

## **SCHOOL DISTRICT OF NEW LONDON**

### **ADMINISTRATIVE GUIDELINE 458 - WELLNESS**

- A. The goals of the district's wellness policy are to:
1. Promote healthy food, beverage and snack options that are appropriate nutritional value with the following objectives:
    - a. School lunch/breakfast programs will meet or exceed the USDA's guidelines for nutritional standards.
    - b. Any snacks available for sale during the school day will be consistent with the Smart Snacks in School Standards.
    - c. Food and beverages for sale during the school day will be consistent with federal guidelines.
    - d. Marketing or advertising at schools can only be for options that meet the Smart Snacks in School nutritional guidelines.
    - e. The district encourages food, beverages and snacks served outside the school day include healthy choices.
      - (1) Student activity groups, Parent/Teacher Organizations (PTO's) and booster clubs are separate entities of the district but will be encouraged to offer healthy options when appropriate.
  2. Provide a positive environment and appropriate knowledge regarding nutrition and physical activity.
    - a. The school curriculum will develop the knowledge, attitudes, skills, and behaviors for life-long healthy eating habits and physical activity.
    - b. The cafeteria should be a relaxed, clean, and pleasant environment, with adequate time to eat and convenient access to hand washing facilities.
    - c. The physical education curriculum will teach the importance of physical exercise by exposing students to a wide range of physical activities to develop their knowledge and skills to be physically active for life.
    - d. The district will assist students in the interpretation of their personal fitness assessments and compare them to national physical activity recommendations.

3. The Food Service Management Company (FSMC) shall meet or exceed the USDA's guidelines for nutritional guidelines in all breakfast, lunch and snack programming.
  - a. The district prohibits the sale of food or beverages that are in direct conflict with the lunch/breakfast.
  - b. The FSMC will expand and explore menu offerings based on nutritional content and student preferences by:
    - (1) Exceeding the minimum nutritional guidelines required by the National School Lunch Program.
    - (2) Offering, promoting, and displaying food items high in nutritional value.
    - (3) The FSMC shall involve students in the offering available for breakfast, lunch and snack options. The FSMC will provide educational opportunities on the requirements of these options to ensure students understand the barriers that may be present for programming.
    - (4) Explore opportunities in the Farm to School program and local growers of foods and vegetables that meet the USDA standards.
  - c. Make every effort to follow the District Nutrition Guidelines when determining items for a la carte sales.
    - (1) When a la carte items that do not meet the District Nutrition Guidelines are served, limit the quantity sold for student consumption (i.e., quantity to an individual student).
4. Provide time for students to engage in physical activities.
  - a. Physical education classes or physical activity opportunities will be made available for all students before school, during school (recess), or after school on a regular basis.
  - b. Children should accumulate at least 60 minutes, and up to several hours of age appropriate physical activity on all, or most days of the week.
  - c. Children should participate in several bouts of physical activity lasting 15 minutes or more each day.
  - c. Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

- d. Extended periods (periods of two hours or more) of inactivity are discouraged for children, especially during daytime hours.
- 5. Maintain a Wellness Committee.
  - a. The committee will guide implementation, monitoring, evaluating, and revising this policy as necessary.
  - b. The committee will serve as a resource to school sites.
  - c. The committee will facilitate the implementation of the district nutrition and physical activity standards.
  - d. The committee will assure that staff development includes nutrition and physical activity issues.
  - e. The committee will assist in preparing the triennial report to the Board of Education.
  - f. The committee will encourage all school staff to improve their own personal health and wellness.
- 6. Encourage staff and students to utilize nutritious food choices or non-food items for incentives.
  - a. Staff are encouraged to use non-food items as incentives.
  - b. Food incentives given to students should meet the nutritional standards for Smart Snacks in School.
- 7. Encourage families to consider the district's wellness policy.
  - a. Include healthy snack options in communications from school.
  - b. Notify families of the district's Wellness policy and encourage families to consider it when providing classroom treats.
- B. The implementation and oversight of this policy will be evaluated by the District Administrator or designee. They shall monitor the districtwide implementation of this policy to ensure that the policy meets or exceeds the guidelines required by local, state and federal guidelines. The policy committee will review the policy and provide any recommendations for changes or improvement as necessary.
  - a. A triennial assessment of the policy will be conducted by the District Administrator or designee and the results will be communicated at a regularly scheduled Board meeting.
- C. The district will actively inform families and the public each year on the basic information about this policy. The information will be included in student/parent handbooks, newsletters, Food Service Management Company (FSMC) website, and the district's website. Students are encouraged to

provide feedback to building principals and the FSMC Manager if choices are not available for breakfast, lunch or snacks.

ADOPTION DATE: June 12, 2006

REVISION DATE(S): February 12, 2018

REVIEW DATE(S): February 13, 2019

CROSS-REFERENCE: Policy 458 Wellness  
Policy 374 Fundraising and Collection of Money,

LEGAL REFERENCE: USDA Policy Memorandum, SP 36-2014, 42 U.S.C Chapter 13, 1751 & 1771, 7 C.F.R. Parts 210 & 213, Healthy, Hunger Free Kids Act, WI PI 8.01 (2) (i) 2