



Book	Policy Manual
Section	8000 Operations
Title	WELLNESS
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8510 - **WELLNESS**

Policy Preamble

Bangor School District (hereto referred to as the District) is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. The District believes that we need to create and support health-promoting learning environments throughout our schools, giving students the opportunity to achieve success. This policy outlines the District's approach to ensure all students practice healthy eating and physical activity behaviors throughout the school day.

Policy Leadership

The superintendent shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy.

The District shall convene a Wellness Committee that meets at least one (1) time during the school year to establish goals and oversee school health policies and programs, including development, implementation, and periodic review and update of this Wellness Policy.

The District shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders may include:

- A. Administrator
- B. Classroom teacher
- C. Physical education teacher
- D. School food service representative
- E. School nurse

Nutrition Standards for All Foods

The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Standards and Guidelines for School Meals

The District is committed to ensuring that: All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/school-meals/nutrition-standards-school-meals). All schools will provide breakfast

and lunch following current USDA guidelines.

Foods and Beverages Sold Outside of the School Meals Program

- A. The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels during the school day are prohibited.
- B. Foods and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fundraisers during the school day. No restrictions are placed on the sale of food/beverage items sold outside of the school day. Smart Snack guidelines can be found at <https://dpi.wi.gov/school-nutrition/program-requirements/smart-snacks>.

Marketing

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

Foods Provided but Not Sold

The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.

Nutrition Education

The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District. The District aims to teach, model, encourage, and support healthy eating by providing nutrition education.

Nutrition Promotion

The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.

School nutrition services shall use the Wisconsin Team Nutrition Meal Appeal Self-Assessment to determine ways to improve the school meals environment. School nutrition services shall implement at least five (5) techniques at each school. The Meal Appeal Self-Assessment can be found at <https://dpi.wi.gov/wisconsin-school-meals-rock/school-nutrition-professionals>.

The district will take steps, such as using a code instead of cash at the cash register, to ensure that students qualifying for free or reduced-priced meals are not overtly identified in any way. After obtaining food, students will have at least 20 minutes to eat lunch.

Physical Activity

The District shall provide students with age and grade-appropriate opportunities to engage in physical activity.

Physical Education

- A. All District elementary students in each grade shall have physical education a minimum of three times per week.
- B. All District middle school students are required to take the equivalent of one academic year of physical education.
- C. All District high school students are required to receive 1.5 credits of physical education prior to graduation.
- D. In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.
- E. The physical education curriculum for grades K-12 will be aligned with established state physical education standards.
- F. Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.

Other School-Based Activities that Promote Wellness

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.

Staff Wellness

The District will implement the following activities below to promote healthy eating and physical activity among school staff.

- A. Educational activities for school staff members on healthy lifestyle behaviors.
- B. Distribution of an employee health newsletter to promote healthy behaviors.
- C. Administration of flu shots at school.
- D. Periodic screening at school for blood pressure, blood cholesterol, body mass index, and other health indicators.

Community Engagement

The District shall work with community partners, including hospital, university and county health department to support district wellness.

Public Notice

The District shall be responsible for informing the public, including parents, students, and community members, on the content of and any updates to the policy at least annually. In order to inform the public, the District shall include information in the student newsletter and post the wellness policy on the District's website.

Monitoring and Evaluation

The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three (3) years. The triennial progress report will be posted on the district website. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. A description of the progress made in attaining the goals of the local school wellness policy will also be included in the assessment.

Based on the results of the triennial assessment, the district will make appropriate updates and modifications to the wellness policy.

Revised 2/21/18

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Legal	42 U.S.C. 1751 et seq.
	42 U.S.C. 1771 et seq.

Last Modified by Brenna Sparger on September 16, 2021