

Nutrition and physical fitness are known to influence a child's development, potential for learning, their overall sense of well-being and risk of illness through adulthood. Students who practice good nutrition and engage in daily physical activity attend school with bodies and minds ready to take advantage of the learning environment. The School District of Altoona, therefore, encourages all members of the community to help create and support a school environment that emphasizes healthy, lifelong habits of good nutrition and physical fitness.

To promote the health and well-being of district students, the District has adopted the following school wellness goals:

### **Nutrition Education and Physical Activity Goals**

The District shall equip all students with the knowledge, skills and opportunities necessary to make nutritious food and sound physical fitness choices for a lifetime. Specifically, the District shall:

- Provide age-appropriate instruction in nutrition and health education that gives students knowledge of the human body and the means to maintain lifelong health, including good nutrition, disease prevention and healthy lifestyles.
- Provide quality physical education to all K-12 students to teach the importance of physical exercise and expose students to a wide range of physical activities so that students develop the knowledge and skills to be physically active for life.
- Provide students with an opportunity to participate in extracurricular activities that involve and promote physical exercise/activity, including interscholastic athletics.
- Provide students, staff and community members/groups an opportunity to use public school facilities outside of school hours for physical fitness and other health and wellness-related activities in accordance with the District's facility use policy and procedures.
- Encourage students to engage in moderate to vigorous physical activity during daily recess in the elementary school through age appropriate games and other organized activities.

### **School Meal Goals**

The District shall encourage and promote a healthy lifestyle for students by implementing nutritionally adequate, educationally sound and financially accountable food and nutrition programs. Specifically, the District shall:

- Ensure that all students have access to adequate and healthy food and beverage choices on scheduled school days, at reasonable prices. All reimbursable school meals provided through the school food service program shall meet at least the minimum nutritional standards set forth in federal child nutrition program rules and regulations.
- Ensure the integrity of the school food service program by limiting food and beverage sales for students that are in direct competition with the National School Lunch and School Breakfast Programs.

- Provide students adequate time and space to eat meals in a pleasant and safe environment.

### **Nutrition Promotion Goals**

The District shall provide resources and opportunities for students, staff and others to develop and practice healthy eating habits within the school environment, at home, and in other community settings. Specifically, the District shall:

- Limit the availability of food and beverages with minimal nutritional value to students on school premises before the start of the school day, during the school day and within 30 minutes after the school day. All foods and beverages sold to students on school premises during the school day outside the school meal program shall meet at least the minimum nutrition standards and recommendations of the USDA except as otherwise specifically provided in this policy. The building principal may approve a limited number of student organization fundraisers involving the sale of food or beverage items during the school day that do not meet the minimum nutrition standards but only to the extent authorized by the DPI's fundraiser exception policy guideline.
- Limit food and beverage marketing and advertising on the school campus during the school day only to the promotion of food and beverages that meet the nutritional standards for school meals or the District's nutrition guidelines for food and beverages sold to students outside of the school meal programs.

### **Student, Staff and Community Involvement Goals**

The District shall encourage student, staff and community involvement in and support of the District's school wellness policy and nutrition guidelines through education, programming and marketing. Specifically, the District shall:

- Involve school administrators, teachers (including physical education and health education teachers), school food service staff, the school nurse, students, parents/guardians, school board members, and other interested members of the school community in the development, implementation and periodic review and update of the District's school wellness policy and nutrition guidelines. This shall be done through the establishment and use of a School Wellness Committee.
- Inform students, staff, parents/guardians and the public of the District's school wellness policy and nutrition guidelines annually via school/District handbooks and other appropriate means.
- Expect all District employees to assist in the implementation of the District's school wellness policy, nutrition guidelines and related plans.
- Promote employee health and wellness and encourage school employees to serve as role models for students in healthy eating and physical activity.
- Inform the public annually about: (1) the District's progress toward meeting the established school wellness policy goals, compliance with the District's policy, and (2) any policy updates and plans for improvement.

The Board delegates administrative oversight to the Superintendent for ensuring District-wide compliance with the District's school wellness policy and nutrition. It shall be the responsibility of the Superintendent to: (a) oversee the evaluation of the wellness policy and its implementation at regular intervals as required by law, and (b) keep the Board of Education informed of the District's and individual schools' progress toward the school wellness policy goals and policy implementation and of any recommendations for policy changes and improvements.

Building principals are responsible for ensuring school compliance with the District's school wellness policy and nutrition guidelines and for submitting required progress reports on school compliance to the Superintendent.

**Legal Ref:**

93.49, 118.01(2) (d) 2, 118.12, 118.33(1), 120.12(23), 120.13(17) and (19), 121.02(1) (j) - Wisc. Statutes

PI 8.01(2) (j) 2 - Wisc. Admin Code

Wisconsin Standards and Benchmarks for Physical Education

Healthy, Hunger-Free Schools Act of 2010

7 CFR Parts 210 and 220, Rules Implementing the Healthy, Hunger-Free Kids Act of 2010

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