

Book	Policy Manual
Section	8000 Operations
Title	WELLNESS
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8510 - **WELLNESS**

Purpose

The Mosinee School District Wellness and Nutrition Policy supports an atmosphere that creates, maintains, and promotes a healthy school environment for both students and staff. The policy promotes positive health and wellness through awareness and education as well as good nutrition opportunities and programs. Healthy minds and bodies enhance school performance. The development of healthy decision-making skills and promotion of life-long wellness activities are goals of the school district.

District Wellness Policy

Mosinee School District will provide organized health and physical education curricula and related programs.

Health education occurs throughout the district. Health education promotes awareness that will also encourage healthy lifestyles and decision-making. Emphasis on lifelong health and awareness is continually addressed through educational experiences, classes, and activities for students as part of comprehensive K-12 education. Monthly newsletter(s) encouraging activities, promoting educational opportunities, and supporting healthy lifestyles are distributed.

Health education is encouraged through classroom experiences K-5 and through specific class instructions at grade 6, again at grade 9, and as elective opportunities 10-12. The high school Health course is identified as the mandatory class for high school graduation.

The physical education curriculum teaches students the importance of physical exercise and exposes students to a wide range of physical activities so that students develop the knowledge and skills to be physically active for life.* The district has adopted curriculum standards and learner outcomes for physical education that include an emphasis on physical fitness and lifetime activities which are aligned with the state physical education standards. Physical activity should be included in the school's daily education program from grades K through 12. Physical activity should include regular instructional physical education, co-curricular activities, and recess. The Mosinee School District will meet all state licensing requirements.

- All physical education classes will follow the Wisconsin Department of Public Instruction requirements set forth by the state.
- High school students are required to have a minimum of 1.5 credits in physical education for graduation. Students will have the opportunity to take more physical education classes beyond the minimum requirements if the student chooses to do so, the student's schedule can accommodate the class, and provided that space is available.
- Middle school students (sixth through eighth grade) are required to have a minimum of 43 minutes of physical activity every other day.
- Elementary students (kindergarten through grade 5) will be provided with a minimum of 30 minutes of activity daily. A required minimum of one hour is with a licensed physical education instructor *for grades 1-5*. Kindergarten students are provided a minimum of one hour of physical education from a licensed elementary teacher under the direction of a physical education teacher. Students will not lose more than two recess periods in a week due to incomplete class work.

The district provides additional opportunities for physical development and fitness through co-curricular and fitness rooms, and will work cooperatively with outside community resources and the City of Mosinee Parks and Recreation to provide additional programming.

District Nutritional Policy and Guidelines

The Mosinee School District encourages an environment that promotes positive nutrition by encouraging healthy food and beverage choices. In an effort to support this, the district has adopted the following District Nutrition Guidelines governing the sale and distribution of food, beverages, and candy to students on school grounds during the school day (midnight day of until 30 minutes after end of school day).

- A. Discourage the classroom distribution of high fat, low nutrient home-prepared foods, and any foods containing peanut products.
- B. 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 Guidelines.
- C. No vending sales of candy on school grounds during the school day. (Candy is defined as any item 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).
- D. Non-vending sales of candy will be permitted at concessions during after-school events (games, etc.).
- E. The School District will not depend on revenue from foods and beverages that do not comply with district nutritional guidelines.
- F. Food sales and/or parties will not be held during hours that will conflict with school lunch and breakfast programs. Nor will exempted fundraisers be allowed to be sold in competition with the breakfast or lunch programs in the food service area during meal service.
- G. Nuts and seeds are exempt from the guidelines because they are nutrient dense and contain high levels of mono-unsaturated fat. Foods high in mono-unsaturated fat help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol.
- H. Only items considered allowable by the USDA federal guidelines will be served by food services as part of a traditional meal or sold as an ala cart item or sold as a snack item.
- I. Milk, water, and 100% fruit and vegetable juices may be sold on school grounds both prior to and throughout the school day. Note: 8 ounce limit for elementary and middle school students, 12 ounce limit for high school students.
- J. Products containing caffeine will not be available for sale during the school day as defined above.
- K. Pop products will not be available during the school day with the exception of the p.m. hours at the high school. NO caffeinated beverages will be allowed at elementary and middle school. Only plain water, non-fat and low fat milk, and 100% fruit or vegetable juice will be allowed at elementary and middle schools.

1. Water Bottle Policy

2. Teachers have discretion in determining classroom use.

3. Water bottles must be clear and have secure caps.

4. Students may not share water bottles.

5. Empty bottles should, on a regular basis, be recycled, discarded, or taken home to be sanitized before re-use.

6. Specific school areas such as computer labs, libraries, or the auditorium may not allow the use of water bottles.

L. Milk will be promoted during all meals. Milk will be available to students bringing sack lunches and may be available during other times through our food service program.

M. Healthy food choices include, but are not limited to:

1. raw vegetables sticks/slices with low-fat dressing or yogurt dip

2. fresh fruit and 100% fruit juices and fruit snacks

3. frozen fruit juice pops

4. dried fruits (raisins, banana chips, etc.)
5. trail Mix (dried fruit and nuts)
6. dry roasted peanuts, tree nuts, and soy nuts (no coconut or palm nuts)
7. low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
8. party mix (variety of cereals, nuts, pretzels, etc.)
9. low-sodium crackers
10. baked corn chips & fat free potato chips with salsa and low-fat dips (Ranch, French, Onion, Bean, etc.)
11. muffins, granola bars, and cookies (encourage low-fat selections)
12. angel food and sponge cakes
13. flavored yogurt and fruit parfaits
14. Jell-O and low-fat pudding cups
15. low-fat ice creams, frozen yogurts, sherbets
16. low-fat and skim milk products
17. pure ice cold water

Fundraising/Revenue generation by clubs, classrooms, and school organizations

- A. All fundraising projects must be approved by the building principal. If the fundraising extends across buildings, the project must be approved by district administration.
- B. All fundraising projects for sale and consumption within the school day must meet the federal Nutrition Standards as follows:
 1. Be a "whole-grain-rich" grain product; or
 2. Have the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 3. Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 4. Contain 10% of the Daily Value (DV) of one (1) of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)

Hot Lunch/Breakfast Program

- A. All meals served through the National School Breakfast and Lunch Program meet and follow all the U.S. Federal nutrition requirements.
- B. With the assistance of school administrators, the school district will provide a cafeteria that promotes a pleasant and positive environment, allowing students adequate time to eat breakfast and lunch.
- C. USDA regulations prohibit the sale of foods with minimal nutritional value to children in the food service areas during breakfast and lunch periods.
- D. Water is available to all students during breakfast and lunch.

Nutrition and Wellness Committee

The school district will maintain a nutrition and wellness committee consisting of the following non-duplicated positions:

- five staff members including three Wellness and/or Physical Education/Health staff members (at least one representative from each building and one to serve as a co-chair)
- one building administrator (to serve as a co-chair)

