

STUDENT PERSONNEL

SERIES 400

Policy Title... DISTRICT WELLNESS POLICY

Code No. 458.0

Nutrition influences a child's development, health, well-being, and potential for learning. The Burlington Area School District believes that empowering children to make healthy food and activity choices is needed for their full participation in the education program. School, parent, and community teamwork is essential to create an environment, which supports the students in developing lifelong healthy habits, as outlined in this district-wide policy.

The Wellness Policy will be monitored and assessed at set intervals throughout the year. The Burlington Area School District will periodically inform and update the public (including parents, students, staff and others in the community) about the content, assessment, and implementation of the district wellness policy.

The policy of the Burlington Area School District is to provide a positive environment and appropriate knowledge regarding food and physical activity.

This will be accomplished by:

1. Ensuring that all students have access to healthy food choices that meet the Dietary Guidelines for Americans during school and at school functions.
2. Providing a pleasant eating environment for students and staff.
3. Allowing a minimum 25 minutes lunch period for students to eat lunch in the designated cafeteria area.
4. Providing a comprehensive health and physical education curriculum to acquire the knowledge and skills necessary to make healthy food and activity choices that promote health and reduce obesity for a lifetime.
5. Providing a K-12 physical education curriculum which will instruct and assess students in the five health-related components of fitness; cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition.
6. Providing opportunities for health-enhancing activities outside of the school day.
7. Adhering to the wellness policy when using food as part of a lesson, snack, or incentive (exempt would be cooking or foods classes that teach following recipes and food preparation).

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ADMINISTRATIVE REGULATION DISTRICT NUTRITION STANDARDS

Policy Title...DISTRICT WELLNESS POLICY

Code No. R-458.0

The Burlington Area School District strongly encourages the sale or distribution of foods that meet the Dietary Guidelines for Americans for all school functions and activities. These foods provide students with calories rich in the nutrient content needed to be healthy. Burlington Area School District has adopted the following Nutrition Standards governing the sale and distribution of food and beverages on all school grounds.

FOOD AND BEVERAGES

The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk, moderate in sodium, low in saturated fat, and zero grams trans-fat per serving, and to meet the nutrition needs of school children within their calorie requirements. All schools within the District participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).

- All school meals are accessible to all students.
- The District offers reimbursable school meals that meet USDA nutrition standards.
- Drinking water will be available to all students throughout the school day and throughout every school campus, including during mealtimes.
- Concession sales will include healthy choices, which adhere to the wellness policy nutrition guidelines.
- Foods and beverages sold outside of the school meal times (i.e., competitive foods, or those of minimal nutritional value as defined by the USDA), are prohibited from being sold from the beginning of the day (12:01 am) until 30 minutes past the end of the school day unless they meet or exceed the USDA Smart Snacks in School nutrition standards.
- All food and beverages sold throughout the school campus during the school day will meet or exceed the standards specified in the USDA Smart Snacks rule. This includes foods sold in student stores, vending machines a la carte programs and fundraisers.
- Foods and beverages offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school principal.

NUTRITION PROMOTION

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in the school meal program.

- Signage displayed throughout the school campus, including vending machines, will promote nutrient-rich foods and beverages.
- Healthy food and beverage choices will be promoted by implementing at least ten Smarter Lunchroom techniques.
- The District will be engaged in a Farm to School program by purchasing local products a minimum of 15 times per year.

NUTRITION EDUCATION

The District aims to teach, model, encourage and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will be enjoyable, developmentally appropriate, culturally relevant, and include participatory activities, such as cooking demonstrations or lessons, promotions, taste testing and farm visits.
- Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the Wisconsin Model Academic Standards for Nutrition.
- The District teaches students nutrition education using resources based on up-to-date, scientifically based nutrition information consistent with the Dietary Guidelines for Americans and USDA's Choose MyPlate program.
- Parents, community members and staff will be provided with suggestions of healthy choices for snacks, lunches and treats, including non-food celebration ideas.
- Parents will be provided a list of foods and beverages that meet Smart Snacks nutrition standards.

PHYSICAL EDUCATION

The District will provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong health habits, as well as incorporate essential health education concepts.

- All students will participate in physical education that meets state standards.
- Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
- The District encourages teachers to provide short (3-5 minute) physical activity breaks to students during and between class time.

- The District offers opportunities for students to participate in physical activity before and/or after the school day.
- The District discourages staff from withholding or requiring physical activity as a consequence for inappropriate behavior or academic performance.

OTHER ACTIVITIES THAT PROMOTE WELLNESS

The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components, and will work towards goals and objectives that promote student well-being, optimal development and strong educational outcomes.

- The District will continue relationships with its community partners in support of this wellness policy's implementation.
- The District will promote to parents/caregivers, families, and the community the benefits of and approaches for health eating and physical activity throughout the school year.
- The District promotes staff member participation in health promotion programs, and will support programs for staff members on healthy habits.

IMPLEMENTATION, PERIODIC ASSESSMENT, AND PUBLIC UPDATE

- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.
- Each school will designate one or more persons to monitor and ensure the implementation of the district-wide policy.
- The District will at least annually convene a District Wellness Policy Committee, comprised of representative staff and community members, to review the policy and the district's progress on meeting wellness goals, and an update report will be distributed to staff, families, and the community.
- At least every three years, an assessment of compliance of the policy will be conducted and this information will be shared with the public.

Adopted:
September 11, 2006
Reviewed:
May 12, 2008
Reviewed:
May 20, 2013
August 12, 2013
June 12, 2017

Legal Reference: