

8510 - WELLNESS

The Tomorrow River School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Tomorrow River School District that:

- A. The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- B. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- C. Foods and beverages sold or served at school will meet the nutrition recommendations of the ***U.S. Dietary Guidelines for Americans / DPI Guidelines***.
- D. Qualified child nutrition professionals will provide students and staff with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- E. To the maximum extent possible, all school program in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch program [including after-school snacks]).
- F. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

School Wellness Committee

The School District will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The

committee also will serve as a resource to school sites for implementing those policies. (The School Wellness committee consists of a group of individuals representing the school and community, and includes parents, students, representatives of the school food authority, members of the School Board, school administrators, teachers, health professionals, and members of the public.)

Nutritional Quality of Foods and Beverages Sold and Served on Campus

A. School Meals

1. Meals served through the National School Lunch and Breakfast Programs will:
 - a. be appealing and attractive to students and staff;
 - b. be served in clean and pleasant settings;
 - c. meet, at a minimum, nutrition requirements established by Local, State, and Federal statutes and regulations;
 - d. offer a variety of fruits and vegetables;
 - e. follow dairy guidelines established by the DPI;
 - f. follow the health and safety guidelines established by the state of Wisconsin.

2. Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn: Schools will, to the extent possible, operate the School Breakfast Program.

3. 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. Toward this end, schools may utilize electronic identification and payment

systems; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

4. Meal Times and Scheduling

- a. Schools will provide students with at least ten (10) minutes to eat after sitting down for breakfast and twenty (20) minutes after sitting down for lunch;
- b. Schools should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:30 a.m. and 12:30 p.m.;
- c. Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- d. will provide teaching staff with the guaranteed thirty (30) minute duty-free lunch.

5. Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

B. Nutrition and Physical Activity Promotion and Food Marketing

The Tomorrow River School District aims to model, teach, encourage, and support healthy eating by students.

1. Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least sixty (60) minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

2. Communications with Parents

The District/School will support parents' efforts to provide a healthy diet and daily physical activity for their children.

3. Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion.

4. Staff Wellness

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

C. Physical Activity Opportunities and Physical Education

1. Physical Education (P.E.) K-12

All students will meet or exceed the minimum DPI requirements for physical education.

2. Daily Recess

All elementary school students should have at least two (2) fifteen (15) minute of supervised recesses per day, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and they will have the opportunity to participate in recess daily as weather and provision of space and equipment permit.

3. Physical Activity Opportunities Before and After School

When possible and/or appropriate, schools will promote extracurricular physical activity programs, such as physical activity clubs and/or intramural programs.

4. Physical Activity and Punishment

Teachers and other school and community personnel will follow WIAA rules regarding the use of physical activity (e.g., running laps, pushups) as punishment and will limit the withholding of opportunities for physical activity (e.g., recess, physical education) as punishment unless it is deemed necessary for the safety and welfare of self and/or others.

5. Safe Routes to School

The School District will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.

6. Use of School Facilities Outside of School Hours

When possible, school spaces and facilities should be available to students, staff, and community members as well as community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

D. Monitoring and Policy Review

1. Monitoring

The 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 school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent.

The Superintendent or designee will develop a summary report every three (3) years 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 all school health councils, parent/teacher organizations, school principals, and school health services personnel in the District.

2. **Policy Review**

Assessments will be reviewed as needed to help ensure policy compliance.

Legal

42 U.S.C. 1751, Sec. 204

42 U.S.C. 1771

Last revised April 10, 2017