

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. The District will provide organized 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.

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.

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2. 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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3. 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

Policy Monitoring/Implementation - 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 represent all school levels.

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.

Adopted: July 12, 2006

Last Revision: January 11, 2017

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