

DISTRICT WELLNESS POLICY

The administrators, faculty, and staff of the West De Pere School District believe that students are our most precious resource and are dedicated to creating the ideal conditions for learning to occur. The District recognizes that student health has a direct impact on quality of life as well as academic performance. It strives to educate students about making healthy lifestyle choices which can be carried into and enrich their adult lives. In an effort to help each student achieve optimum physical, social, and intellectual growth, the District is committed to providing an educational environment that promotes student wellness through regular physical activity and proper nutrition.

EDUCATION:**Student Education:**

The West De Pere School District is committed to the development of a comprehensive curriculum approach to nutrition and physical activity in kindergarten through 12th grade. All instructional staff will be encouraged to integrate wellness themes into daily lessons when appropriate. The District policy reinforces education to help students practice these themes in a supportive school environment. These wellness themes include but are not limited to:

- | | |
|----------------------------------|-------------------------------|
| *Knowledge of food guide pyramid | *Cardiovascular activity |
| *Healthy heart choices | *Strength training |
| *Sources and variety of foods | *Flexibility |
| *Healthy food choices | *Athletic training |
| *Diet and disease | *Stress management |
| *Understanding calories | *Active lifestyle choices |
| *Food labels | *Major nutrients |
| *Multicultural influences | *Serving sizes |
| *Proper sanitation | *Identify and limit junk food |

Parent Education:

Nutrition and physical activity education will be provided to parents in the form of handouts, postings on the District website, or presentations that focus on nutritional value and healthy lifestyles.

Marketing:

Limit in-school marketing of only those foods and beverages that meet Smart Snack standards.

PHYSICAL ACTIVITY:

The West De Pere School District has a strong tradition of excellence in its offerings of interscholastic athletic opportunities as well as intramural sports. The District recognizes the value of regular physical activity and has invested in providing excellent athletic, exercise and physical education facilities. As a result, the District will:

- Continue to offer its athletic programs and intramurals
- Maintain and upgrade its facilities as well as make them available to the community
- Continue to offer and promote community activities involving physical activity
- Continue an education-based approach in physical education classes which promotes physical fitness and wellness
- Continue to stay in compliance with Wisconsin's Model Academic Standards in its Physical Education Programs

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NUTRITION STANDARDS:

In recognition of the effect that nutrition has on the ability to concentrate and perform academically, the West De Pere School District will limit its offerings of foods and beverages before and during the school day, which could impair classroom performance. The District strongly encourages the sale or distribution of nutrient dense foods, which are those that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the District has adopted the following Nutrition Standards governing the sale of food, snack products and beverages on school grounds. It is recognized that there may be rare, special occasions when the school principal may allow a school group to deviate from these guidelines.

All Food Sold in School Must:

- Encourage the consumption of nutrient dense foods, i.e., whole grains, fresh fruits and vegetables, lean proteins.
- Any food (meal or snack) for sale from midnight – 30 minutes after the final dismissal bell of the instructional day will collectively:
 - ✓ Be a whole grain-rich product*; or
 - ✓ Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food; or
 - ✓ Be a combination food that contains at least ¼ cup serving of fruit and/or vegetable; or
 - ✓ Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)**.
 - ✓ Contain no more than 35% of total calories from fat (exemptions apply to nuts, seeds and nut/seed butters)
 - ✓ Contain no more than 10% of calories from saturated fat (exemptions apply to nuts, seeds, and nut/seed butters)
 - ✓ Contain 0 grams of trans fat
 - ✓ Contain no more than 35% of weight from total sugars in foods (exemptions apply to dried fruit)

*Whole-grain rich products must be 51% or more whole grain, or have whole grain listed as the first ingredient

**On July 1, 2016, foods may not qualify using the 10% DV criteria

Snack Products:

- Encourage the consumption of nutrient dense snacks, i.e., whole grains, fresh fruits and vegetables, lean proteins.
- Any snack for sale from midnight – 30 minutes after the final dismissal bell of the instructional day will collectively:
 - ✓ Contain no more than 200 calories
 - ✓ Contain no more than 230 mg sodium*
- Comply with the USDA Smart Snacks for School Regulations

*On July 1, 2016, snack items must contain no more than 200 mg sodium per item

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Entrée Items:

- Encourage the consumption of nutrient dense snacks, i.e., whole grains, fresh fruits and vegetables, lean proteins.
- Any entrée for sale from midnight – 30 minutes after the final dismissal bell of the instructional day will collectively:
 - ✓ A la carte items will contain no more than 350 calories
 - ✓ A la carte items will contain no more than 480 mg sodium
 - ✓ A la carte entrees will comply with the USDA Smart Snacks for Schools guidelines
 - ✓ National School Lunch Program (NSLP) and School Breakfast Program (SBP) meals will comply with the USDA NSLP and SBP menu regulations

Beverages:

- All schools may sell:
 - ✓ Plain water (with or without carbonation)
 - ✓ Unflavored fat free or low fat milk
 - ✓ Flavored fat free milk and milk alternatives permitted by the NSLP/SBP
 - ✓ 100% fruit or vegetable juice
 - ✓ 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners
- Elementary Schools may sell up to 8 oz. portions of milk and juice.
- Middle Schools and High Schools may sell up to 12 oz. portions of milk and juice.
- High Schools may also sell:
 - ✓ “No Calorie” and “Lower Calorie” beverages
 - No more than 20 oz. portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fl. oz. or no more than 10 calories per 20 fl. oz.
 - No more than 12 oz. portions of beverages with no more than 40 calories per 8 fl. oz. or no more than 60 calories per 12 fl. oz.

Fundraisers:

- Food items that meet nutrition requirements are not limited.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- Per Wisconsin Department of Public Instruction mandate, The School District of West De Pere is allowed 2 fundraisers per student organization per school per year that allow foods that do not meet the Smart Snacks nutritional requirements.

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NUTRITION PROCEDURES:

School Nutrition Programs (NSLP and SBP):

- The school lunch and breakfast programs will offer a more varied menu.
- The full meal program will continue to follow the USDA Nutrition Standards regulations:

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food^b Per Week (Minimum Per Day)					
Fruits (cups)^{c,d}	5 (1)^e	5 (1)^e	5 (1)^e	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)^{c,d}	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green^f	0	0	0	½	½	½
Red/Orange^f	0	0	0	¾	¾	1¼
Beans/Peas (Legumes)^f	0	0	0	½	½	½
Starchy^f	0	0	0	½	½	½
Other^{f,g}	0	0	0	½	½	¾
Additional Veg to Reach Total^h	0	0	0	1	1	1½
Grains (oz eq)ⁱ	≥7 (1)^j	≥8 (1)^j	≥9 (1)^j	≥8 (1)	≥8 (1)	≥10 (2)
Meats/Meat Alternates (oz eq)	0^k	0^k	0^k	≥8 (1)	≥9 (1)	≥10 (2)
Fluid milk (cups)^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal)^{m,n,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)^{n,p}	< 430	< 470	< 500	< 640	< 710	< 740
Trans fat^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

^aIn the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ½ cup.

^cOne quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^dFor breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

^eThe fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

^fLarger amounts of these vegetables may be served.

^g This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

^hAny vegetable subgroup may be offered to meet the total weekly vegetable requirement.

ⁱAll grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

^jIn the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

^kThere is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^lFluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^mThe average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁿDiscretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

^oIn the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

^pFinal sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfasts.

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Sodium Limits and Timeline		
Target 1: SY 2014-15	Target 2: SY 2017-18	Final target: 2022-23
Lunch	Lunch	Lunch
≤1230mg (K-5)	≤935mg (K-5)	≤640mg (K-5)
≤1360mg (6-8)	≤1035mg (6-8)	≤710mg (6-8)
≤1420mg (9-12)	≤1080mg (9-12)	≤740mg (9-12)
Breakfast	Breakfast	Breakfast
≤540mg (K-5)	≤485mg (K-5)	≤430mg (K-5)
≤600mg (6-8)	≤535mg (6-8)	≤470mg (6-8)
≤640mg (9-12)	≤570mg (9-12)	≤500mg (9-12)

Lunchroom Climate:

- A lunchroom environment that proves students with a relaxed, enjoyable climate should be developed.
- The lunchroom environment will be a place where students have:
 - Adequate space to eat and pleasant surroundings
 - Adequate time for meals in accordance with the recommendations of the School Nutrition Association of Wisconsin
 - Convenient access to hand washing facilities before meals

Teacher-to-Student Incentive:

Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutritional Standards.

Policy Implementation:

The building administrators shall have the operational responsibility for the implementation and monitoring of the District Wellness Policy. The District Wellness Committee will serve as a resource to the school sites and will help to monitor and make revisions as necessary. The committee membership includes the District Food Service Coordinator, Business Manager, Teachers, Staff Members, Administrators, School Board Members, Curriculum Director, parent representatives from each school level, student representatives, Physical Education and Health teachers, and the District Nurse.

Triennial assessments will be conducted by the Food Service Nutrition Coordinator and posted on the Food Service webpage.

ADOPTED: 6/19/06
 REVISED: 9/23/15, 9/21/16
 REVISED: 6/21/17
 READOPTED: 8/22/17