

Weyauwega - Fremont School District Policy on Wellness

The School District of Weyauwega-Fremont is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the School District of Weyauwega-Fremont that:

- The school district will engage students, parents, teachers, board members, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide wellness nutrition and physical activity procedures.
- All students in grades pre-K-12 will have opportunity, support, and encouragement to be physically active on a regular basis.
- Food and beverages sold or served on a regular basis during regular school hours will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified food service professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program). The School District of Weyauwega-Fremont assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Wisconsin Department of Public Instruction (which complies with regulations mandated by the U. S. Secretary of Agriculture).
- Schools will offer nutrition education, and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services. Incorporating the teaching of healthy lifestyle habits will be encouraged across the curriculum spectrum.
- The district's Wellness Policy Committee will develop and revise an action plan to include goals, strategies, person(s) responsible for implementation and measurements of implementation. The plan will outline interventions for nutrition education, physical activity, actions to maintain and foster a healthy school environment, and other school-based activities that are designed to promote student, staff, and community wellness. The Wellness Policy Committee will review this policy annually.

Draft 1/06

Revised 4/06, Revised 5/07, Revised 5/08, Revised 5/09

WEYAUWEGA-FREMONT SCHOOL DISTRICT'S WELLNESS PRIORITIES ON NUTRITION

Priorities

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical activity, and obesity, often are established in childhood.

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, the eating habits of students are greatly influenced by the food available in the school environment, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, food eaten at school contributes substantially to the students' daily nutrient intake and also has a considerable influence in the development of their eating habits, growth patterns, and energy levels.

Whereas, the consumption of food also provides opportunities for social connection and enjoyment, which are highly valued in school communities. It is recommended that providers of school food services consider a variety of foods that take account of the sociocultural and socioeconomically diverse backgrounds of students at school.

Whereas, school districts around the country are facing significant fiscal and scheduling constraints, and community participation is essential to the development and implementation of successful school wellness policies;

The School District of Weyauwega-Fremont has developed the following procedures.

PROCEDURES

1. The School District of Weyauwega-Fremont will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors through nutrition education for both students and parents and promotion of a nutritional diet.

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. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.

The School District of Weyauwega-Fremont has a comprehensive curriculum approach to nutrition in kindergarten through twelfth grade. Beginning with the 2005-2006 school year, all instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

- * Knowledge of the USDA recommended "My pyramid"
- * Healthy diet
- * Food labels
- * Major nutrients
- * Multicultural influences
- * Serving sizes
- * Proper Sanitation
- * Identify and limit junk food
- * Healthy heart choices
- * Sources and variety of foods
- * Guide to a healthy diet
- * Diet and disease
- * Understanding calories
- * Healthy snacks
- * Healthy breakfast

2. Support and promote proper dietary habits contributing to students' health status and academic performance through the hot lunch/breakfast program establishing healthy lunchroom climate, and offering appropriate suggestions regarding fundraising activities, snacks, teacher-to-student incentives, appropriate beverages for school concessions, and water consumption concessions.

All food available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the District Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie (See attached resource packet). Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals.

3. The School District of Weyauwega-Fremont will encourage increased consumption of water throughout the day. Staff members should be particularly sensitive to student needs for water during periods of hot weather. School administrators may want to authorize students to carry clear water bottles during the school day using the suggested water bottle policy shown below. Teachers/support staff may need to

call for extra water breaks too. Even during periods of moderate temperatures, staff members should remind students of the value of consuming water.

Water sales should be a significant option through school vending and concession services. Water should be available during mealtimes, at least through water fountains.

- Water bottles must be clear and have secure caps
- Students may not share water bottles.
- Empty bottles should, on a regular basis, be recycled (if appropriate), discarded, or taken home for sanitized reuse.
- Students misusing water bottles will be subject to disciplinary actions.
- Teachers have discretion in determining classroom use.
- Water bottles may not be used in computer labs, science labs, and the IMC.

District Nutrition Standards:

- The full meal program will meet or exceed to follow the U.S. Government's Nutrition Standards.
- The Hot Lunch/Breakfast provider will be expected to make every effort to follow the Districts' Nutrition Standards when determining the items in ala carte sales.
 - Ala carte items that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e. limit quantity sold to an individual student).
 - Ala carte items that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.
- Foods from reimbursable meals shall, over the course of five days, derive no more than 30% of their total calories from fat and less than 10% of total calories from saturated fats. These recommendations are consistent with federal mandates. Trans fats (hydrogenated oils) should continue to be reduced and/or eliminated. Foods containing fats with higher amounts of omega 3 essential fatty acids (walnuts, flax, and certain fish such as salmon) should be added/increased throughout the menu.
- No individual item served food service as part of a traditional meal, as an ala cart item or as a snack item may contain more than one third of its weight from added sugar. An exception may be made periodically for a traditional meal treat.
- Sugar (Brown sugar, corn sweetener, corn syrup, high fructose corn syrup, fructose, glucose, (dextrose), lactose, maltose, table sugar (sucrose), are recognized to be detrimental to good health and its use should be judiciously limited in food preparation and other usage. Natural sweeteners such as honey, maple syrup, and non-sweetened applesauce, are healthier alternatives which should be used prudently.
- **Nuts and seeds are exempt from these standards** because they are nutrient dense and contain high levels of monounsaturated fat. Foods

high in monounsaturated fat help lower “bad” cholesterol and maintain “good” HDL cholesterol. Improvements to be made on a timely basis.

Weyauwega - Fremont Nutrition Committee:

With the purposes of monitoring the policy and procedures, evaluating its progress, and serving as a resource to school sites. It is recommended that a District-wide nutrition committee be maintained. The committee will meet as needed to review and revise nutrition policies and procedures annually at a minimum.

The Weyauwega-Fremont Wellness policy and procedures will be reviewed yearly and updated as deemed appropriate as we learn from our students, teachers and families along with updates in scientific research.

Nutrition Education and Promotion:

The School District of Weyauwega-Fremont aims to teach, encourage, and support healthy eating by students and staff. Schools should provide nutrition education in alignment with Wisconsin’s Model Academic Standards under Health Education (see attached resource packet) and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contest, promotions, taste testing, farm visits, and school gardens;
- promotes nutrient dense foods- fruits, vegetables, raw nuts and seeds, beans/legumes and whole grain products;
- low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balances between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

The District Nutrition Policy reinforces nutrition education to help students practice these themes in a supportive school environment including co-curricular activities. Instructional resources and ideas are provided in the attached resource packet.

Parent Nutrition Education:

- Nutrition education will be provided to parents beginning at the elementary level. The goals will be to continue to educate parents through out the middle and high school levels.
- Nutrition education may be provided in the form of handouts, postings on the District website, or presentations that focus on nutritional value and healthy lifestyles.

Food Additives and Processes:

Minimize the use of potentially harmful processes such as bovine growth hormone, irradiation and genetically modified foods. (Source: www.citizen.org/cmep/foodsafety)

Environmental Considerations:

Maximize the reduction of waste, including that generated in the cafeteria, by composting, recycling, reusing, and encouraging the use of reusable materials.

Sustainable Agriculture

Purchase food from local farmers based upon availability accessibility, and cost. Consider increasing the amount of organic foods in the food service program.

Lunchroom Climate:

- A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
 - Students are encouraged to use appropriated etiquette and table manners.
- It is encouraged that the lunchroom environment be a place where students have:
 - adequate space to eat and pleasant surroundings;
 - adequate time for meals (the American Food Service Association recommends at least 20 minutes for lunch from the time they are seated);
 - convenient access to hand-washing facilities before meals.
- Ensure that adequate hand washing facilities, either soap and water or hand sanitizing stations are available. Students and staff are encouraged to wash hands before eating. Signs encouraging hand washing or sanitizing are posted in bathrooms and sanitizing stations.

Fundraising Activities:

To support children's health and school nutrition-education efforts, school fundraising activities are encouraged to use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. The school will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities (See attached resource packet).

- Items being sold that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e. limit quantity sold to an individual student).
- Items being sold that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

Snacks:

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines. (See attached resource packet.) Healthy snacks will be available for purchase prior to school at the elementary level and at 9:30am for middle school and high school students and staff.

Teacher-to-Student Incentives:

Teachers are encouraged to give performance incentives that are not foods high in fat and sugar and low in nutrient content.

Beverages:

- Soda pop or artificially sweetened drinks are strongly discouraged on school grounds during school hours.
- The non-vending sale of pop or artificially sweetened drinks will not be permitted on school grounds both prior to the start of the school day and throughout the institutional day, but will be permitted at those special school events that begin after the conclusion of the institutional day.
- The use of plain white milk should be encouraged over chocolate, strawberry and other sweetened milks.
- Milks made available should be skim, 1%, or 2%. Avoid specialty flavored milks that are not available as 1% fat.
- Juices offered should be single serving 7 ½ oz. instead of 20 oz. which are now commonly available.
- Milk, water and 100% fruit juice may be sold on school grounds both prior to and throughout the institutional day.
 - Milk, water, and beverages containing 100% fruit juice may be sold on school grounds both prior to and throughout the instructional day.
 - Chocolate milk only on Fridays in the elementary buildings and at the middle school.

Concessions:

It is recognized that sales of concessions are an important source of revenue for student activities and classroom resources.

Whenever food and beverages are sold that raise funds for the school include at least some healthy food choices. (See attached resource packet.)

Staff Wellness Guidelines

The Weyauwega - Fremont School District highly values the health and safety of every staff member and will plan and implement activities and policies that support health-promoting behaviors among staff members. The staff wellness committee will be a subcommittee of the Weyauwega - Fremont School District Wellness Policy council.

The Weyauwega - Fremont School District will establish and maintain a staff wellness committee. Consideration should be given to incorporate a team composed of representatives from administration, teaching staff, pupil services, support staff (paraprofessionals), food service, transportation, and maintenance personnel.

A committee member will act as the Staff Wellness Liaison and will arrange and conduct meetings. The Liaison will also attend, or delegate someone to attend the annual WEA Trust Staff Wellness Liaison workshop.

The following steps will be used in the development of a work environment that supports health-promoting behaviors among staff members:

- 1> Collecting data to drive staff health and wellness efforts
- 2> Creating a staff wellness plan
- 3> Choosing evidence-based interventions
- 4> Creating a supportive environment in the district and schools
- 5> Evaluating the outcomes

COMMITTEE RESPONSIBILITIES: The staff wellness committee will develop, promote, and oversee a plan to promote staff health and wellness. The plan may include some or all of the following suggestions:

1. Educational activities for school staff members on healthy lifestyle behaviors, eating, physical activity, and injury prevention.
2. Encouraging the use of walking track and fitness center with organized programs and incentives to encourage their use.
3. Application of nutritional standards for foods and beverages in vending machines available to staff members.
4. Establishing peer support groups for weight management, stress management, tobacco-use cessation, family guidance, and other identified issues.
5. Administration of flu shots at school.

6. Periodic screening at school for blood pressure, body mass index and other health indicators.
7. Annual administration of individual health-risk appraisals to help staff members establish personal health-improvement goals.
8. Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.
9. An ongoing assessment process to update and improve the effectiveness of the staff wellness plan.

School District of Weyauwega-Fremont

Wellness Action Plan

Created March 2006/ Revised May 2011

Goal #1 Increase awareness of the importance of living a healthy lifestyle

Action Plan to implement Goal #1	Person(s) Accountable	Timeline Begin/End	Resources	How will success be measured?	Budgetary concerns	Progress
1) Nutrition Facts and information place at food serving lines	-Renee Hunkens -Cindy Billington	Fall 2010- Ongoing	-Cindy Billington -Food service companies -Research-based resources	-Healthy physical changes in students -annual survey -Greater demand for healthier options	None (paper donated from general fund)	Cindy will talk with her reps to get nutritional info Holly is working on carb counting for lunch menus
2) Share with media (Chronicle/Post Crescent) wellness efforts	-Wellness Committee -Holly Bauer -Phy Ed staff -Cindy Billington	Fall 2006- Ongoing	-Surveys -Timeline -Events taking place	-feedback from staff and families through annual survey	None	School Lunch article August 2008
3)Add nutrition/wellness component to newsletters	-building principals -Holly Bauer -School Counselors	Ongoing	-Research-based resources	-feedback from staff and families through annual survey	None	Wellness component in elementary newsletter. Continue to improve on obtaining info for MS/HS
4) Create annual survey for parents and staff to measure awareness level and success of interventions	-wellness committee	Parent/Teacher conferences annually starting Fall 2006	-other school surveys -timeline	-number of surveys returned	None (paper donated from general fund)	Continue at parent/teacher conferences- will be done for November 2010 conferences
5) distribute healthy lunch/snack/treat ideas to parents	-Holly Bauer -Cindy Billington	Ongoing	-Various nutrition resources	-healthier cold lunch/snacks sent from home	None (paper donated from general fund)	Redistribute at the beginning of the year
6) Encourage staff to be positive role models by participating in wellness events	-Staff wellness committee	Ongoing	-health insurance resources -various grants	-numbers in staff wellness events	\$1500 from grant monies (currently). Budgeted in nursing budget	Get Movin, 10 K a Day Losers Can Be Winners, Fitness room, Morning Madness, IHS blood assessment, flu shot clinic – date pending
7). Create an environmental awareness committee consisting of student leaders and staff members and community members	-Fred Raschke -Sandy Dykes	Spring 2008, increasing interventions as group interest grows	-Various resources (consult Dr. Raschke)	-Students active in one activity in 2007 (i.e. communicate with legislators, writing letters to active env. groups, pass info out to fellow students, etc)	None	-Create bulletin board/dry erase board facts in each school -Water testing project/curriculum addition at the 6 th grade level
8). Review curriculum in health, science, FACE, and agriculture (K-12)	-Kandi Martin	Fall 2008	-Teachers in various subjects	Increase in curriculum taught in these areas	None	This is slated for review in the Fall of 2011

9). Continue with Farm to School Program in elementary schools	Americorps UW extension Kirk Delwiche Holly Bauer Holly Erdmann	Ongoing	-BBB Produce -UW Extension	-number of students served -parent survey	None	This program is very successful and ongoing
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School District of Weyauwega-Fremont

Wellness Action Plan

Created April 2006/ Revised May 2011

Goal #2: Create a healthier school environment

Action Plan to implement goal #2	Person(s) Accountable	Timeline Begin/End	Resources	How will success be measured?	Budgetary Concerns	Progress
1) Improve air quality (change air filters three times per year) and equalize temperature throughout buildings	Maintenance personnel	Fall 2006- Ongoing	-HVAC specialist? -Environmental resources	-survey -temperature more equal throughout buildings	Potential-	Continue to evaluate and adjust as needed Consider evaluation tool at www.epa.gov -two new air handlers obtained for the high school
2) Reduce theft in buildings: - Educate students on how to secure property - Educate students about the safety of keeping expensive items at home - Discuss consequences with students - Diversionsary group with other schools	-Building principals -School counselors -Maintenance Personnel	Fall 2006- Ongoing	-curriculum -Weyauwega Police Department	-number of thefts on premises -survey	Potential (if security measures are purchased)	Security cameras in place All doors locked throughout the school day Additional cameras will be placed at various areas for increased security
3) Work on respect for adults through developmental guidance: -Development Guidance pre K-8 -Guidance 9-12 - Creating a Respect Policy Committee	-School counselors -Classroom teachers	Ongoing 1 st Sem -9-12 2007 2 nd Sem 2008 6-8 Fall 2008 Elem levels	- Second Step -research based- curriculum -Eau Claire North High School -CAP Services	- Pre and Post survey created by school counselor - Graphing data from this year to next year	None	See timeline on Respect Policy Committee: 1 st Sem -9-12 2007 2 nd Sem 2008 6-8 Fall 2008 Elem levels
4) Improve playground safety -Offer 1 st aid and CPR training for playground supervisors - Inservice to all elementary students on each piece of equipment at the beginning of the year -Educate students where the supervisors will always be -Maintain an organized league for the students.	-Building principals -Maintenance personnel -School Nurse (Holly Bauer) -School Counselor -Rich Tomaszewski -Rena Tomaszewski	Ongoing		-number of injuries/bullying events	None	Fence surrounds the WES playground Orientation to playgrounds at the beginning of the year. All staff offered first aid and CPR training
8). Create a safer environment on buses by incorporating student bus monitors	Marlene Dobrinsky Matt Wilbert Pupil Services Team	Planning date: June 12 th		Decrease in number of bullying/safety issues on buses	None	Continued Fall 2010
9). Implement IMPACT testing for ms/hs athletes	Athletic Director MS/HS principal School Nurse Athletic Trainer	Passed by board July 2011		Number of head injuries	Funded by RMC Auxillary	

School District of Weyauwega-Fremont

Wellness Action Plan

Created April 2006/ Revised May 2011

Goal #3: Increase opportunities for students and staff to choose healthy nutrition options

Action Plan to implement Goal #1	Person(s) accountable	Timeline Begin/End	Resources	How will success be measured?	Budgetary concerns	Progress
1) Add two new healthy menu items per month	-Cindy Billington	Ongoing	-other schools -DPI Team Nutrition	-number of students trying new food options	None	Difficult to find healthy, cost-effective items. Whole wheat pasta, whole grain bread has been added this year, along with the salad bar.
2). Utilize portable kitchen for teaching staff and volunteers to teach healthy eating habits in the classroom	-Nutrition Committee -Farm to School volunteers	Fall 2007	-Team Nutrition/DPI website -Americorps resources	-number of times cart is utilized	purchased	Purchased and ready for use in the 2008-9 school year. Committee will meet November 2011
3) Promote NSBP and NSLP by offering creative school breakfast ideas/advertising both programs	-Cindy Billington -Connie Peterson -Renee Hunkens	Ongoing	-Team nutrition/DPI website	-number of students purchasing breakfast/lunch	None	New publicity plan needs to be created.
4) Join resource for food service coordinators	-Cindy Billington	Fall 2007	-DPI website/TEA M Nutrition	-number of new menu ideas	Cindy Marilyn Herman	New Waupaca County food service meetings have been established along with email network for idea sharing
5) Meet with fundraiser supervisors to discuss healthy fundraising options	-Nutrition committee	Spring 2007	-Website resources	-number of healthy or non-food fundraisers	None	Healthy fundraising options given to chairpeople Fall 2010
6) Distribute healthy concession list to people who run concessions	-Nutrition committee	-4 options in all stands 2007-8 -Half in 2008-9	-Website resources	-total sales from concessions	None	Distributed Fall 2010
7) Continue Purchasing apples from Apple Tree Lane/cheese from Wega Star Dairy and other local businesses	-Cindy Billington	Fall 2006- Ongoing	-Price lists from local vendors (updated Fall 2008)	-sales of apples/cheese	Potential, depending upon cost of items	Apples, pears purchased locally. This will improve with the County networking system set up.
8) Encourage staff to offer incentives and rewards that are non-food items	-Principals	Ongoing	Resources for teaching staff	Number of classrooms offering non-food items as incentive/rewards	None	This will be reinforced yearly at the Fall inservice
9) Offer healthy snacks through vending machine at the high school	-Renee Hunkens -Lynn Fredrick	Fall 2008	-internet vending websites		-cost will be absorbed through profits	Healthy Vending machine in place and profitable

**Weyauwega - Fremont School District
Wellness Action Plan
Created April 2006/ Revised May 2011**

Goal #4 Increase opportunities for physical activity for students and staff

Action plan to implement Goal #4	Person(s) accountable	Timeline Begin/End	Resources	How will success be measured?	Budgetary concerns	Progress
1) Align health classes with phy ed (see this plan under awareness Action# 12)	-Kandi Martin -Rena Tomaszewski -Jenna Zeutzius -Renee Hunkens	Fall 2007-8		Healthy physical changes in students	None	Completed.
2) Use Fitness Reporter and Cardio Sport district-wide to measure student fitness levels	-Phy Ed teachers -Technical support (Tony)	Fall 2006	Technical support	Healthy physical changes in students	Potential-numbers coming per Rich (need district license)	Completed Grade-level fitness testing and Presidential fitness testing This is sent home with report cards.
3) Obtain district license for "Tournament Pro"	-phy ed teachers -Tony Jaworski	Fall 2006	Licensing agent	Use of program for intramurals and phy ed classes	Potential-numbers coming per Rich	Licensed for: Fitness Reporter Pro Tournament Pro Builder Cardio Sport, Heart Trainer Pro Canon Power Shot camera
6) Offer activity incentive programs to students and staff	-Phy Ed teachers -Holly Bauer -Student leadership organizations -Julie Hendricks	Ongoing	Grants/programs available	Number of students and staff participating	None	-Elementary Mileage Club -HS/MS Power Club -Movin and Munchin' (FE and WES) -Morning madness at WFMS