- 8-ounce limit for elementary portion/12-ounce portion for middle and high school milk and juice
- High school students may have these low or no calorie beverages: no more than 20 ounce portions of calorie free, flavored water, other flavored water/carbonated beverages with less than 5 calories per 8 oz. or less than 10 calories per 20 oz. or no more than 12-ounce portions with less than 40 calories per 8 oz., or 60 calories per 12 oz. High school students may have caffeine.

**C. Increase the amount of time students are engaged in physical activity.**

- A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-K through 12. Physical activity can include regular instructional physical education, co-curricular activities, athletic programs and recess.
- All students will be physically active for a goal of 60 minutes per day between school time and after school/home time.
- Elementary schools will build into their daily schedule at least ten total minutes per day of movement/ activity breaks (not including recess or Physical Education) that are led by school staff.
- All students will be provided a "Fitness Gram" annually for parents/students to receive input on their fitness outcomes. Students who score "out of range" will be encouraged to set up a wellness improvement plan. Resources for that may include the Physical Education teacher, District's Nurse Practitioner or other recommended resources to improve their overall level of health and wellness.
- The schools will have organized and appealing activities for students before and/or after school in addition to athletic programs, co-curricular activities and intramurals, to promote physical activity.
- Physical Education teachers will ensure students have an elevated heart rate at least 50% of the class time. Recess shall be a period for physical activity.
- Physical Education: Elementary students shall receive 75 minutes per week, Middle School students 230 minutes per two-week period. High School students will attend class 50 minutes/day for one semester each of three years, or attend three summer school sessions for 25 days for 2 hours and 45 minutes/day, or they can substitute a varsity sport for one of the semesters. (All times are appropriate.)

**D. The Greendale School District is committed to improving academic performance in high-risk groups**

Educators, administrators, parents, health practitioners, and communities will all acknowledge the critical role student health and wellness plays in academic stamina and performance and adapt the

school environment to ensure students' basic nourishment, emotional, mental, social needs and activity needs are met. Research highlighting the positive relationship between good nutrition, sound emotional, mental and social health and physical activity, and the capacity of students to develop and learn should be highlighted to ensure widespread understanding of the benefits to healthy school environments. The diversity of the student population (e.g. economic, religious, minority, cultural, and medical) should be considered at all times to ensure that all student needs are being met.

**E. Increase the health and wellness education available to all students and families, including nutrition, proper physical activity levels and maintaining sound emotional, mental and social health.**

Students at every level will receive nutritional, health and wellness education embedded in the curriculum. Families will be provided nutritional education on food items available at school and general healthy eating information, along with general emotional, mental and social health information. To this end, the District has available the Student and Family Assistance Program (SFAP) available free to all students and family members at GSD, which offers free professional counseling off site. In addition, the District provides a Nurse Practitioner available free to all students to meet physical health needs.

**PROCEDURES AND STANDARDS FOR NUTRITION**

**Hot Lunch/Breakfast Program:**

- The full meal program will continue to follow the USDA requirements for school lunch.
- The a la carte sales items must meet the USDA requirements as well.
- Foods of minimal nutritional value provided by the District, as defined above by the USDA, are not sold, served or given away on school property from midnight until 30 minutes after the end of the school day.
- Foods, beverages having sugar in any form as the first ingredient, are not sold, served or given away on school property from midnight until 30 minutes after the school day..
- A la carte food sold in the middle and high school cafeterias will have signage designating the calorie content, to easily educate students as they make choices.
- Along with the school lunch menus, the nutritionals of all regular school lunch items are available on the District website.

**Lunchroom Climate:**

- A lunchroom environment that provides students with a relaxed, enjoyable climate is fostered.
- The lunchroom environment will be a place where students have:
  - Adequate space to eat and pleasant surroundings
  - 20 minutes for meals
  - Convenient access to hand-washing facilities before meals
  - Backpacks are not allowed in the lunchrooms of GHS and GMS during meal times
  - Free potable water will be available

**Fundraising:**

- Any fundraising that takes place from midnight until 30 minutes after the school day must follow the USDA nutritional requirements listed above, and cannot occur from 30 minutes before, during, and 30 minutes after meal times.

- All fundraising outside of the school day (30 minutes after the end of the school day) is not regulated by this policy, but it is encouraged that healthy food/beverage items or non-food items are sold. Fundraisers that emphasize physical activity are encouraged.
- Parents will be advised of this policy.

**Teacher-to-Student Incentive:**

- Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are required to adhere to the USDA nutritional requirements for snack food and beverages listed above.

**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 snack and water as the primary beverage. Snacks provided by the District must meet the USDA nutritional requirements listed above.
- Parent provided individual snacks for their child are not regulated by this policy.
- Parents are encouraged to provide foods and beverages that meet the USDA nutritional requirements, however parents will use their discretion as to what is appropriate when providing snacks or lunch items to their student.
- The District will disseminate a list of examples of healthy snack items to teachers, after-school program personnel, and parents.

**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, and will not withhold food or beverages (including food served through school meals) as a punishment.

**Classroom Celebrations and Birthdays:**

- No items with sugar as the first ingredient (by weight) are allowed. A healthy alternative (fruit/vegetable) must be provided for school sponsored classroom celebrations to provide for student choice. Allowed beverages are milk or juice or water.
- The District has disseminated a list of sample healthy party ideas to parents and teachers. With increasing levels of diabetes and obesity in children today, the high sugar content in many treats causes medical issues in the student population.
- Using healthy ingredients such as fruit/vegetable/healthy whole grain fillings are encouraged.

**School-sponsored Events (such as, but not limited to, athletic events, school events, dances, graduations or performances).**

- Foods and beverages offered or sold at school-sponsored events outside the school day, will offer balanced offerings and healthy alternatives, including vending at athletic events.

**School Store:**

- Any food or beverage item sold in the school store must meet the USDA requirements listed above.

**Marketing:**

- The district will encourage a practice of no marketing of any food not meeting the Smart Snack requirements taking place on school property.

**Student Nutrition, Health and Wellness Education:**

- The Greendale School District has a comprehensive curriculum approach to nutrition in Kindergarten through ninth grade. Instructional staff will be encouraged to integrate wellness themes into daily lessons when appropriate. The health benefits of a healthy lifestyle will be emphasized. These wellness themes include but are not limited to:
  - \* Knowledge of the food guide plate
  - \* Healthy heart choices
  - \* Sources and variety of foods
  - \* Guide to a healthy diet
  - \* Diet and disease
  - \* Understanding calories
  - \* Healthy snacks
  - \* Healthy breakfast
  - \* Healthy diet
  - \* Food labels
  - \* Major nutrients
  - \* Multicultural influences
  - \* Serving sizes
  - \* Proper sanitation
  - \* Identify and limit junk food
  - \* Understand disease prevention
  - \* Understand sound emotional and social healthy practices
  - \* Understand physical activity needs for a healthy lifestyle
  - \* Understanding good mental health

**Parent Nutrition, Health and Wellness Education:**

- Wellness education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels.
- Education may be provided in the form of handouts, postings on the District website, school newsletters or presentations that focus on nutritional value and healthy lifestyles.

**Greendale School District Student Health and Wellness Team:**

With the purposes of monitoring the implementation of this policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary, a District-wide Student Health and Wellness Committee is established. The committee will meet a minimum of one time annually with committee membership as follows:

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| * District Food Service Coordinator                  | * School Nurse                             |
| * Parent Representative                              | * Community Representative                 |
| * Student Representative                             | * Community Outreach Coordinator           |
| * Staff Member Representative from each school level | * Village Health Department Representative |
| * Administrative Representatives                     | * GSD School Board Member                  |
| * Physical Education and Health Teacher Leaders      |  |

**MONITORING**

Superintendent, or designee, will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals Initiatives (SMI) review findings and any resulting changes. Non-compliance will be addressed.

This policy will be provided to all GSD staff annually via Safe Schools (Scenario Learning) with a sign off required. Principals will remind staff of its contents at least annually and discuss at staff meetings.

The superintendent or designee will develop a summary board report every year on district-wide compliance with the District's established nutrition and physical activity wellness policies, based on input from schools within the District. That report will be provided to the school board and also distributed to parents/teacher organizations, school principals, and school health services personnel in the district.

APPROVED: August 21, 2006

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