

## **NIAGARA PUBLIC SCHOOLS WELLNESS POLICY**

### **OPENING STATEMENT:**

The Niagara Public School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to student's basic knowledge of health. It is well known that improved health contributes to positive student performance and educational experiences which are beneficial to the individual as well as society in general.

**GOALS:**

To promote the health and well-being of the students and staff, the Niagara School District has decided to follow the goals listed:

1. To provide a comprehensive learning environment for developing and practicing life skills necessary to make healthy choices involving nutrition and physical activity. (The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.)
2. To ensure that all foods served, sold or made available from the Food Service program during the instructional day meet or exceed state nutritional standards including variety, appeal, and content.
3. To include and actively encourage physical activity as part of a normal individual and family daily routine and as part of the educational program from grades 4K-12 through instructional physical education, recess opportunities, co-curricular, extra-curricular, and community activities.
4. Nutrition promotion will be fostered by nutrition education and materials for students and their families and encouragement of healthy food choices for snacks and meals.

## **NIAGARA SCHOOLS NUTRITION STANDARDS**

The Niagara School District supports and promotes good nutrition through positive dietary and lifestyle practices. The District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the District has adopted the following nutrition standards governing foods and beverages offered during school hours.

### **FOODS:**

- Nuts and seeds are exempt because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in mono-unsaturated fat help to lower LDL("bad") cholesterol, and raise HDL("good") cholesterol.
- Encouragement will be given to the students of this district to consume nutrient dense foods, such as whole grains, fresh fruits, and vegetables.
- It is recognized that there may be occasions when the school administrator or advisor may allow a school group to deviate from these guidelines.
- The Food Service program will follow current USDA nutrition standards in the National School Lunch and School Breakfast Programs

### **BEVERAGES:**

- Sales of soda or other artificially sweetened drinks will not be allowed.
- School events that begin at the conclusion of the school day, or during the weekend would be exempt from the above standard.
- Water, milk, flavored water, 10% fruit juice, and sports drinks may be available for sale during the school day. However, plain water will be the allowed/encouraged drink during the school day from the water fountain unless there is a medical reason to allow a water bottle in class.

### **WATER CONSUMPTION GUIDELINES:**

The School District of Niagara encourages water consumption and wants to provide students the ability to stay hydrated. Here are guidelines for water consumption within the School District of Niagara:

- Must be water and only water. (No carbonation, no color, no preservatives, no flavor)
- Must be in a clear see through container.
- Any decision within a classroom or school setting is upon administration or teacher discretion to consume water.
- No water, beverages and food in computer labs. Any water around technology within a classroom setting is at the instructor's discretion.
- No sharing of water bottles.
- Any misuse or inappropriate behavior with water or water bottle(s) within a classroom or school setting will result in privileges being taken away.

### **CANDY/OTHER SNACK FOODS:**

- Vending sales of candy will not be permitted on school grounds.
- No candy or other snack food sales (including bake sales) can occur until after the last school meal of the day has been served.
- Candy is defined as any item that has sugar(including brown sugar, corn syrup, corn sweetener, fructose, glucose, dextrose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar, sucrose) listed as one of the first two ingredients.
- Other snack items will be considered as allowable if they meet the nutritional standards previously stated.

### **STUDENT NUTRITION EDUCATION:**

The School District of Niagara supports a comprehensive curriculum approach to nutrition education and promotion in grades K-9. All instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate. These nutritional themes include, but are not limited to:

- Knowledge of the USDA Dietary Guidelines
- Healthy Heart food choices
- Sources and varieties of foods
- Planning a healthy menu
- Diet and disease
- Understanding calories
- Healthy snack alternatives
- Importance of a healthy breakfast
- Healthy diet
- Food labels
- Major nutrients
- Multicultural influences on food choices
- Serving sizes/proportions
- Proper sanitation, and basic knowledge of safe food handling
- Identify and limit “junk”/empty calorie foods
- Food influences on dental and bone health

The District Wellness policy reinforces nutrition education to help students practice these themes in a supportive school environment.

Student assessment and evaluation of learning will be through the classroom teacher.

#### **PARENT NUTRITION EDUCATION:**

Nutrition education will be provided to parents periodically through distributed educational materials to help students practice healthy lifestyles. The goal is to begin the educational process in elementary school and continue with information throughout the students' education in our district.

#### **SPECIAL DIET CONSIDERATIONS:**

This policy does not apply to students with medically authorized special diets, school nurses during the course of providing/authorizing health care to individual students, or special needs students who have specific diet modifications identified in their Individualized Education Plan (IEP), Individualized Health Plan or under the direction of a medical provider.

#### **FUND RAISING:**

- All fund raising projects are strongly encouraged to follow the District Nutrition Standards.
- All fund raising programs are strongly encouraged to consider health food alternatives, or nonfood items for their projects.
- Items being sold that do not meet the District Nutrition Standards may be acceptable for student consumption when on an intermittent basis, and with student consumption within moderation (i.e. limit the quantity sold to an individual student).
- Approved fund raising of non-nutritive food items will not be sold/delivered for consumption until after the last school meal has been served.

#### **SCHOOL BREAKFAST/LUNCH PROGRAM:**

- The school breakfast and lunch programs will continue to follow the U.S. Government's Nutrition Standards
- The ala-carte items that do not meet the District Nutrition Standards may be acceptable within moderation and on an intermittent basis.
- The lunchroom climate should be clean, comfortable, pleasant, and relaxing with adequate space to eat.
- Students should have convenient access to hand washing facilities before meals
- Students should be allowed adequate time to eat: 15 minutes for breakfast and 20 minutes for lunch

#### **TEACHER TO STUDENT INCENTIVE:**

**Strong consideration should be given to NON-FOOD items as part of any teacher-to-student incentive programs.** Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutrition Standards.

### **PHYSICAL EDUCATION:**

A quality physical education program is an essential component for all students to learn about the importance of and participation in physical activity. The program will be sequentially and developmentally appropriate to help students develop the knowledge, motor skills, attitudes, and confidence needed to adopt and maintain physical activity for a lifetime. The program will meet the needs of all students, including those who are not athletically gifted, promote self-confidence, cooperation, fair play, self-management, exposure to a variety of lifelong activity choices, and meet all state standards (curriculum).

Physical education classes will be provided to meet the Wisconsin State Standards:

- 90 minutes of physical education classes per week for grades K-6, and 60 minutes for 4K; it can be 2-3 days per week by a certified PE teacher
- Weekly throughout the year for grades 7-8, taught by a certified PE teacher
- One and a half credits in PE for grades 9-12, taught over three years by a certified PE teacher.

Physical activity should include regular instructional physical education (to meet the State Standard), co-/extra-curricular activities, and recess (grade appropriate).

Students will be educated regarding the health benefits of lifelong physical activity as part of the health curriculum.

The School District will allow community use of the physical education facilities (at the discretion of the District Administrator) and encourage student participation in after-school community physical activity programs. A facilities use agreement form will need to be completed.

### **HEALTH AND WELLNESS ADVISORY COMMITTEE:**

This committee will meet annually or more often if needed, to discuss and evaluate the effectiveness and the implementation of this policy. They will receive input from staff regarding achievement of student education goals, and assessment of students' reaction/reception to food service changes.

The committee can make changes in the policy as the need arises, or as situations change.

The committee membership will include, but not be limited to:

- Food Service director
- Administrative representative
- School Board representation
- Community representation
- Parent representation
- Student representation
- Teaching staff representation-including P.E. instruction
- School Nurse

The committee encourages promotion of Health and Wellness activities that can positively affect our student population.

## Niagara Health and Wellness Committee Statement

The Health and Wellness Committee strongly recommends that physical education be 3 times per week. The committee feels that our PE program needs to meet the minimum state standards. This committee would also like to continue to encourage physical activity at all ages, not only with the school based PE program, but also with regularly scheduled recesses, extra-curricular activities, and physical activities students can participate in with their families and friends at home. Physical activity and good nutrition habits are important at any age but focusing these concepts at the elementary level will encourage the beginning of positive future life patterns.

## Niagara Health and Wellness Committee

Re: USDA memo SP 42-2011: Child Nutrition Reauthorization 2010: Local School Wellness Policies

### Requirements:

- Inform and update the public about wellness policy content and implementation  
Put the Wellness policy on the school website Reference to the policy updates and content per school newsletters, Borderland Journal.
- Periodically measure, and make an assessment available to the public that includes the extent to which schools are in compliance; how the policy compares to model policies, and progress made in attaining the goals of the policy.
- Designate one or more LEZ officials or school officials to ensure compliance.