

BookPolicy Manual  
Section8000 Operations Templates  
TitleWELLNESS  
Codepo8510  
StatusFrom Neola  
AdoptedJune 1, 2005  
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#### 8510 - **WELLNESS**

As required by law, the Board establishes the following wellness policy for the New Auburn School District as a part of a comprehensive wellness initiative.

### **USDA Non-Discrimination Statement**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation.

The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

[program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

## **Policy Preamble**

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and their ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition choices to:

- A. promote nutrition education with the objective of improving students' health and reducing childhood obesity;
- B. improve the health and well-being of our children, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits;
- C. promote nutrition guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the objective of promoting student health and reducing childhood obesity;
- D. provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active lifestyle;
- E. promote the health and wellness of students and staff through other school based activities.

## **Policy Leadership**

**(X)** The District Administrator will oversee the development, implementation, and evaluation of the wellness procedures **(X)** and is authorized to designate a staff member or members with responsibility to assure that wellness initiatives are followed in the District's schools.

## **Required Public Involvement**

The District Administrator shall obtain the input of District stakeholders, to include parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, School Board members, members of the public, and other school administrators in the development, implementation, evaluation, and periodic review and update, if necessary, of the wellness policy.

## **(X ) District Wellness Committee**

**[DRAFTING NOTE: There is no requirement related to the inclusion of policy language regarding the formation of a Wellness Committee. However, this practice is strongly encouraged.]**

### **Committee Formation**

**(X )** To assist in the creation of a healthy school environment, the District shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than one time during the school year to implement, assess and review, and make recommendations for changes to the Wellness Policy.

### **(X ) Committee Representatives**

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. **(X )** administrator(s)
- B. **(X )** Board member(s)
- C. **(X )** classroom teacher(s)
- D. **(X )** physical education teacher(s)
- E. **( X )** school food service representative(s)
- F. **( X )** school nurse(s)
- G. **(X )** community member/parent(s)
- H. **(X )** school counselor(s)

### **Nutrition Standard for All Foods/School Meal Programs/Standards and Guidelines for School Meal Programs**

- A. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.  
(<https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart>) **[DRAFTING NOTE: The policy shall include a link to USDA meal pattern requirements or list them individually.]**
- B. Drinking water is available for students during mealtimes.
- C. **(X)** All meals are accessible to all students.
- D. **(X)** Students are provided at least 10 minutes to eat breakfast and at least 20 to eat lunch after being seated.
- E. **(X)** 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.

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

- 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.  
<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

### **Foods Offered/Provided but Not Sold**

- A. **( X )** 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.

### **Fund-Raising**

- A. **( X )** The District adheres to the Wisconsin Department of Public Instruction fund-raiser exemption policy and allows two (2) exempt fund-raisers per student organization per school per year. All other fund-raisers 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**

- A. **( X )** 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, fund-raisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

### **Nutrition Education**

- A. The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District. The District aims to teach, model, encourage, and support healthy eating by providing nutrition education.
- B. **( X )** Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

### **Nutrition Promotion**

- A. **( X )** The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.

## **Physical Activity**

- A. **(X )** Children and adolescents should participate in sixty (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.
- B. **(X )** Physical activity should not be employed as a form of discipline or punishment.
- C. All students in grades K- 5 shall be provided with a daily recess period at least 20 minutes in duration. Recess shall not be used as a reward or punishment.
- D. **(X )** All students in grades 6 -12 shall have the opportunity to participate in interscholastic sports programs.

## **Physical Education**

- A. **(X )** A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.
- B. **(X)** All-District high school students are required to receive at least 1.5 credits of physical education prior to graduation unless the District allows for the substitution of 0.5 credit per Policy 5460.
- C. **(X)** Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
- D. **(X)** All physical education classes shall have a student/teacher ratio comparable to the student/teacher ratio in other curricular areas.

**[NOTE: NASPE includes this option in the definition of a quality physical education program.]**

- E. In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.
- F. **(X)** Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- G. **(X)** Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.

## **Other School-Based Strategies for Wellness:**

- A. **(X)** 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.
- B. **(X)** As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.

### **Staff Wellness**

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

- A. **(X)** Educational activities for school staff members on healthy lifestyle behaviors.
- B. **(X)** Administration of flu shots at school.

### **Community Engagement**

- A. **(X)** The District shall actively inform families and the public about the content of and any updates to the policy through the New Auburn website. [www.newauburn.k12.wi.us](http://www.newauburn.k12.wi.us)

### **Additional Strategies for Consideration:**

- A. **(X)** The schools shall provide at least 20 minutes daily for students to eat.
- B. **(X)** The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- C. **(X)** The school shall provide attractive, clean environments in which the students eat.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

All foods available on campus during the school day shall comply with the current USDA nutrition guidelines, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations.

- C. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well, regardless of unpaid meal balances without stigma.

### **Monitoring and Evaluation**

- A. **(X)** A review of this policy shall occur no less than once every three (3) years using a procedure developed and implemented by the District Administrator. The District shall notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at [www.newauburn.k12.wi.us](http://www.newauburn.k12.wi.us)

#### **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. In order to inform the public, the District Administrator shall include information in the student handbook, and post the wellness policy on the District's website, including the assessment of the implementation of the policy prepared by the District.

#### **Record Retention**

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

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Legal

42 U.S.C. 1751 et seq.

42 U.S.C. 1771 et seq.

**Last Modified by Ed Cerney on March 12, 2024**