

## LOCAL WELLNESS POLICY

The West Salem School District will provide school environments that promote nutrition, wellness and physical activity.

This policy will address the following key points:

1. Wellness Committee
2. Nutrition Education and Promotion
3. Nutrition Guidelines
4. Physical Education
5. Physical Activity
6. Employee/Staff Wellness

### **Wellness Committee**

A school wellness committee is a group of individuals interested in the health of students and staff. The school wellness team is responsible for the development, recommending for approval, implementation, review, update, and reporting of the local wellness policy.

The school wellness team will attempt to include representation from the entire West Salem community. Teachers, parents, school officials, homeowners, business owners, medical staff members as well as student representation are strongly encouraged to participate. In addition, administrative support from the Director of Nutrition Services will be required to advance the mission of this wellness policy.

The Wellness Committee will meet a minimum of one (1) time per school year to address changes to USDA, state, or local guidelines and ordinances; and to issue an annual assessment of wellness policy practices. Additional meetings can be held at the discretion of committee members or due to emergency situations.

### **Nutrition Education and Promotion**

It is the policy of the West Salem School District to incorporate nutrition education at all grade levels, consistent with the current Dietary Guidelines for Americans.

Education regarding nutrition will include creating an environment in which families are made partners in their children's education.

1. The school district will provide nutrition education that will teach, encourage, and support healthy behaviors.

- a. Students in grades K-5 will receive at least five hours of nutrition education per year.
  - b. Students in grades 6-8 will receive nutrition education in one class required to complete middle school.
  - c. Students in grades 9-12 will receive nutrition education within two courses required for graduation.
2. Promotion of health and nutrition education will come from various sources. These include: Newsletters, Health Fairs, School Website, Posters and handouts, taste test days, \*School garden, \*Harvest of the Month, and \*Farm to School.

\*items marked are addressed in detail in this policy

A. School Gardens

1. The school district will support the use of school property to promote nutrition, physical activity, and curricular and co-curricular activities through school gardens. The school district will support the sustainability of school gardens.
2. School gardens ensure students have the opportunity to experience all aspects of gardening. The school district supports the incorporation of school gardens into the standards-based curriculum as a hands-on, interdisciplinary teaching tool to influence student food choices and lifelong eating habits.
3. The superintendent has the authority to designate school property as a school garden, pending Board approval, and negotiate the terms of the agreements and licenses needed to create and maintain a school garden. The superintendent will ensure that the development of a school garden includes necessary coordination with appropriate representatives of the school buildings and grounds department.

B. Harvest of the Month

1. The West Salem School District will participate in the Harvest of the Month program through the duration of the La Crosse County Health Department grant program.
2. The school will support healthy food choices through increased access and consumption of fruits and vegetables. The Harvest of the Month allows sample taste tests in the Elementary school and menuing of the item a minimum of twice per calendar month. The school will work to bring together the classroom,

cafeteria, home and community to promote a common goal and healthier habits for students.

C. Farm to School Program

1. The school district supports the integration of a farm to school program into the school food program and the curricular and co-curricular activities as appropriate to facilitate the nutritional and educational goals of the school district.
2. A Farm to school program enhances the nutritional and educational experience of school children by providing:
  - a. Nutritious, locally grown food as part of the school food program;
  - b. Opportunities for school children to visit local farms and learn about the origins of their food and how their food is grown; and interdisciplinary teaching tool to influence student food choices and lifelong healthy eating habits.
3. The school district will support the sustainability of a farm to school program.
4. The superintendent has the authority to approve a farm to school program and the integration of the farm to school program into the school food program and the curricular and co-curricular activities of schools. The superintendent will ensure that the development of a farm to school program includes necessary coordination with appropriate representatives of the Director of Nutrition Services who serves as the designated, local school food authority (SFA).

**Nutrition Guidelines**

The School District of West Salem will follow all of the Nutritional Standards guidelines based on the Dietary Guidelines for Americans; as outlined with the adoption of the current Healthy Hunger Free Kids Act and Smart Snacks Rulings; along with any additional rulings from the USDA or State regulations thereafter, in regards to the best interest of the children served.

Policy includes:

1. Providing, at minimum, the required grain, vegetable, fruit, milk and protein offerings as outlined by the Dietary Guidelines for Americans in the USDA Nutrition Standards in the National School Lunch and School Breakfast programs.

2. Ensuring the integrity of the school meals program by prohibiting food sales for students that are in direct conflict with the National School Lunch and Breakfast programs, also known as Competitive Foods.
3. Competitive foods will be limited to those compliant with the Smart Snacks ruling. Soda will not be available in ala carte, vending or concession to students in any school, during the school day.
4. Fundraising items sold fall under the 2014 Smart Snacks ruling and will be complied with.
  - a. The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
  - b. These standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
  - c. The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards as regulated by the Wisconsin Department of Public Instruction.
5. Food will not be used as a reward or punishment. Food is defined as anything consumable; candy, beverages, cookies, crackers, etc.. Alternative rewards and incentives will be encouraged, such as those involving physical activity or that are educational in nature.
6. School Day Snacks policy:
  - a. Consumable items that are provided by parents/families can only be distributed to students at the manufacturer's stated serving size, at a maximum.
  - b. Food cannot be withheld or given in excess as a reward, incentive or punishment; however participation in the entire celebration or party as a reward, incentive or punishment is at the discretion of the teacher.
  - c. Due to food preparation and food allergen safety concerns, only snacks that are "store bought", i.e. manufactured or processed in a state or federally inspected facility, will be allowed to be served to the student population.
  - d. Encourage snacks that students with food allergies and chronic diseases, such as diabetes, can enjoy with their classmates.
    - 1) They should not contain peanuts or tree nuts.

- 2) Those with additives, food colorings, dyes and artificial sweeteners are strongly discouraged.
  - 3) Items with high sugar and saturated fat content are strongly discouraged.
7. Birthday Celebrations, Holiday Parties and Other Classroom Celebrations policy: Although they are not part of this policy, it is strongly recommended that teachers and parents promote healthy birthday celebrations. Non-food related 'treats' are encouraged. Due to food safety and food allergen concerns, it is strongly recommended that birthday treats brought in for classroom celebrations are also "store bought". Treats should be limited to the classroom population in which that student attends.

### **Physical Education**

1. The School District of West Salem has established guidelines that will help to improve the quality of the physical education and physical activity programs provided. The following are strategies West Salem School District schools have included:
  - a. Physical education credits cannot be waived for other activities.
  - b. Physical activity cannot be used as a punishment.
  - c. Physical education instructional strategies and other practices strive to meet the diverse needs and interests of all students.
  - d. School facilities should be available for students and the community.
2. The school district will provide physical education opportunities to all students in grades K-12.
  - a. Encourage students to spend at least 50% of the physical education class time participating in moderate to vigorous physical activity.
  - B. West Salem School District will provide at least the minimum allocated instructional time as recommended by the Wisconsin Department of Public Instruction.

### **Physical Activity**

1. Physical Activity as Part of the School Day
  - a. Schools will encourage students to actively commute to and from school and encourage physical activity before, during and after school.
  - b. Encourage Active Recess: provides children with a guarantee of non-structured physical activity.

- c. Encourage Active Classrooms: integrate short, movement breaks into the classroom.
  - d. Provide opportunities for supervised activities, which allows access to students before and after school, as well as during the lunch period.
  - e. Ensure that West Salem School District provides sufficient outdoor green space for physical activity.
2. School Transportation-Related Physical Activity
- a. The district will continue to collaborate with the Village of West Salem and the La Crosse County Health Department to explore the availability of Federal Safe Routes to School funds to continue the Walking School Bus Programs and other Safe Routes to Schools activities.  
-Safe Routes to School Program creates safer walking and biking routes. Therefore parents will perceive few barriers to walking or biking to school, resulting in increased physical activity of students.
  - b. Participation in the Safe Routes to Schools and Active Transportation programs will be accompanied by educational activities in classroom, at family education nights, and any other school sponsored events when possible.  
-Active Transportation is an organized effort to provide adult supervision as children walk or bike to school, such as a walking school bus.

### **Employee/Staff Wellness**

The School District of West Salem works to promote staff wellness. The district encourages staff to role model healthy life style habits and will use non-food incentives as rewards and to promote physical activity. The School District will provide a number of employee health and wellness programs including access to a third party Employee Assistance Program, access to the district's fitness center, organized wellness activities, and health screenings.

APPROVED: September 11, 2006

REVISED: January 28, 2008

August 27, 2012

January 12, 2015

June 17, 2019