



Book	Policy Manual
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8510 - **WELLNESS**

Policy Preamble

The Board of the Adams-Friendship Area School District (hereto referred to as the District) supports the health and well-being of the District's students by promoting nutrition and physical activity at all grade levels. In accordance with federal law, it is the policy of the Board to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; provide nutrition education; and require that all meals served by the District meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

Policy Leadership

The designated official for oversight of the wellness policy is the Director of the Food/Nutrition Department. 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:

- A. Administrator
- B. Board member
- C. Classroom teacher
- D. Physical education teacher
- E. School nurse
- F. Community member/parent
- G. Student

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:

- A. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. (<https://www.fns.usda.gov/nsfp/national-school-lunch-program-meal-pattern-chart>)
- B. Withholding food as a punishment shall be strictly prohibited.
- C. All meals are appealing and attractive and served in clean and pleasant settings.
- D. Drinking water is available for students during mealtimes.
- E. Lunch shall be served between 11am-1pm.
- F. All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals

In addition, the District's nutrition services shall:

- A. Notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals.
- B. Allow students the opportunity to provide input on menu items.

Foods and Beverages Sold Outside of the School Meals Program

- A. 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>.
- B. The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

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

The District encourages foods offered on the school campus 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.

Nutrition Education

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 website, presentations, and workshops.

Nutrition Promotion

School nutrition services shall purchase at least two locally grown/produced products each year.

Physical Activity

The District shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:

- A. Physical activity during the school day shall not be withheld as punishment.
 - Participation on sports teams may be exempt from this rule if related to failure to meet WIAA or other school codes.
- B. 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).
- C. The District shall support active transport to and from school by engaging in the following activities:
 1. Crossing guards are used.
 2. Crosswalks exist on streets leading to schools.

Physical Education

- A. All District elementary students in each grade shall have physical education a minimum of three times per week.
- B. All District middle school students are required to take the equivalent of one academic year of physical education.
- C. All District high school students are required to receive 1.5 credits of physical education prior to graduation.
- D. All physical education classes are taught by licensed teachers who are certified to teach physical education

Other School-Based Activities that Promote Wellness

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 Wellness

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

- A. Organization of employee physical activity clubs.
- B. Administration of flu shots at school.
- C. Annual administration of individual health-risk appraisals to help staff members establish personal health-improvement goals

Community Engagement

The District shall offer family-focused events supporting health promotion.

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 with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. The District shall notify school staff, students, and households/families of the availability of the wellness report.

Public Notice

The District Administrator shall be responsible for informing the public, including parents, students, and community members, on the content and implementation of this policy.

Record Retention

The District Administrator shall require that the District retain documentation pertaining to the development, review, evaluation, and update of the policy

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42 U.S.C. 1751 et seq.

42 U.S.C. 1771 et seq.