

Pepin Area Schools**STUDENT WELLNESS POLICY**

Pepin Area Schools recognizes that the link between nutrition, physical activity, and learning is well documented. Healthy eating and regular activity is essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes, heart disease and obesity. The district is committed to helping students learn, establish, and maintain lifelong, healthy eating and activity patterns.

District Student Wellness Goal:

All students in Pepin Area Schools will be provided the opportunity to gain the knowledge and skills necessary to make nutritious food choices and perform a variety of physical activities that will benefit them for a lifetime. All staff in Pepin Area Schools will be encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the district adopts this school wellness policy that will allow students the opportunities to gain knowledge and skills from the following programs and/or community collaboration: Pepin Area Schools Food Service Program, Physical Education, Health Education, Family and Consumer education and Community Health Services.

Legal Ref: Section 204 of Public Law 108-265

Adopted: May 2006

Guidelines For Wellness Policy Educational Opportunities:

Pepin Area Schools Food Services

The school food service program/staff shall provide the following programs and opportunities to students and staff to help provide them with the knowledge to make healthy/nutritious food choices at school:

Child Nutrition Program Requirements

- **Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Wisconsin Department of Education, Office of Child Nutrition Programs.**
- **Offer school breakfast with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Wisconsin Department of Education, Office of Child Nutrition Programs.**
- **Encourage school staff and families to participate in school meal programs.**
- **Operate all Child Nutrition Programs with school food service staff who are properly qualified according to current professional standards.**
- **Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.**
- **Follow Wisconsin Department of Public Instruction regulations on competitive foods and extra food sales.**
- **Establish nutrition guidelines for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity (see appendix A)**
- **Students develop school lunch menus the meet the state requirements as part of the health programming in the elementary school.**

Additional Possible Options:

- ✓ Provide adequate time for students to eat and enjoy school meals (a minimum of 15-20 minutes at breakfast and 18-25 minutes at lunch).
- ✓ Encourage students to make food choices based on the 2005 Dietary Guidelines for Americans, by emphasizing menu options that feature baked (rather than fried foods), whole grains, fresh fruits and vegetables, and reduced-fat dairy products.
- ✓ Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.
- ✓ Make school meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go lunches, or alternate eating sites.
- ✓ Add nutritious and appealing options (such as fruits, vegetables, nuts, trail mix, beef jerky, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice, and water) whenever foods/beverages are sold or otherwise offered at school,

- including vending machines, school stores, concessions stands at sporting and academic events, parties, celebrations, social events, and other school functions.
- ✓ Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy as a fund-raiser is strongly discouraged. (See exhibit 2)
 - ✓ Provide nutrition information for parents such as resources to help parents to improve food that they serve at home.
 - ✓ Participate in USDA nutrition programs such as *Team Nutrition Schools* and the *Healthier US School Challenge*. The school will conduct nutrition education activities and promotions that involve students, parents, and the community. The school team responsible for planning nutrition activities will include school foodservice staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate.

Physical Education

Provide physical education for all students in accordance with current Wisconsin standards for physical education. The standards cover the following content areas:

- ✓ Leading an active lifestyle
- ✓ Physical skill development
- ✓ Learning Skills
- ✓ Understanding physical activity and well being
- ✓ Health-enhancing fitness
- ✓ Respectful behavior
- ✓ Understanding diversity

Health Education

Provide health education for students in accordance with current Wisconsin standards for health education. The standards cover the following content areas:

- ✓ Health Promotion and Disease Prevention
- ✓ Healthy Behaviors
- ✓ Goal Setting and Decision Making
- ✓ Information and Services
- ✓ Culture, Media and Technology
- ✓ Communication and Advocacy

Family and Consumer Education

Provide nutrition, health, and other wellness opportunities for students in Family and Consumer education. The standards cover the following content areas:

- ✓ Continuing Concerns of the Family
- ✓ Practical Reasoning
- ✓ Family Action
- ✓ Personal and Social Responsibility
- ✓ Work of Family

✓ Learning to Learn

The district acknowledges that nutrition, physical, and health education are taught in other content areas providing students with more opportunities to gain the knowledge in wellness and healthy lifestyle choices.

Community Health Partners

The district may collaborate with community health professionals to provide nutrition education, wellness, and health education experiences for students in the district.

The district may work with community health partners to provide services for students who have nutrition-related health problems. School counselors and health services professionals are trained and able to recognize conditions such as obesity, eating disorders and other nutrition-related health problems.

Evaluation of Wellness Policy

The Superintendent of Schools, as the Board Of Education's Designee, shall appoint individuals to conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement. The individuals appointed to conduct the review, shall prepare and submit an annual report to the school board regarding the progress towards implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.

Exhibit 1

Nutrition Guidelines

GOAL: The goal of establishing guidelines for all foods and beverages served or sold during the school day (outside of Child Nutrition Programs that follow USDA guidelines) is to improve the nutritional intake of children. This can be done with a combination of two strategies.

- 1. Adding more nutrient-rich, appealing options** whenever foods and beverages are sold (or otherwise offered), including vending machines, school stores, parties, celebrations, social events, concessions stands at sporting and academic events, , and other school functions. Possible options include fruits and vegetables (fresh, canned, and dried); nuts, seeds, and trail mix; beef jerky and peanut butter; reduced-fat dairy products (milk, cheese, yogurt, frozen yogurt, and smoothies); 100% juice, and water.
- 2. Limiting intake of discretionary calories** (in the venues described above). These are calories from fat and added sugar that provide few if any important nutrients (like protein, vitamins, minerals, fiber, etc.). Limiting intake of discretionary calories can be done both by limiting portion size of and access to regular soft drinks, sweetened tea, candy, and high-fat snacks (regular potato chips, corn chips, crackers, sausage sticks, etc.).

Nutrition Standards Intent/Rationale:

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 school has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. Schools are expected to study these standards and use the following Nutrition Standards as minimal guidelines.

Food:

- Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and REDUCED-FAT DAIRY PRODUCTS.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 35% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more that 10% of its total calories derived from saturated fat.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounce or less package size) and reduced-fat dairy products are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.

Beverages:

- Reduced fat milk will be offered during all meals and breaks.
- Vending sales of sugar based soft-drinks and sports drinks will not be permitted at the middle and high school prior to the school day or during the school day.
- Students will not be allowed to bring sports and soft-drinks on school grounds.
- Water consumption will be encouraged throughout the day.
- The vending or sale of soft-drink to students will be prohibited at elementary facilities.

Exhibit 2

Nutritious Food Options for Concessions Sales

Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Best	Acceptable	Limited
Animal crackers, graham crackers, whole grain crackers	Granola bars, whole-grain fruit bars	Crackers high in saturated fats
	Poptarts	Candy, candy bars & chocolate bars
Pretzels	Baked chips, corn nuts, rice cakes, cereal/nut mix	Regular chips, cheese-flavored crackers, cracker sandwiches
Nuts and seeds- plain or with spices	Nuts with light sugar covering; honey coated	Candy-or-yogurt-coated nuts
Trail mix (plain)	Popcorn/nut mix	Trail mix with chocolate, yogurt, or candy
Fresh vegetables and fruit, single-serve canned fruit, dried fruit	Fruit-flavored snacks, fruit leathers	Candy- or sugar-coated dried fruit
Fat-free popcorn	Light popcorn	Buttered popcorn
Beef jerky 95% fat free	Ice Cream	Sausage, pork rinds
Yogurt, preferably non-fat, low-fat or light		
String Cheese	Sugar-free gelatin, fat-free pudding	

BEVERAGES

Best	Acceptable	Limited
Milk, any flavor- preferably non-fat or low fat (1%)	Milk, 2%, whole	
Juice- fruit and vegetable that contains 100% juice	Juice- fruit or vegetable that contains at least 50% juice	
Water, pure	Flavored or vitamin-enhanced fitness water, sparkling water	
	Low-calorie, diet sodas, low-calorie iced tea, low-calorie coffee	Regular soft drinks, sports drinks, sweetened tea