

## **SERIES 400 – STUDENTS**

### **Student Health and Welfare - 450**

#### **School District Wellness Policy – 458**

The Norwalk-Ontario-Wilton School District promotes healthy schools by encouraging and modeling good nutrition and regular physical activity as part of the total learning environment. The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. This policy was developed by a committee that consisted of: The School District Nurse, the School District Food Service Manager, an employee of the school district who is a certified health education specialist, a member of the Norwalk-Ontario-Wilton Board of Education, the District Administrator, a Physical Education Teacher, two members of the Brookwood High School Student Body, and one Norwalk-Ontario-Wilton Parent. It is recognized that good health by staff and students optimizes student learning and achievement, and helps the school district to ensure that no child is left behind.

#### **Section 1 & 2: Nutrition Education and Standards for USDA Child Nutrition Programs and School Meals**

The Norwalk-Ontario-Wilton School District has established the following nutritional education and promotional goals:

- 1) Nutritional topics shall be integrated within the comprehensive health education curriculum taught at every grade level (K-12). Nutrition education will be standards-based and comprehensive in scope and sequence.
- 2) School staff will be trained in nutrition education and implement the principles of health education at all grade levels. Staff will be trained to educate students on the ability to make healthy food choices. This will include teaching students how to read food labels, understand calorie balance, understand calorie expenditure, and read nutritional fact labels. Staff training sessions will be scheduled in cooperation with school district administration.
- 3) School staff will cooperate to extend nutrition education standards beyond the school environment. The district will execute this by:
  - a) sending home informational letters on foods and their nutritional values.
  - b) displaying information on the school district web-site.
  - c) a general outreach at school district functions including, but not limited to: Back-to-School Night, Family Reading Night, Parent & Teacher Conferences, and a minimum of five home athletic contests.
- 4) Students at the high school level and parents will participate in a School Nutrition Advisory Council (SNAC Group). The SNAC group will meet monthly to taste test healthy food choices for desirability and will also discuss matters of nutrition and promotion at monthly meetings.

- 5) An appropriate amount of class time will be designated for nutritional education.
- 6) The Norwalk-Ontario-Wilton School District Food Service program will provide students and staff with school breakfasts and lunches that meet nutritional standards required by the USDA School Breakfast and National Lunch programs.
- 7) The scheduling of school meals shall be optimized to improve student nutrition. Lunch will be scheduled between the hours of 11:00 am and 1:00 pm. No events shall be held during lunch period unless students may eat during the event. After obtaining food, each student will have at least twenty minutes to eat lunch. Hygiene and hand washing will be a priority for all students. All students shall have convenient access to hand-washing facilities, before and after meals. In addition, hand sanitizer will be available in both the elementary and high school cafeterias.
- 8) Nutrition qualifications will be met by all food service staff. Only food service staff members who are properly qualified according to current professional standards will administer the Child Nutrition Program. A professional development opportunity in the area of food and nutrition is provided for food service staff.
- 9) Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
- 10) Nutritional information for any items served in school meals (e.g. calories, saturated\_fat, and sugar content) will be provided upon individuals' request.
- 11) The school food environment (including celebrations & class parties) should be consistent with healthy food guidelines. Classroom snacks, brought from home for the whole class, shall feature a healthy choice that meets the District's Nutrition Standards.

### **Section 3: Nutrition Standards for Competitive and Other Foods and Beverages**

NS23-26, 30-32:

Nutritious meals served by the food services operation and other nutritious food choices served in the NOW school district and at district-sponsored events will comply with the USDA and CDC standards that will be published in 2013. This includes vending machine items, a la carte items, fundraising items, and food sold after school. Each individual item will be regulated according to these standards. If foods and/or drinks do not meet this criterion they will be prohibited.

For more information on this calculation please visit:

<http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html>

NS27-28: Meets Guidelines (see # 11 above)

NS40: Food rewards or incentives shall not be used in classrooms to encourage student achievement.

NS41: The NOW School District shall provide parents and students with nutrition information for all competitive foods and beverages upon request.

### **Sections 4 & 5: Physical Activity Goals**

The Norwalk-Ontario-Wilton School District has established the following goals for student and employee physical activity

1. Physical activity (physical education) is provided for grades five year old kindergarten thru grade six, three times per week; seventh and eighth grades every other day; and ninth through twelfth grades every day for a semester. These classes devote 50-75% of class time to moderate to vigorous activities. Students in the district cannot opt out or miss physical education classes unless a doctor excuse or note is provided to the instructor.
2. Norwalk-Ontario-Wilton Elementary School requires students receive a minimum of 130 minutes of physical education per week.
3. Brookwood Jr. High School requires students receive a minimum of 90 minutes of physical education per week.
4. Brookwood Sr. High School requires that students receive 225 minutes of physical education per week for one semester.
5. Students are taught fitness skills for personal fitness as well as lifetime activities to promote an active lifestyle for each student.
6. Students are assessed through physical skills test, instructor evaluation, fitness tests, and written tests throughout the year. Various tests which help with annual health assessments include one mile run, 12 minute run test, fitness tests (at the beginning and end of the year), weight lifting tests, muscle recognition tests, and jump rope tests. These tests will be interpreted by instructor, explained to student, and then compared to national physical education recommendations. The Norwalk-Ontario-Wilton School District physical education program meets the needs of all students with teamwork, sportsmanship, cooperative play, and participation by all students being emphasized in our classes. The physical education curriculum is aligned with the Wisconsin's Model Academic Standards for Physical Education issued by the Wisconsin Department of Public Instruction (DPI).
7. Physical education classes in the high school receive credit towards graduation.
8. All physical education instructors are licensed by the Wisconsin Department of Public Instruction. Instructors receive professional development training on their own by enrolling in classes to keep their license updated and valid. Teacher to student ratio is approximately 1:25-30 students for all grades.

9. The Norwalk-Ontario-Wilton School District has three gymnasiums for physical education classes; these facilities are safe and inspected every day for safety hazards. Classes may also be held outside where the area is limited but safe for classes to be held.
10. The Norwalk-Ontario-Wilton School District's activity goals include educating students at all levels to participate in life-long sports and physical activity in Physical Education classes in addition to the importance of physical activity in the development of the human body.
  - a. Strive to keep students active at all times during physical education classes and recess periods. Elementary students participate in one 15 minute and one 30 minute recesses daily. Additionally, re-energizing breaks, quick stretching periods, and active activities will be encouraged and used throughout the day to keep the students active.
  - b. Promote wellness programs for students which may include a "Wellness day" where different sectionals on aspects of physical and mental health education are disseminated to students. Interscholastic and intramural activities are provided throughout the academic school year for students beginning in 4<sup>th</sup> grade.
  - c. Provide a summer recreation program for students.
  - d. Provide for physical activity courses in Grade K4 through Grade 6 summer school.
  - e. Wellness programs will be offered to staff regarding health wellness, i.e.: flu shot clinics, wellness library, and other physical/mental information and/or programs throughout the year. Physical activity opportunities for staff and the community include the school being open to walking in the hall before and after school. Additionally, dance classes and other physical fitness classes are promoted at school in conjunction with Scenic Bluffs Clinic.
  - f. Physical activity shall not be used as a punishment for students.

### **Section 6: Communication and Promotion Goals**

- 1) The school environment, including cafeteria and classroom, shall provide clear and consistent messages that reinforce healthy eating. For example, teachers will educate students about healthy choices at lunch as well as healthy snack options for birthday treats, holiday treats, and snacks. (CP81)
- 2) Staff will be encouraged to model healthy eating and physical activity as part of an everyday life style. (CP82)

- 3) This goal is outlined in section 7. (CP83)
- 4) The Norwalk-Ontario-Wilton School District will strive toward integrating nutrition into a coordinated school health program. (CP84)
- 5) Students will be given the opportunity to provide input on their favorite foods and non-favorite foods. Periodic food promotions to encourage taste testing of new foods will continue to take place to introduce to students to new menu items. (CP85)
- 6) Nutrition information will be provided to parents. Nutrition education at the Norwalk Ontario Wilton School District will take place in the form of handouts, the school website, school social media site, articles and information provided in district or school newsletters, and through any other appropriate means available to reach parents. (CP86)
- 7) The district shall provide parents with a list of foods for healthy lunches, celebrations, and opportunities for physical activity before and after school. This will be communicated via the annual report of lunch guidelines, the school wellness policy and will be conducted on the annual back to school event and at parent teacher conferences. (CP87)
- 8) Specifies marketing to promote healthy choices: (CP88)
  - 1) “It is recommended that organizations operating concessions at school functions market healthy food choices at a lower profit margin to encourage student selection”
  - 2) Provide specific posters, classroom teaching, pricing, structures, etc.
- 9) Specifies restricting marketing of unhealthful choices: (CP89)
  - 1) “Display and advertising of foods with minimal nutritional value is strongly discouraged on school grounds”
  - 2) “Educational materials shall be free of brands and illustrations on unhealthful foods” “Soft drink logos will not be allowed on school materials or on school property”
- 10) The school district will strengthen and work within existing school health and nutritional professionals and councils to develop, monitor, review, and revise nutrition and physical activity policies. School health and nutritional staff will serve as resources for school sites for implementing these policies. (CP90)

### **Section 7: Implementation and Accountability**

The Wellness Policy of the Norwalk-Ontario-Wilton School District will be implemented starting January 1, 2013. A district wide Wellness Committee was established for the purpose of monitoring the implementation of the district’s Wellness Policy and its

nutrition and physical activity components through the Superintendent or his/her designee in 2006. (E91-96)

Wellness Committee will consist of the following:

Maureen Luxton-Food Service Manager  
Jessica Showen-Certified Health Education Specialist  
Jess Wang-NOW Board Member  
Lisa Barlow-School Nurse  
Deb Sullivan-Elementary teacher  
Joy Leighton-Speech  
Shel Hyatt-Title 1 Staff  
Pam Campos- High School teacher  
Steve Nelson-Physical Education Teacher  
Marla Thompson-Elementary Teacher  
Heidi Kelly- Cognitive Disability Teacher

The Wellness Committee will meet once monthly if needed during academic year to assess and/or implement wellness issues or programs throughout the school and community. The Wellness Committee will review the current Wellness Policy and make recommendations on revisions needed in accordance with DPI or USDA guidelines. The Wellness Committee will follow up with District Administrator and/or the Norwalk-Ontario-Wilton Board of Education regarding non-compliance issues or evaluation and revision of the Wellness Policy.

Legal Reference: Sections 118.01, 118.12, 118.33(1), 120.13, 121.02(1)Wisconsin Statutes  
Child Nutrition and Wisconsin Reauthorization Act of 2004  
(Public Law 108-265)

Adopted: April 17, 2006

Revised: January 14, 2013