

Sparta Area School District

Article 700 – District Wellness Policy

The Sparta Area School District promotes a healthy school environment for students and staff through education and awareness, and by providing and promoting healthy options and opportunities.

I. The complete school environment, not just the classroom, shall be aligned with healthy school goals to positively influence students' understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

Farm to school programs can provide interactive, experiential education activities that reinforce nutrition education efforts. Staff shall integrate experiential education activities -- such as gardening, cooking demonstrations, farm and farmers' market tours – into existing curricula at all grade levels.

Nutrition education messages from the classroom will be modeled in the cafeteria and across school campuses by offering locally-grown food whenever possible within the school meals programs as well as in a la carte sales.

School gardens will provide students with experiences in planting, harvesting, preparing, serving and tasting foods, to be integrated with nutrition education and core curriculum, and articulated with state standards.

School food service, in partnership with other school departments and community organizations, will work to creatively market and promote locally-procured food to students through activities such as:

- Featuring food grown in the school garden in the cafeteria through sampling and inclusion in school meals based upon availability and acceptability.
Developing creative campus fundraisers based on healthy food items and physical activity.

The district recognizes that school gardens and farm visits can offer physical activity opportunities, as well as agricultural education, by engaging students in activities such as planting, harvesting and weeding.

The district provides additional opportunities for physical development and fitness through co-curricular and intramural sports, health and wellness fairs, and community learning center activities and will work cooperatively with other agencies such as the Sparta City Parks and Recreation Department and the Sparta Boys and Girls Club to provide additional programming.

II. The Sparta Area School District practices and promotes good nutrition within the school setting.

The district nutrition services program will provide a quality breakfast and lunch program for students and staff. Three goals of the nutrition services program are:

Goal 1. To provide students with well balanced nutritional choices of food and beverages. To meet this goal, the district continually expands and explores menu offerings based on nutritional content and student preferences. The nutrition services program strives to exceed the minimum nutrition guidelines required by the National School Lunch Program. In addition:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010;
- When drinking fountains are not present in the cafeteria, water cups/jugs are available;
- Menus are posted on the school website; and
- Students will have the opportunity to provide input on menu items.

Information about the nutrition of foods served in schools is available upon request at the District office.

Goal 2. To assist students in making healthy choices. The nutrition services program will work with students, staff, and parents to educate consumers about proper nutrition. The nutrition services program will offer, promote, and display food items deemed high in nutritional value. The program will not offer candy, food or beverages of minimal nutritional value. Nutrition information is integrated into the District curriculum.

Goal 3. To encourage and promote participation in the school breakfast and lunch program. The nutrition services program will work with school administration, staff, parents and students to provide information and incentives to promote participation in school breakfast and lunch. The district will provide a clean and pleasant eating environment for students and staff, with adequate space for eating. In addition:

- All meals are accessible to all children;
- Students are provided at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch after being seated; and
- The withholding food as a punishment shall be strictly prohibited.

Teachers will be encouraged to integrate nutrition education into the broader curriculum.

The Nutrition Services Director shall develop and implement a plan to integrate locally procured foods into the meals served to students. Meals served within the federally reimbursable meal program must be designed to feature fresh fruits and vegetables, from local sources, to the greatest extent possible.

III. The total school environment will reflect the Sparta Area School District's commitment to student and staff wellness.

The District educates students and staff about proper hand washing techniques and will promote hand washing before eating.

The district will take a lead in limiting student access to unhealthy snacks and beverages and will comply with the “Smart Snacks Foods and Beverages Sold Outside of the School Meals” Program:

- All food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.
- All food and beverages sold to students during before and after school programs shall meet the USDA Smart Snack nutrition standards.
- 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.

Beverage vending machines in school buildings are limited to water, milk, and flavored milk, and juice products meeting district nutritional guidelines. Soda and artificially sweetened drinks will only be available in school facilities during concession sales at public events such as athletic contests, catered events, and non-school related events held outside of school hours. Water is freely available in all school buildings.

Candy and other food items of minimal nutritional value may not be sold in school vending machines or other outlets such as a school store. Candy and other food items of minimal nutritional value will only be sold in school facilities during concession sales at public events such as athletic contests, catered events, and non-school related events held outside of school hours. Candy and other food items of minimal nutritional value and intended for student consumption during the school day or on busses, may not be sold as a fund raising activity.

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.

Candy is defined as any food product that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose [dextrose], high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar [sucrose], or syrup) listed as one of the first two ingredients. Food items of minimal nutritional value (USDA standards) include soda water (carbonated beverages), water ices (frozen sweetened water

– e.g. Popsicles), chewing gum and certain types of candies (hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn).

District Nutritional Guidelines:

Foods and beverages sold in vending machines, school stores, and fund raising activities that meet acceptable nutritional standards shall consist of the following:

- Non-carbonated or sparkling water containing no calories or sugar, but may contain natural flavoring;
- Milk, including but not limited to fat free chocolate milk, fat free strawberry milk, skim and 1% milk.
- One hundred percent fruit juices or fruit-based drinks that do not contain added sugar;
- An electrolyte replacement beverage that contains forty-two grams or fewer of additional sweetener per twenty-ounce serving;
- Food items that have no more than 30% of their total calories derived from fat and no more than 10% of their calories derived from saturated fat. Nuts and seeds are exempt due to their nutrient density and levels of monounsaturated fat.

Parents are encouraged to provide healthy snacks and treats for student celebrations and other events. To reduce the risk to students who have food allergies, parents are encouraged to provide fresh fruit or vegetables, or food items that are commercially prepared, or prepared by a city/state health-inspected bakery. The District nutrition services program will assist parents by providing this service to families at a reasonable cost. Schools with students in preschool through grade five will prohibit the distribution of home prepared snacks and treats to students during school hours. This policy is not intended to regulate events where parents or guardians are present, such as a parent group ‘fun fair’ or “pot-luck”, faculty events, or secondary school classroom related cultural events involving food items.

Strong consideration should be given to non-food items as part of any teacher-to-student incentive programs. Any food items used as an incentive should adhere to district nutrition standards.

Physical activity will also be promoted for District residents and employees.

Walking in District Buildings by Community:

1. The District designates the high school to be available for Sparta Area School District residents for walking.

2. The District will designate hours and a route to be used. School activities and other scheduled use of the building may alter availability and/or route to be used for walking.
3. Community members walking will sign themselves into the building and sign an agreement acknowledging understanding of procedures.
4. Will follow procedures set by building leaders and approved by District Administration.

The District will make the High School fitness facilities and equipment available to staff in a manner that does not interfere with student use and in accordance with the following guidelines:

1. The High School Fitness Center will be made available for staff use during designated hours.
2. Staff must be trained on safe and proper use of equipment prior to its use. A list of staff members that have been trained will be maintained. Use of the Fitness Center by non-students is restricted to staff.
3. Immediate family members of staff who have been trained in Fitness Center use may use the facility, but must also be trained and may only use the fitness center when in the presence of the staff member. Per Board policy, staff is not permitted to give use of keys or fobs to others.
4. Nobody is allowed to use the Fitness Center without at least one other individual present inside the Center.
5. While using the Fitness Center, staff will assume responsibility to monitor the Center for unauthorized presence by others.
6. Will follow procedures set by building leaders and approved by District Administration.

The district will maintain a nutrition/wellness committee with the purpose of monitoring the implementation of the district's wellness policies, evaluating the progress of related goals, serve as a resource to school sites, plan special events and incentives, and recommend policy revisions as necessary. The committee will meet at least twice yearly and will include the Director of Business Services, Supervisor of Nutrition Services, a building principal, school nurse, and a student, parent, and staff member from each school level. Staff member representation should include at least one physical education teacher and one health teacher. An administrator will chair the committee.

Annually, the board will review the progress of the district wellness plan.

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Legal Reference: Wisconsin Statutes 115.34; 118.01(2)(d)2; and 120.13 (10)
Public Law 108-265
Child Nutrition and WIC Reauthorization Act of 2004

Cross Reference: Article 710 – Nutrition Service
Article 720 – Vending Machines
Article 518 – Fund-Raising Activities

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