

## NUTRITION & WELLNESS

The School District of Brodhead promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of a high-quality school program. The District supports a healthy environment where children can learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our schools contribute to good health. Improved health optimizes student learning, and helps ensure that all children gain maximum benefit from their public education.

Healthy eating and good nutrition are demonstrably linked to reduced risk of chronic disease and other health problems in adulthood. Positive lifestyle habits developed in youth will provide lifelong benefits.

### 1. District Wellness Committee

The District will convene a District Wellness Committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness.

The Wellness Committee membership will consist of representatives from all school levels, parents, and Community members.

The Wellness Committee will update or modify the Wellness policy and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or State guidance or standards are issued. The Wellness policy will be assessed and updated as indicated at least every three years.

The Wellness Committee will do other school-based strategies. The District will offer two [2] family-focused events supporting health promotion [e.g., health fair, nutrition/physical activity open house] each year.

### 2. Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The designated official for oversight is the Superintendent or his/her designee.

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

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3. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found on the District's website [[www.broadhead.k12.wi.us](http://www.broadhead.k12.wi.us)].

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at [District's Administrative Offices] and/or on [District's central computer network]. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
  - Documentation demonstrating that the policy has been made available to the public;
  - Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
  - Documentation to demonstrate compliance with the annual public notification requirements;
  - The most recent assessment on the implementation of the local school wellness policy;
  - Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.
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Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the District website and/or District-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's (or schools') events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy.

4. Health and Physical Education Curricula and Related Programs

The health curriculum will educate students to develop the knowledge, attitudes, skills and behavior for lifelong healthy eating habits and physical activity. The District has adopted curriculum standards and learner outcomes for health education that include an emphasis on good nutrition, disease prevention, and healthy lifestyles, and reflecting state standards for health education curriculum. Health education is taught at each grade level in grades PK-5; one-half credit of health must be earned in both the middle school and the high school. Additional health topics are covered in the high school curriculum in science, nutrition, and family & consumer science education courses.

The physical education curriculum teaches children the importance of physical exercise and exposes students to a wide range of physical activities, so that students develop the knowledge and skills to be physically active for life. The District has adopted curriculum standards and learner outcomes for physical education that include an emphasis on physical fitness and lifetime activities, and reflecting state standards for physical education curriculum. Physical education in grades K-12 is taught by state-certified physical education teachers.

In addition to formal physical education instruction, elementary students (grades K-5) will be provided with an average of at least 30 minutes per day of physical activity through scheduled recesses. No student will miss more than two recess periods per week due to incomplete class work.

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The District provides additional opportunities for physical development and fitness through co-curricular sports, and will work cooperatively with other agencies like the Brodhead City Recreation Department to provide other fitness opportunities.

#### 5. Nutrition

The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP). All schools also offer ala carte breakfast items in each building.

The goals of the food service program are:

- To provide students with well-balanced nutritional choices of food and beverages. To meet this goal, the District continually evaluates and explores menu offerings based on nutritional content and student preferences. The District will ensure that all reimbursable meals meet or exceed the regulations and guidelines of the Federal School Lunch program, as issued by the U.S. Secretary of Agriculture. Ala carte items will be selected to provide and encourage healthy nutritional content, while accommodating student choices appropriate to the grade level. Ala carte items not meeting high nutritional standards may be offered as a student option within moderation or on an intermittent basis at the middle school and high school levels. Parental monitoring of student food selections will be accommodated through the Skyward Parent Access component, also providing parents the opportunity to restrict their child's access to ala carte items, if so desired.
  - To assist students in making healthy choices, the food service program will work with students and staff to educate consumers about proper nutrition. The food service program will offer food items deemed high in nutritional value. Soda sales will not be available during the designated lunch periods, and students will be discouraged from bringing soda in lunches brought from home.
  - To encourage participation in the school lunch program. The schools will provide a clean and pleasant eating environment for students and staff, with adequate space and appropriate time (recommended minimum of 20 minutes) for eating, and convenient access to hand-washing facilities. Student preferences for menu items will be taken into account in menu planning, within dietary guidelines.
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6. Other Foods Available at School

- The foods and beverages sold outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.
- Exemptions may be allowed at the discretion of the school principal, but shall not exceed more than one exemption per class or activity.
- Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.
- Vending machines – Beverage vending machines will not be available for student use in the elementary school. Vending machine service at the middle school and high school levels must be balanced to provide healthy beverage options like fruit juices, water, or dairy products. Candy and other food items of minimal nutritional value will not be sold in school vending machines.
- Fundraising activities – All fundraising activities must be approved by the building principal, per District policy. Items sold must not interfere with the School Lunch Program. All groups selling food items are strongly encouraged to provide healthy food options among sale items. The following list, while not a complete or exclusive list of fundraising activity options, provides suggestions for healthy alternatives to candy or other nutritionally-suspect products:
  - ❖ fruit
  - ❖ nuts & trail mix, popcorn
  - ❖ gift wrap
  - ❖ magazine subscriptions
  - ❖ garden seeds
  - ❖ candles
  - ❖ discount coupon books
  - ❖ plants & flowers
  - ❖ school spirit items
  - ❖ penny challenges
  - ❖ car washes
  - ❖ family fun nights
  - ❖ “hire a student” day
  - ❖ sport tournaments
  - ❖ silent auctions
  - ❖ raffles
- Classroom treats – Parents are strongly encouraged to provide healthy snacks for when treats are provided for student birthdays, holiday celebrations and other special events. Student allergies and growing trends of childhood obesity suggest a need for changes to long-standing traditions of “sweets” for these special events. Parents are strongly encouraged to consider nutritionally appropriate classroom treats, like the following examples:

- ❖ fresh fruits
- ❖ raw vegetables with low-fat dip
- ❖ unsweetened fruit or vegetable juices
- ❖ fruit smoothies
- ❖ trail mix
- ❖ dry roasted nuts, soy nuts
- ❖ canned fruits or fruit cups
- ❖ low sodium crackers
- ❖ low-fat muffins or granola bars
- ❖ Jello or low-fat pudding cups
- ❖ yogurt (low fat or fat-free)
- ❖ Go-Gurt
- ❖ YoJ
- ❖ string cheese
- ❖ fresh fruit juice pops
- ❖ sliced cheese & crackers
- ❖ air-popped popcorn
- ❖ dried fruits (raisins, apple chips, etc)
- ❖ party mix
- ❖ graham crackers
- ❖ baked chips w/ salsa or low-fat dip
- ❖ fruit parfaits
- ❖ low-fat frozen yogurt or sherbet
- ❖ animal crackers
- ❖ bagels

- Classroom rewards & incentives – Teachers are urged to review their use of classroom rewards and incentives for alignment with the District goal of providing a healthy learning environment. Any food items used as an incentive or reward should promote good nutritional values. Examples may be found above. Incentives not meeting high nutritional standards may be offered with moderation, appropriate portion sizes, and only on an occasional basis. Strong consideration should be given to non-food alternatives. While not intended as an all-inclusive list, the following examples are provided for consideration:

- ❖ ribbon, certificate, stickers
  - ❖ extra IMC time
  - ❖ phone call, email or letter home
  - ❖ sitting by friends
  - ❖ going first
  - ❖ listening to music while working
  - ❖ choosing the class activity
  - ❖ helping the teacher
  - ❖ extra minutes of recess with a friend
  - ❖ designing class bulleting board
  - ❖ extra computer time
  - ❖ recognition in morning announcements
  - ❖ having extra time for a favorite activity
  - ❖ “get out of jail” pass to erase a DT
  - ❖ lunch with the teacher or principal
  - ❖ having teacher read a book to class
  - ❖ “free pass” for missing one assignment
  - ❖ taking care of class pet or aquarium
  - ❖ free pencil, eraser, etc.
  - ❖ having teacher perform for class
  - ❖ a “free choice” period at end of day
  - ❖ special seating in the room
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- Water bottles – Proper hydration is a key to good nutrition. Staff members should be particularly sensitive to student needs for water in hot weather; however, many adults and children suffer from poor hydration even during moderate weather conditions. Students will be allowed to carry and use water bottles in accordance with the following guidelines:
  - ❖ water bottles must have secure caps
  - ❖ students may not share water bottles
  - ❖ empty water bottles should be recycled (as appropriate), or taken home for sanitizing on a regular basis
  - ❖ inappropriate use of water bottles may result in disciplinary action
  - ❖ water bottles may not be used in the computer labs, science labs, and the LMC, or near any computer equipment

#### 7. Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least five or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

8. Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards.

USDA Nondiscrimination Statement Update

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

LEGAL REF: WI. ST. 115.34, 115.35

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