

## **School District: St. Joseph School, Menomonie**

### **Policy Preamble**

St. Joseph School (hereto referred to as the District) is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. The District believes that we need to create and support health-promoting learning environments throughout our schools, giving students the opportunity to achieve success. This policy outlines the District's approach to ensure all students practice healthy eating and physical activity behaviors throughout the school day.

### **Policy Leadership**

The designated official for oversight of the wellness policy is Mary J. Kiefer. The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

The District shall convene a Wellness Committee that meets at least one time during the school year to establish goals and oversee school health policies and programs, including development, implementation, and periodic review and update of this Wellness Policy.

The District shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders may include:

- Administrator
- Physical education teacher
- School food service representative

### **Nutrition Standards for All Foods**

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 Meals*

The District is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 ([www.fns.usda.gov/school-meals/nutrition-standards-school-meals](http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals)).
- All meals are accessible to all students., Withholding food as a punishment shall be strictly prohibited.
- All school campuses are “closed” meaning that students are not permitted to leave the school grounds during the school day.
- Lunch shall be served between 11:15am - 12:30pm.
- Menus shall be posted on the District website and will include nutrient content.

In addition, the District's nutrition services shall allow students the opportunity to provide input on menu items.

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### *Foods and Beverages Sold Outside of the School Meals Program*

- All food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.
- The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels during the school day are prohibited.
- Fundraising during and outside school hours use only non-food fundraisers, and the District encourages those fundraisers promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).

### *Marketing*

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

### *Foods Provided but Not Sold*

All foods offered on the school campus shall meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Non-food celebrations will be promoted and a list of ideas is available to staff and family members.

## **Nutrition Education**

Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors. As such:

- Nutrition education shall follow the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition.
- Nutrition Education shall be provided to families via handouts, newsletters, postings on the web-site, presentations and workshops.

## **Nutrition Promotion**

School Nutrition services shall offer students school garden activities such as planning, planting, harvesting, preparing, serving, and tasting garden-produced foods. We promote eating fresh local produce whenever possible. Promoting the experimentation of trying new vegetables and fruits.

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### **Physical Activity**

The District shall also provide opportunities for students to participate in physical activity in addition to physical education. As such:

- The District shall provide students with age and grade appropriate opportunities to engage in physical activity.
- Children and adolescents should participate in 60 minutes of physical activity every day.
- The District shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.
- The District shall also provide opportunities for students to participate in physical activity in addition to physical education.
- Elementary schools shall offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).
- Outdoor recess shall be offered weather permitting temperature or wind chill is not below zero.

#### *Physical Education*

All District elementary students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.

### **Other School Based Activities that Promote Wellness**

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. As such:

- The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being.
- Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.
- Staff is strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.

#### *Staff Wellness*

The District will implement the following activities below to promote healthy eating and physical activity among school staff.

- Educational activities for school staff members on healthy lifestyle behaviors.
- Administration of flu shots at school.

#### *Community Engagement*

The District shall inform and invite parents to participate in school-sponsored activities throughout the year.

### **Monitoring and Evaluation**

The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance

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with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.