

Wellness Policy Action Plan 2019

The Chippewa Falls School District continues to recognize life-long wellness behaviors are important in the overall well-being, growth, development, scholastic performance and readiness to learn. We continue to promote life-long wellness and encourage healthy behaviors. The primary focus will be to emphasize specific topics relating to nutrition and physical activity while continuing to follow the district's wellness policy.

Physical Education

All students in K-12 will meet the requirements for physical education. This includes students with disabilities, special health care needs or those attending alternative education settings. The physical education program shall also provide adequate space and equipment to conform to all applicable safety standards. Physical education will be taught by licensed instructors.

Goal: Physical education will decrease down-time and focus on a variety of physical activities (cardio and strength). Students shall spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

K-5 66 min/ week

6-8 200 min/week

9-12 1.5 credits to graduate

Physical Activity Designed to Promote Student Wellness

Goal: Each school will promote physical activity outside physical education class through a variety of age appropriate methods.

1. All elementary schools will schedule at least 30 min of supervised recess, preferably outdoors, as consistent with the district guideline regarding weather.
2. Increase physical activity outside physical education day by encouraging behaviors in all age groups, including staff. Schools will be encouraged to create their own challenges to motivate kids to get up and move (ie. Walk Across America, Walk-a-Thons, walking clubs, active classrooms, etc).
3. The district supports the use of the school facilities outside of school hours for physical activity programs.
4. Staff shall encourage students to engage in moderate to vigorous physical activity clubs, intramural programs or interscholastic sport programs.
5. School district will promote healthy lifestyle by promoting walking/biking to school through Safe Routes to School program for students in grades K-8 (ie. Fitness speakers, walk or bike to school day events, bicycle rodeo and pedestrian safety events).

Health Education

Health Education is offered at each grade level K-9 and part of a comprehensive program including mental, physical, and emotional health designed to develop skills and knowledge to lead a healthy lifestyle. High School students are required to take 0.5 credits of Health Education prior to graduation.

Nutrition Education

Nutrition Education curriculum will be comprehensive and based on nutrition standards. Nutrition topics shall integrate with health education curriculum and be presented in cross curricular subjects and be behavior focused.

Goal: To improve health literacy by learning about essential nutrients, benefits of healthy eating, and safe food preparation, the school district will provide nutrition education to encourage students to live a healthy lifestyle.

- a. Nutrition education will be provided to parents in the form of handouts, school website, school newsletters, presentations and information displays. Parent messages in newsletters will emphasize themes of living a healthy lifestyle.

- b. To collaborate with individual buildings to incorporate healthy ideas for rewards/classroom parties and eliminate empty calorie food offerings for rewards and fundraisers.

Other School Based Activities

The district shall create a school environment that supports the promotion of healthy food and beverage products and an active lifestyle.

Goal: The school district will support practices that promote good nutrition choices.

- All food and beverage products accessible to students shall be limited to products meeting the USDA Smart Snack guidelines and most recent state and federal legislation. Food and beverages not meeting these guidelines will not be served/sold to students on school grounds during the school day.
 - This includes soda, or other sweetened soft drinks, sport drinks, iced teas, fruit-based drinks that contain added sweeteners, high fat snack foods and candies.
 - Snacks and other foods that meet USDA nutritional guidelines will be acceptable. Each building administrator shall ensure that their school is in compliance with district standards.
 - Food and beverages that do not meet the nutrition requirements will not be promoted.
 - Students will have limited access to vending machines (Board Policy 8540) during the school day. If vending is operational during the school day, midnight to 30 min after last school bell, all items will comply with Smart Snacks Guidelines and shall not compete with National School Lunch Program.
 - Staff at each school will model a healthy school environment.
- Food shall not be promoted as the focus of student celebrations.
 - If food is part of the event, nutrient dense foods (whole grain, fresh fruit, and vegetables) will be included. Guidelines for healthy snacks will be provided on school websites.
 - Celebration foods of less nutritious value should be limited (no more than twice per month per building principal's discretion) and not served prior to lunch.
- Food provided for students as part of instructional curriculum will be exempt.
 - Food rewards or incentives shall not be used to encourage student achievement or desirable behavior. (Students with IEP may be exempted but healthier rewards are encouraged).
 - School staff will not withhold meals or physical activity or use punitive physical activity (running laps for speaking out of turn).
- Schools shall provide an adequate amount of time for students to eat school meals and shall schedule lunch periods near mid-day. Recommendations are at least 20 minutes from the time students are seated to for lunch. Schools shall schedule recess prior to lunch to encourage children to eat a balanced meal and not be distracted with rushing out to recess.

Fundraisers (Per Board Policy 5830)

- School fundraisers will promote non-food items such as books, gift wrap, magazine, plant sales, raffles, walkathons, fun runs, etc.
- Each school building will track all fundraisers on Fundraiser Tracking Tool. Any food based fundraisers sold to students will need approval of Assistant Food Service Director or Food Service Director. Refer to flow chart.
- Any fundraisers occurring during the school day (midnight to 30 min after last school bell), must meet Smart Snacks Guidelines. Each organization is allowed two exemptions annually and tracked on the Fundraiser Tracking Tool.

Employee Wellness

Goals: The district offer a staff wellness program to all staff.

- Annual biometrics screening, pedometer program, chiropractic care, massage, employee assistance programs (ie. stress management, smoking cessation) through EAP provider. This is provided through the Strategic Wellness Committee. Each building is encouraged to promote employee wellness throughout the school year.
- District will continue to provide wellness information in district wellness newsletters.

School Nutrition Programs

The district will follow the USDA National School Lunch and Breakfast Program guidelines in administering these programs. Meals served through these programs shall meet USDA nutritional standards established by Healthy Hunger Free Kids Act 2010. School meals must meet the nutritional guidelines listed in the table below and also ensure meals are <10% calories from saturated fat, contain zero trans-fat and all grains offered will be whole grain rich; meaning they contain at least 51% whole grain.

		<u>Calories</u>	<u>Sodium</u> <u>2023-2024</u>	<u>Sodium</u> <u>2024-2025</u>
K-5	<i>Breakfast</i>	350-500	<540	<485
	<i>Lunch</i>	550-650	<1230	<935
6-8	<i>Breakfast</i>	400-550	<600	<535
	<i>Lunch</i>	600-700	<1360	<1035
9-12	<i>Breakfast</i>	450-600	<640	<570
	<i>Lunch</i>	750-850	<1420	<1080

- A la carte and competitive food sales will meet requirements of USDA Smart Snacks Guidelines and comply with Chippewa Falls School District Policy # 8540, #8550 and #8500.
- All food storage, preparation and service of food served to students shall comply with Wisconsin Food Code and all USDA regulations.
- Food product nutritional information will be available through the food service department. Dietary accommodations shall be requested on a physician order.
- Continue to encourage healthy food choices and following nutrition guidelines established

Wellness Committee:

The Wellness Committee will meet at least 4 times per year and reports annually to the school board on the compliance to the Wellness Policy. The local wellness committee members develop, implement and review the local wellness policy and includes the following individuals:

School board member, school administrator, food service director, student representative, parent representative, district nurse, physical education teachers, health teachers, classroom teachers, building administrators (teaching staff and building principals shall have at least one person representing each building on the committee).