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8510 - **WELLNESS**

The School District promotes wellness in District schools and the community. Wellness is an educated mind, a healthy body, emotional resiliency, and a strong character. It is achieved through accurate information, healthy nutrition, and an active lifestyle; carried out in a safe and conducive environment.

The School District recognizes a responsibility to help facilitate a student's overall wellness. Children, who practice good nutrition and are physically fit, attend school with minds and bodies ready to take advantage of their learning environment. The Board of Education encourages all members of the school community to help create an environment for students that supports and promotes healthy lifelong eating habits, physical activities, and lifestyle choices. Decisions made district-wide in regard to nutrition, physical activity, and other school-based activities need to reflect and encourage positive nutrition messages and healthy lifestyle choices. The School District has an obligation and a privilege for approximately thirteen (13) years of a student's life to teach the student proper nutrition, good eating habits, and physical activities to last a lifetime.

The Board believes the efforts to promote wellness, physical activities, and healthy lifestyle choices are the shared responsibility of all employees of the School District that come in contact with students as well as their parents and the public at large.

As required by law, the Board establishes the following wellness policy for the Ripon Area School District ~~as a part of a comprehensive wellness initiative.~~

Policy Preamble

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition choices to:

- A. promote nutrition education with the objective of improving students' health ~~and reducing childhood obesity;~~
- B. improve the health and well-being of our children, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits;

- C. promote nutrition guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the objective of promoting student health ~~and reducing childhood obesity~~;
- D. provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active lifestyle;
- E. promote the health and wellness of students and staff through other school-based activities.

Wellness Policy Leadership

~~**[DRAFTING NOTE: At a minimum, schools/districts must establish wellness policy leadership of one or more school official(s) who have the authority and responsibility to ensure each school complies with the policy.]**~~

~~**[Choose One of the Following but the First Option is Recommended:]**~~

~~(-) The Superintendent will oversee the development, implementation, and evaluation of the wellness procedures and shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy (-) and is authorized to designate a staff member or members with responsibility to assure that wellness initiatives are followed in the District's schools. **[END OF OPTIONAL PARAGRAPH]**~~

~~(-) The designated official for oversight of the wellness policy is the Business Manager _____ **[Insert Name/Title]**. (-) The official shall convene the Wellness Committee Team and lead the review, updating, and evaluation of the policy. **[END OF OPTIONAL PARAGRAPH]**~~

~~(-) Each school shall designate a site coordinator who shall ensure compliance with the policy. **[END OF OPTIONAL PARAGRAPH]**~~

Required Public Involvement

~~The Superintendent Business Manager shall obtain the input of invite a diverse group of District stakeholders, to include collaborators stakeholders to participate in the development, implementation, and periodic review and update of the policy. The collaborators stakeholders may include parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and other school administrators in the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.~~

Committee Formation

~~**[Choose One of the Following Options If Forming a Wellness Committee. Note: If the Board approves the formation of a Wellness Committee, as per this policy, any meetings of the committee must follow the Open Meetings law requirements.]**~~

~~**[Option #1]**~~

~~(-) A Wellness Committee shall be formed and maintained to oversee the activities set forth in this policy. The Committee shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The Committee shall meet no less than _____ **[Insert Number]** times during the school year to discuss the implementation of the established activities and address any barriers and challenges. The Committee shall report annually to the Board on the implementation of the policy and any recommended changes or revisions. The Board will adopt or revise policies based on the Committee's recommendations.~~

~~**[Option #2]**~~

~~(-) The District shall convene a Wellness Committee that meets at least _____ **[Insert Number]** times during the school year to establish goals and oversee school health policies and programs, including development, implementation, and periodic review and update of this Wellness Policy.~~

~~**[Option #3]**~~

~~(-) To assist in the creation of a healthy school environment, the District shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than _____ **[Insert Number]** times during the school year to implement, assess and review, and make recommendations for changes to the Wellness Policy.~~

~~**[END OF OPTIONS]**~~

~~(-) Committee Representatives~~

~~**[DRAFTING NOTE: At a minimum, the school/District must allow the public to participate in the development, implementation, periodic review, and updating of the Wellness Policy. While there is no requirement to identify**~~

~~specific members of the Committee, this practice is strongly encouraged.]~~

~~The District shall invite a diverse group of stakeholders/collaborators/stakeholders to participate in the development, implementation, and periodic review and update of the Wellness Policy.~~

~~Stakeholders/Collaborators/Stakeholders may include:~~

- A. ~~() administrator(s)~~
- B. ~~() Board member(s)~~
- C. ~~() classroom teacher(s)~~
- D. ~~() physical education teacher(s)~~
- E. ~~() school food service representative(s)~~
- F. ~~() school nurse(s)~~
- G. ~~() community member/parent(s)~~
- H. ~~() student(s)~~
- I. ~~() medical/health care professional(s)~~
- J. ~~() nutrition and/or health education teacher(s)~~
- K. ~~() school counselor(s)~~
- L. ~~() local business representative(s)~~
- M. ~~() Other: _____~~

~~The Superintendent is encouraged to form a wellness committee to carry out this function.~~

~~The wellness committee shall be an administrative committee with members recruited and appointed by the Superintendent.~~

~~The Superintendent shall be responsible for accomplishing the following:~~

- A. ~~assess the current environment in each of the District's schools;~~
- B. ~~measure the implementation of the District's wellness policy in each of the District's schools;~~
- C. ~~review the District's current wellness policy;~~
- D. ~~recommend revision of the policy, as necessary; and~~
- E. ~~present the wellness policy, with any necessary revisions, to the Board for approval or re-adoption if revisions are necessary.~~

Policy Leadership and Reporting Requirement

~~The Superintendent/Business Manager will oversee development, implementation, and evaluation of the wellness procedures.~~

~~The Superintendent/Business Manager shall conduct reviews of the progress toward school wellness procedures, identify areas for improvement, and recommend revision of procedures as necessary.~~

~~Before the end of each school year the Principal shall submit to the Superintendent/Business Manager a report describing the environment in each of the District's schools and the implementation of the wellness policy in each school, and identify any revisions to the policy the committee deemed necessary.~~

~~The Superintendent/Business Manager or a designee of the Wellness committee/Team shall report annually to the Board on the District's wellness programs, including the assessment of the environment in the District, evaluation of wellness policy implementation District-wide, and the areas for improvement, if any, identified. The Superintendent/Business Manager or a designee from the Wellness committee/Team shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy.~~

The program developed shall include the following items, along with any additional measures deemed appropriate:

- A. identify specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, with consideration for evidence-based strategies;
- B. develop nutrition guidelines for all foods and beverages sold during the school day, that are consistent with Federal requirements for meal nutrition standards and smart snacks, and restricting marketing efforts to only those items that meet established guidelines;
- C. develop policies pertaining to other food items in the schools, including for classroom parties, birthday snacks, or other food items not for sale, but distributed in the schools;
- D. describes the process and public involvement in the development of the wellness program and initiatives.

School Nutrition Guidelines

The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

A. Food Service

The food service department will promote healthy meals and meal alternatives as part of a "hands on" educational experience to promote and encourage healthy food choices.

~~[DRAFTING NOTE: At a minimum, all schools must include the first response to be in compliance with the USDA final rule on wellness policies.]~~

1. All meals will meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. (<https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart>) **~~[DRAFTING NOTE: The policy shall include a link to USDA meal pattern requirements or list them individually.]~~**
2. The food service department will ensure all foods offered meet and follow all of the USDA guidelines. Foods from reimbursable meals shall derive no more than thirty percent (30%) of total calories from fat and less than ten percent (10%) of total calories from saturated fats on a daily basis.
3. No individual items served by the food service will contain more than one-third (1/3) of its weight from added sugar.
4. The Food Service provider will encourage the consumption of nutrient-dense foods. (Appendix I)
5. The Food Service provider will promote healthy choices by ensuring school lunch menu items reflect good nutrition. Nutrition education materials will be incorporated into the meal program i.e., promotional posters and menu signs.
6. The sale of foods with minimal nutritional value will be prohibited during the meal service. (As defined by USDA guidelines Appendix B of 7 CFR Part 210.) Definitions provided in Appendix III of this document.
7. A positive atmosphere will be promoted in the school cafeterias by providing a minimum of twenty (20) minutes to eat school meals and adequate space to provide a comfortable eating atmosphere.

B. Standards for Foods and Beverages Sold Outside of School Meals

~~[DRAFTING NOTE: At a minimum, all schools/districts must select the first response to be in compliance with the USDA final rule on wellness policies. Schools/Districts may establish standards more strict than USDA. If this is the case, select an alternative response.]~~

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. <https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>

~~[DRAFTING NOTE: The policy should include a link to the USDA Smart Snacks standards or list individually.]~~

1. ~~()~~ All food and beverages sold to students during before and after school programs shall meet the USDA Smart Snack nutrition standards.
2. ~~()~~ No beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. shall be sold to students during the school day regardless of their compliance with the USDA Smart Snacks standards.
3. ~~()~~ The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels during the school day are prohibited.
4. ~~()~~ Other: _____

C. Foods Offered/Provided but Not Sold

~~[DRAFTING NOTE: USDA has not set forth standards related to foods offered/provided, but not sold, to students. However, they have mandated that schools establish their own standards. To meet this requirement, districts/schools must select one option or write your own.]~~

~~()~~ All foods offered on the school campus shall meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.

- D. ~~()~~ The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Non-food celebrations will be promoted and a list of ideas is available.
- E. ~~()~~ All foods and beverages offered on the school campus, including those provided at celebrations, parties, or part of classroom snacks, will adhere to the District standards as established below.
- F. ~~()~~ Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.
- G. ~~()~~ Celebrations that involve food will be limited to [Insert Number] (e.g. one per month).
- H. ~~()~~ Non-food celebrations will be promoted and a list of ideas is available to staff and family members.
- I. ~~()~~ Other: _____

J. ~~[DRAFTING NOTE: If the District has established their own standards for schools allowed at parties, celebrations, snacks, etc. please list the standards below.]~~

K. _____

L. _____

M. _____

N. ~~(DRAFTING NOTE: Enter the number of allowed celebrations, if applicable.)~~

~~()~~ The ~~()~~ District ~~()~~ School ~~[END OF OPTION]~~ allows _____ ~~[Enter Number]~~ celebration per classroom per school year. ~~[END OF OPTION]~~

O. District-Wide Nutrition Standards

The following specific nutrition standards pertain to all foods and beverages served or made available to students on all school campuses. This includes school meals, a la carte, and the nutritious classroom snacks.

1. The consumption of nutrient-dense foods, i.e. whole grains, fresh fruits, low-fat meats and vegetables will be encouraged. (See Appendix I)
 - a. Grains

Whole and naturally occurring grains are encouraged with no more than thirty percent (30%) of calories from fat and minimal added sugar.

b. Fruit and/or vegetables

Offered daily on all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.

c. Dairy

Schools must offer low-fat or skim milk, low-fat cheese, yogurt, and low-fat ice cream.

d. Meat/Beans/Nuts

No more than thirty percent (30%) of calories from fat except for nuts, seeds and nut butters. Trail mixes, nuts and seeds should have portions 1.25 ounces or smaller.

2. School campuses may not serve or provide access for students to Foods of Minimal Nutritional Value (FMNV) as defined by the USDA (See Appendix III) during the school day.
3. Sale of candy will not be permitted in vending machines.
4. Sale of soda or other calorically sweetened drinks will not be permitted in vending machines in public areas.

P. Fundraising

Many non-food fundraisers exist. Creativity is encouraged in our students and parents to design innovative fundraising programs.

~~It is recommended that Option A be included. Districts may develop guidelines related to food marketing that are stricter than the Smart Snacks guidelines.~~

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.

1. The school administrator must approve all fundraising projects.
2. All fundraising projects are encouraged to meet the District nutritional standards. (See Policy 5830 - Student Fund-Raising.)
3. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Q. Marketing

~~[DRAFTING NOTE: USDA requires schools/districts Districts/Schools to establish policies for food/beverage marketing. At a minimum, schools Districts/Schools may only allow for foods and beverages that meet the Smart Snacks standards to be marketed/advertised. Districts/Schools may adopt stricter guidelines, such as prohibiting the marketing of food companies. As such, it is recommended that option A be adopted or the District/School include its specific statement.]~~

~~(-) 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, fund-raisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.~~

~~(-) Other: _____~~

R. Nutrition Promotion

~~[DRAFTING NOTE: At a minimum, all schools/Districts must include at least one goal related to nutrition promotion. Schools/districts Districts are required to review and consider evidence-based strategies when determining these goals. One of the following must be selected or the District/school must include its own specific goal.]~~

~~(-) The District is committed to providing a school environment that promotes encourages students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.~~

~~(-) School nutrition services shall use the Wisconsin Team Nutrition Meal Appeal Self Assessment~~

(dpi.wi.gov/sites/default/files/imce/wisconsin_school_meals_rock/files/meal_appeal_self_assessment.pdf) to determine ways to improve the school meals environment.

~~(-) School nutrition services shall implement at least _____ [Insert Number] Wisconsin Team Nutrition Meal Appeal techniques at each school.~~

~~(-) School nutrition services shall purchase at least _____ [Insert Number] locally grown/produced products each year.~~

~~(-) School nutrition services shall menu at least _____ [Insert Number] local food(s) per month.~~

~~(-) School nutrition services shall offer students school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden produced foods.~~

~~(-) The District shall offer students the ability to participate culinary activities, such as cooking clubs and the Wisconsin Student Chef Competition.~~

~~(-) Other: _____~~

S. Student/Parent/Community Nutrition Education

1. Nutrition education will be included in the school curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
2. Nutrition education resources will be made available through a variety of delivery methods to students, parents and the community starting in elementary school and continuing through middle and high school.
3. Creative delivery methods will be used including but not limited to foods/cooking classes, handouts, lectures, B.R.A.V.E. after-school classes that all focus on healthy lifestyles and nutrition education.

Physical Activity Guidelines

Physical activity plays a critical role in a child's overall wellness, alertness, and ability to learn. Efforts to promote and incorporate good physical-activity opportunities into children's lives are the shared responsibility of all District employees, parents/guardians, and the community. The entire school environment shall be aligned with healthy school goals to positively influence a student's lifestyle.

A. Physical Education

1. The School District will ensure that every student from kindergarten through twelfth grade receives or is offered regular, age-appropriate quality physical education, including lifetime physical activities in accordance with the standards established by the State of Wisconsin.
2. Certified physical education teachers should teach all physical education classes.
3. Planned instruction in physical education should promote participation in physical activity outside the regular school day.

B. Physical Activity

1. Whenever possible, elementary schools shall provide daily recess that encourages physical activity.
2. After-school programs should include supervised, age-appropriate physical activities that appeal to a variety of interests. (See Appendix V)
3. Schools shall provide information to parents to help them promote and incorporate physical activity into their children's lives.

~~Other School-Based Activities Guidelines~~ Activities That Promote School Wellness

- A. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor and indoor physical activity facilities outside the normal school day.
- B. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
- C. An organized wellness program shall be available to all staff.

Appendix I

Examples of Nutrient-Dense Foods

- A. fresh fruits with low-fat yogurt dip
- B. fresh vegetables with low-fat dressing or yogurt dip
- C. frozen 100% fruit juice pops
- D. dried fruits
- E. popcorn
- F. pretzels
- G. nuts
- H. trail mix with dried fruits and nuts
- I. low-fat muffins
- J. low-fat meat and low-fat cheese platter or sandwiches
- K. whole-grain breads

Appendix II

Beverages Meeting District Guidelines

- A. Water or seltzer water without added caloric sweeteners.
- B. Fruit and vegetable juices and fruit-based drinks that contain at least fifty percent (50%) fruit juice and that do not contain additional caloric sweeteners.
- C. Unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent non-dairy beverages (to be defined by USDA).

Appendix III

Foods of Minimal Nutritional Value as defined by the USDA

- A. Soda Water -- A class of beverages made by absorbing carbon dioxide in potable water. The amount of carbon dioxide used is not less than that which will be absorbed by the beverage at a pressure of one (1) atmosphere and at a temperature of sixty (60) degrees F. It either contains no alcohol or only such alcohol, not in excess of 0.5 percent by weight of the finished beverage, as is contributed by the flavoring ingredient used. No product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals and protein.
- B. Water Ices -- As defined by 21 CFR 135.160 Food and Drug Administration Regulations except that water ices which contain fruit or fruit juices are not included in this definition.
- C. Chewing Gum -- Flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- D. Certain Candies -- Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
 - 1. Hard Candy -- A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers, and cough drops.
 - 2. Jellies and Gums -- A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.

3. Marshmallow Candies -- An aerated confection composed as sugar, corn syrup, invert sugar, twenty percent (20%) water and gelatin or egg white to which flavors and colors may be added.
4. Fondant -- A product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
5. Licorice -- A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.
6. Spun Candy -- A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
7. Candy Coated Popcorn -- Popcorn that is coated with a mixture made predominantly from sugar and corn syrup.

Appendix IV

Foods of Minimal Nutritional Value (FMNV) and Policy Exemptions

- A. **Accommodating Students with Special Needs:** Special Needs Students whose Individualized Education Program (IEP) plan indicates the use of an FMNV or candy for behavior modification (or other suitable need) may be given FMNV or candy items. Also, students with documented metabolic or other food-related special needs that have FMNV or candy as a part of their food plan will be exempt.
- B. **Instructional Use of Food in Classroom:** Students may consume food prepared in class for instructional purposes. However, this should be on an occasional basis, and food may not be provided or sold to other students or classes, unless part of the curriculum. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from the policy. However, FMNV may not be served during meal periods in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.
- C. **Off-site Activities:** The nutrition policy does not apply to students, who leave campus to travel to athletic, forensic, band or other competitions. The school day is considered to have ended for these students.
- D. **Principal/Administrator Approval:** School principals and/or administrators may approve exceptions to District-wide guidelines for specific occasions or events.
- E. **Parent Provided Student Lunch or Snack:** This policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide FMNV or candy items for their own child's consumption, but they may not provide restricted items to other children at school. An individual school may adopt a more restrictive rule, however, as local policy.

Appendix V

- A. Possible school-sponsored after-school physical activities such as:
 1. After school fitness club/center
 2. Wisconsin Governor's Challenge
 3. Girl's On the Run Program
 4. Intramurals
 5. B.R.A.V.E. physical activities
 6. Noon hour activities extended
 7. B.R.A.V.E. - sponsored wellness speakers
 8. Staff wellness activities like Turkey Trot and Heart Healthy Marathon
- B. Possible community activities such as:

1. Community Running Club
2. Swim Club - chart miles, i.e. swim up the Nile, etc.
3. Recreational activities - basketball, volleyball, soccer, etc. could promote wellness policy
4. Fitness centers and school facilities for community's wellness activities could be expanded
5. Encourage physical activities whenever possible - i.e. walk to school - encourage "buddy participation"
6. Biking Club

Monitoring and Evaluation - Triennial Assessment

[DRAFTING NOTE: At a minimum, schools/districts must conduct an assessment of the wellness policy every three (3) years, report to the public the finding of the evaluation, and update the policy as appropriate. Language related to how the wellness policy, including any updates, will be made available to the public on an annual basis, must be included in your policy.]

Review of this policy shall occur at a minimum at least every three (3) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with review of the performance of the programs and any recommended changes to this policy.

Option One: Choose Either A or B It is recommended that the first option be included or check the second option if the Wellness Committee will complete the evaluation and report to the Board. Check any others as they apply.

- A. ~~()~~ The District will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy, progress towards meeting policy goals, and how the policy compares to a model policy, as established by the USDA. The District will use the Wisconsin Local Wellness Policy Triennial Assessment Report Card to fulfill the triennial assessment requirement. The results of the triennial assessment will be made available to the public.
- B. ~~()~~ A review of this policy shall occur no less than once every three (3) years using a procedure developed and implemented by the Superintendent. The District shall notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at _____ **[Insert Web Address]**.
- C. ~~()~~ The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. The District will use the Wisconsin Local Wellness Policy Triennial Assessment Report Card to fulfill the triennial assessment requirement. The results of the triennial assessment will be made available to the Board and public. The District shall notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at _____ **[Insert Web Address]**.
- D. ~~()~~ The District wellness policy will be updated as needed based on evaluation results, District changes, emersion of new health science information/technology, and/or new Federal or State guidance are issued.
- E. ~~()~~ The District will actively inform families and the public about the content of and any updates to the policy through _____ **[Insert channels of communication such as District/school website, newsletters, mailings, etc.]**.

[Option Two: Choose one of the following options only if annual reviews of the Wellness Policy will be conducted.]

- A. ~~()~~ The Superintendent shall conduct an annual review of the progress toward school wellness procedures, identify areas for improvement, and recommend revision of procedures as necessary.
- B. ~~()~~ The Wellness Committee shall monitor goals and objectives for the District and compile an annual report to address the progress of the schools within the District in meeting wellness goals. This report will be published annually in _____ **[Insert Month]**.
- C. ~~()~~ The Wellness Committee shall submit to the Superintendent and Board an annual report in which it describes the environment in each of the District's schools and the implementation of the wellness policy in each school, and identify any revisions to the policy the committee deems necessary.
- D. ~~()~~ **The Superintendent or a designee of the Wellness Committee shall report annually to the Board on the District's wellness programs, including the assessment of the environment in the District, evaluation of wellness policy implementation District-wide, and the areas for improvement, if any, identified. The Superintendent or a designee of the wellness committee shall also report on the status of compliance by individual schools and progress made in**

attaining goals established in the policy.

The program developed shall include the following items, along with any additional measures deemed appropriate:

1. identify specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, with consideration for evidence-based strategies;
2. develop nutrition guidelines for all foods and beverages sold during the school day, that are consistent with Federal requirements for meal nutrition standards and smart snacks, and restricting marketing efforts to only those items that meet established guidelines;
3. develop policies pertaining to other food items in the schools, including for classroom parties, birthday snacks, or other food items not for sale, but distributed in the schools;
4. describes the process and public involvement in the development of the wellness program and initiatives.

Update/Inform the Public

The District will actively inform and update the public about the content of and any updates to the policy through the District website and Board meetings.

~~[] The Superintendent shall be responsible for informing the public, including parents, students, and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall~~

~~() distribute information at the beginning of the school year to families of school children,~~

~~() include information in the student handbook,~~

~~() _____,~~

~~() _____,~~

~~and post the wellness policy on the District’s website, including the assessment of the implementation of the policy prepared by the District.~~

Record Retention

The Superintendent shall require that the District retains documentation pertaining to the development, review, evaluation, and update of the policy, including:

- A. copy of the current policy;
- B. documentation pertaining to the most recent assessment of implementation of wellness initiatives identified in the policy;
- C. documentation of efforts to publicize the policy;
- D. documentation of efforts to review and update the policy, including identification of the participating and invited ~~stakeholderscollaboratorsstakeholders~~.

Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of a protected class. The Board does not discriminate on the basis of the Protected Classes. Protected Classes include:

- A. Race;
- B. Color;
- C. National origin;
- D. Age;

- E. Sex (including transgender status, change of sex, sexual orientation, or gender identity);
- F. Pregnancy;
- G. Creed or religion;
- H. Genetic information;
- I. Handicap or disability (in accordance with Policy 1623, AG 1623A, and AG 1623B);
- J. Marital status;
- K. Citizenship status;
- L. Veteran status;
- M. Military service (as defined in 111.32, Wis. Stats.);
- N. Ancestry;
- O. Arrest record;
- P. Conviction record (In accordance with Policy 3121);
- Q. Use or non-use of lawful products off the District's premises during non-working hours;
- R. Declining to attend an employer-sponsored meeting or to participate in any communication with the employer about religious matters or political matters; or
- S. legally protected category in its programs and activities, including employment opportunities.

~~race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.~~ The District's nondiscrimination statement below is complementary to the District's nondiscrimination policies, including Policy 2260 - Nondiscrimination and Access to Equal Opportunity and Policy 1422/Policy 3122/Policy 4122 - Nondiscrimination and Equal Employment Opportunity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. Mail:
U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. Fax:
(833) 256-1665 or (202) 690-7442; or

3. E-mail:
program.intake@usda.gov.

This institution is an equal opportunity provider.

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Revised 11/18/19
Revised 1/17/22

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 42 U.S.C. 1771 et seq.