

As required by law, the board establishes the following wellness policy for the School District of Neillsville as a part of a comprehensive wellness initiative.

**Policy Preamble**

The board recognizes that good nutrition and regular physical activity affect the health and well-being of the district's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and their ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in student's healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The board sets the following goals in an effort to enable students to establish good health and nutrition choices to:

- A. promote nutrition education with the objective of improving students' health and reducing childhood obesity;
- B. improve the health and well-being of our children, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits;
- C. promote nutrition guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the objective of promoting student health and reducing childhood obesity;
- D. provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active lifestyle;
- E. promote the health and wellness of students and staff through other school based activities.

**Policy Leadership**

The designated official for oversight of the wellness policy is the Director of Food Service. The Director of Food Service shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

**Required Public Involvement**

The district administrator shall obtain the input of district stakeholders, to include parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, school board members, members of the public, and other school administrators in the development, implementation, evaluation, and periodic review and update, if necessary, of the wellness policy.

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Final Adoption: 7/17/23

**District Wellness Committee**

**Committee Formation**

A Wellness Committee shall be formed and maintained to oversee the activities set forth in this policy. The committee shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The board will adopt or revise policies based on the committee's recommendations.

**Committee Representatives**

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(s)
- B. classroom teacher(s)
- C. physical education teacher(s)
- D. school food service representative(s)
- E. school nurse(s)
- F. community member/parent(s)
- G. student(s)
- H. medical/health care professional(s)

Nutrition Standard for All Foods/School Meal Programs/Standards and Guidelines for School Meal Programs:

- A. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. (<https://fns-prod.azureedge.net/sites/default/files/resource-files/SP38-2019os.pdf#page=2>)
- B. Drinking water is available for students during mealtimes.
- C. All meals are accessible to all students.
- D. Withholding food as a punishment shall be strictly prohibited. Students with a low fund balance will be expected to follow the negative account policy.
- E. All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

**School Meal Program Participation**

**Foods and Beverages Sold Outside of School Meals**

No food will be sold outside of school meals. Meals will be sold during breakfast and lunch meal service times.

**Fundraising**

The district adheres to the Wisconsin Department of Public Instruction fund-raiser exemption policy and allows two (2) exempt fund-raisers per student organization per school per year. All other fund-raisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

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**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.

**Physical Activity**

- A. The district shall provide students with age and grade-appropriate opportunities to engage in physical activity.
- B. Physical activity shall not be employed as a form of discipline or punishment.
- C. All students in grades K-5 shall be provided with a daily recess period at least ten (10) minutes in duration. Recess shall not be used as a reward or punishment.
- D. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs.

**Physical Education**

- A. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.
- B. 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.

**Other School-Based Strategies for Wellness:**

The district supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being.

**Staff Wellness**

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

An organized wellness program shall be available to all staff.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

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- A. In accordance with policy EF, entitled Food Services Management, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. The guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA). All foods available on campus during the school day shall comply with the current USDA nutrition guidelines, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines.
- C. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well, regardless of unpaid meal balances without stigma.
- D. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- E. Continuing professional development shall be provided for all staff of the food service program.

**Monitoring and Evaluation**

The district administrator or a designee of the Wellness Committee shall report annually to the board on the district's wellness programs, including the assessment of the environment in the district, evaluation of wellness policy implementation district-wide, and the areas for improvement, if any, identified. The district administrator or a designee of the wellness committee shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy.

The program developed shall include the following items, along with any additional measures deemed appropriate:

- A. identify specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, with consideration for evidence-based strategies;
- B. develop nutrition guidelines for all foods and beverages sold during the school day, that are consistent with Federal requirements for meal nutrition standards and smart snacks, and restricting marketing efforts to only those items that meet established guidelines;
- C. develop policies pertaining to other food items in the schools, including for classroom parties, birthday snacks, or other food items not for sale, but distributed in the schools;
- D. describes the process and public involvement in the development of the wellness program and initiatives.

**Public Notice**

The district administrator shall be responsible for informing the public, including parents, students, and community members, on the content and implementation of this policy. In order to inform the public, the district administrator shall include the report annually at a board meeting and post the wellness policy on the district's website, including the assessment of the implementation of the policy prepared by the district.

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**Record Retention**

The district administrator shall require that the district retains documentation pertaining to the development, review, evaluation, and update of the policy.

**USDA Nondiscrimination Statement and Complaint Information:**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., braille, large print, audiotape, American sign language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202)720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800)877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866)632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or  
Fax: (833) 256-1665 or (202) 690-7442; or  
Email: Program.Intake@usda.gov

This institution is an equal opportunity provider.

All verbal or written civil rights complaints regarding the school nutrition programs that are filed with the district must be forwarded to the Civil Rights Division of USDA Food and Nutrition Service within three (3) days.

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

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