

## **GENERAL WELLNESS & FOOD IN CLASSROOM POLICY**

### **General Policy Statement**

The Pulaski Community School District Wellness Policy will follow all District Nutrition Guidelines, Federal, State and DPI regulations. PCSD recognizes the increasing prevalence of life threatening allergies in students. Therefore, with regard to healthful lifestyles, including dietary habits, physical activity, allergies and overall personal wellness, the policy will be detailed below. The Administrative Rule will detail our district Allergy Plan, Food in Classroom Policy, NSLP guidelines, physical activity, and further expectations. The PCSD Wellness Policy will be followed while students are on campus throughout all hours of the school day\*, including all vending machines, school stores, and any food sold to the student body.

### **Nutrition Education**

All instructional staff must integrate nutrition themes into daily lessons when appropriate. These nutrition themes include, but are not limited to:

- My Plate Guidelines/My Pyramid
- Healthy heart choices
- Sources and variety of foods
- Healthy diet/lifestyles
- Diet and disease
- Calories
- Food labels
- Major nutrients
- Multicultural influences
- Serving sizes
- Sanitation
- Junk Food

### **Quality School Meals**

- Schools offer lunch and breakfast, and students are encouraged to participate.
- Menus are planned with input from students and include local, cultural and ethnic favorites of the students.
- Menus are consistent with nutrition standards established by the USDA.
- Meal periods will be long enough for students to have at least 20 minutes to eat and socialize.

## **Birthday Celebrations in the Classroom**

All birthdays for the month will be celebrated on the child's birthday. Non-food celebrations are encouraged to reduce the amount of high sugar foods consumed. Parents/guardians of children whose birthdays are being celebrated may bring in treats to share; the snacks are encouraged to meet the District Nutrition Standards. If a parent chooses to prepare a homemade item, it is suggested that they look at the healthier alternative snack list to choose a low calorie, nutrient dense option. **All foods selected and brought into school for celebrations must be nut-free.**

## **Curriculum Related Food Lessons**

When a teacher decides to include food as a part of the curriculum, he/she must follow District Nutrition Standards, choose from the district recommended list, or get approval to serve specific food. The Family and Consumer Science classes are not included in these detailed regulations.

During some teaching units, students are asked to bring in food that enhances a unit or a lesson plan. Food required for curriculum must meet District Nutrition Standards. Teachers and parents are responsible to remind the student when there is an allergy or intolerance that he/she cannot sample the foods.

## **Holidays and Other Celebrations**

When celebrating with food, it is required that these food celebrations be limited as much as possible. When a holiday or other celebration is planned and involves food, teachers will follow the same protocol as for Curriculum Related Food Lessons.

## **Rewards and Incentives**

For large group rewards or incentives, use of food is highly discouraged. Any use of food for large group incentives will be approved by the building principals and will follow District Nutrition Standards. Children are not allowed to share snacks or food brought in by individuals with each other, either in school, on the bus or at school sponsored events such as Field Trips due to prevalence of food related allergies.

## **Physical Activity**

The District will build commitment and support for physical activity through a quality physical education program and other physical activity opportunities.

Goals for physical activity may include, but are not limited to:

- Increase the amount of time students are engaged in physical activity during and outside of the school day.

- Provide a quality physical education program that meets the Wisconsin Model Academic Standards for Physical Education.
- Employ strategies to engage students in physical activity during recess. Examples: walking clubs, low organized games, and other physical fitness activities.
- Encourage staff, parents, and students to work together to serve as positive role models for active lifestyles.
- Provide after school activities and community education classes with opportunities for students to engage in physical activity to develop lifelong fitness habits.

### **Fundraising**

All food fundraising projects will not be allowed during the school day/school hours. All school fundraising projects for sale to parents and community members are encouraged to meet the District Nutrition Standards.

### **Vending/Non-vending sales/School Store/Concessions**

During the school day, 100% of vending/non-vending sales, and school stores must meet District Nutrition Standards. Vending, non-vending, and school store sales of all food and beverages not meeting the District Nutrition Standards will be available on school grounds only after the conclusion of the school day. A minimum of 50% of all vending and non-vending offerings at all school district sponsored events beginning after the conclusion of the instructional day must meet District Nutrition Standards.

All school groups involved in vending and non-vending sales are encouraged to use selective pricing, i.e. healthy items are priced lower.

Vending/non-vending, and school store products are prohibited from being sold in competition with school meals (Breakfast, Lunch, and After School Program).

**\*School Day** is defined as the hours of the instructional day, bell to bell determined by each school's hours.

## DISTRICT NUTRITION STANDARDS

The district strongly encourages the sale or distribution of nutrient dense foods for all functions and activities. Nutrient dense foods are those foods that provide students with calories rich in nutrient content such as whole grains, fresh fruits and vegetables. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following Nutrition Standards. All District Nutrition Standards are in line with the Federal USDA Guidelines. Schools are encouraged to study these standards and develop a building action plan using the Wellness Guidelines and the following District Nutrition Standards as minimal guidelines.

### **Food:**

-The Pulaski Community School District breakfast and lunch programs will continue to follow the guidelines as set forth by the U.S. Department of Agriculture and the Department of Public Interest.

- Cheese, yogurt, nuts, and seeds are exempt from these standards because they are nutrient dense.

-Foods of minimal nutritional value are to not to be offered or served throughout the school day:

- Soda water;
- Water ices;
- Chewing gum; and
- Certain candies- hard candy, jellies and gums, marshmallow candies fondant, licorice, spun candy, and candy-coated popcorn.

### Sodium:

<b>Age/Grade Group</b>	<b>Baseline Current Sodium Levels (mg)</b>	<b>Target 1 (Meet by 2014-15SY) (mg)</b>	<b>Target 2 (Meet by 2017-18 SY) (mg)</b>	<b>Final Target (Meet by 2022-2023 SY) (mg)</b>	<b>Percentage Change (%)</b>
<b>K-5</b>	1377	1230	935	640	-54
<b>6-8</b>	1520	1360	1035	710	-53
<b>9-12</b>	1580	1420	1080	740	-53

**Sodium levels:** above must be met with any food served in the district.

**Calorie Limit:** Food items will have no more than 30% of their total calories derived from fat.

**Saturated Fat:** Food items will have no more than 10% of their calories derived from saturated fat.

**Trans Fat:** Food items will be free of synthetically produced trans-fatty acids; zero trans-fats are to be listed on the nutrient label.

**Grains:** All grains must be greater than or equal to 51% whole grain/whole grain enriched indicated on the nutrition label.

**Milk:** Only low fat white, fat free white, fat free flavored milk will be offered. Low fat is equal to 1% fat milk.

**Beverages:**

- Water, reduced fat milk, 100% fruit juices, sports drinks, and beverages containing artificial sweeteners will be permitted.
- Non-diet soda will be permitted only at the conclusion of the school day.
- Energy drinks and those containing herbal supplements will not be permitted to be sold or distributed on school grounds.

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