

**SCHOOL DISTRICT OF HILBERT**

**DISTRICT WELLNESS POLICY – ASSESSMENT OF POLICY COMPLETION, NOVEMBER 2020**

**BOARD POLICY #8510 – WELLNESS**

**ADOPTED: MARCH 27, 2017**

**REVIEWED AND REVISED: JANUARY 15, 2018**

The Board of Education recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students and staff. Research suggests that there is a positive correlation between a student/staff's health and well-being and his/her ability to learn/teach. Moreover, schools can play an important role in the development 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 student's healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only 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 of Education sets the following goals in an effort to enable students to establish good health and nutrition choices to:

1. Promote nutrition education with the objective of improving students' health and reducing childhood obesity;
2. 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;
3. Promote nutrition guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each campus with the objective of promoting student health and reducing childhood obesity;
4. 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;
5. Promote the health and wellness of students and staff through school-based activities.

**SCHOOL WELLNESS COMMITTEE**

The District will convene a wellness committee annually to evaluate the Board's goals and to oversee the school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy. This committee shall be an administrative committee with members recruited and appointed by the District Administrator. The committee shall obtain input of District stakeholders, which may include parents, students, food service staff, educational staff, school health professionals, School Board members, members of the public and other administrators. Our current Wellness Committee consists of the District Administrator, Food Service Director, Business Manager, Elementary Principal, Middle/High School Principal, Physical Education Teacher, Health Education Teacher, Student Support Specialist, and parents. The Wellness Committee's Annual Report will be presented to the School Board at a meeting annually.

**WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT**

✓ **IMPLEMENTATION PLAN**

The District will manage and coordinate the execution of this wellness policy. The wellness policy can be found on the District's website, in the District Office, and in the Food Service Department.

✓ **RECORDKEEPING**

The District will retain records to document compliance with the requirements of the wellness policy in the Food Service Office and in the District Office. Documentation maintained in this location will include but will not be limited to the following:

1. The written wellness policy;
2. Documentation of annual policy progress reports for the District;
3. Documentation demonstrating compliance with public notification requirements including: (1) methods by which the wellness policy, annual progress reports and any reviews or revisions are made available to the public, (2) efforts to actively notify families about the availability of the wellness policy,

✓ **ANNUAL PROGRESS REPORT**

The District will compile and publish an annual report to share basic information about the wellness policy and any revisions that were made. The annual report will be published each year in August and will include information from within the District. The District will notify the household/families of the availability of the annual report using the District's School Opening Report. The District Wellness Committee will establish and monitor all goals and objectives for the District.

✓ **TRIENNIAL PROGRESS ASSESSMENTS**

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

1. The extent to which schools are in compliance with the wellness policy;
2. A description of the progress made in attaining the goals of the District's wellness policy.

The District Administrator and Food Service Director are responsible for managing the triennial assessment.

✓ **REVISIONS AND UPDATING THE POLICY**

The District Wellness Committee will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health standards, information or technology emerge; and new Federal or state guidance are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment. The current policy 8510 – Wellness was adopted on March 27, 2017 and revised on January 15, 2018. Based on any input from the Wellness Committee and the Administrative Review from the State of Wisconsin, the policy will be reviewed again during the 2020-2021 school year.

✓ **COMMUNITY INVOLVEMENT, OUTREACH, AND COMMUNICATIONS**

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School Nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the District's website or app, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the District are communicating other important information with parents. The District will actively notify the public about the content of or any updates to the wellness policy annually in August. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

## **NUTRITION**

### ✓ **SCHOOL MEALS**

The School District of Hilbert is committed to serving healthy meals to children, with a variety of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat and zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal program aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

The District participates in the U.S.D.A. child nutrition programs, including the National School Lunch Program (NSLP). All schools in the District are committed to offering school meals through the National School Lunch Program, and other applicable Federal child nutrition programs, that:

1. Are accessible to all students;
2. Are appealing and attractive to children;
3. Are served in clean and pleasant settings;
4. Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations (The District offers reimbursable meals that meet the U.S.D.A. nutrition standards);
5. Promote healthy food and beverage choices;
6. Offer a variety of fruits and vegetables;
7. Serve low fat and fat free milk choices;
8. Ensure that half of the served grains are whole grain;
9. Beverages sold will be without added caloric sweetener;
10. All foods sold individually will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other butters) and 10% of its calories from saturated fat and zero trans-fat, have no more than 35% of its weight from added sugars, and will not contain more than 230 milligrams of sodium per serving for snack items.
11. Lunch menus will be posted throughout each school, sent home in a monthly parent/family email, posted on the District Website and posted on the District App.
12. School meals are administered by a team of child nutrition specialists.
13. The District child nutrition program will accommodate students with special dietary needs.
14. Students are served lunch at a reasonable and appropriate time of day.
15. Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school. This is done each year in the District School Opening Report.
16. The District will implement Farm to School activities such as :
  - Local and/or regional products are incorporated into the school meal program;
  - Messages about agriculture and nutrition are reinforced throughout the learning environment;
  - School hosts fieldtrips to local farms or produce businesses
  - School utilizes promotions or special events, such as tastings, that highlight the regional products.

### ✓ **STAFF QUALIFICATIONS AND PROFESSIONAL DEVELOPMENT**

School nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the U.S.D.A. professional standards for child nutrition professionals. These school nutrition personnel will refer to U.S.D.A.'s Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

✓ **WATER**

To promote hydration, free, safe and unflavored drinking water will be available to all students throughout the school day and throughout the school campus. The District will make the drinking water available where school meals are served during mealtimes. Students will be encouraged to use their own water bottles and the District will provide ample Bottle Filling Stations. All water sources will be maintained on a regular basis to ensure hygiene standards and meet the Village of Hilbert's Annual Consumer Confidence Report.

✓ **COMPETITIVE FOODS AND BEVERAGES**

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy living. The food and beverages sold and served outside of the school meal programs (i.e. competitive foods and beverages) will meet the U.S.D.A. Smart Snacks in School nutrition standards. Smart Snacks aim to improve students health and well-being, increase consumption of healthy foods during the school day, and create an environment that reinforces the development of health eating habits. A summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the U.S.D.A. Smart Snacks nutrition standards.

✓ **CELEBRATION AND REWARDS**

All foods offered on the school campus will be encouraged to meet or exceed the U.S.D.A. Smart Snacks in School nutrition standards including through:

1. Celebration and parties. The District will encourage parents to provide items that meet or exceed the U.S.D.A. Smart Snack standards.
2. Rewards and incentives. The District will provide teachers and other relevant staff a list of alternative ways to reward children.

✓ **FUNDRAISING**

Food and beverages that meet or exceed the U.S.D.A. Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to teachers, club leaders and coaches information on fundraising. The District Administrator will track the individual fundraisers being used by all school groups.

✓ **NUTRITION EDUCATION**

The District aims to teach, model, encourage and support healthy eating by students. Schools will provide nutrition education and promotion in the following ways:

1. Nutrition education shall be included in the Health 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 will be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State of Wisconsin.
3. Nutrition education will be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
4. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
5. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
6. Nutrition education shall extend beyond the school by engaging and involving families and the community.

7. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
8. Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.
9. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, low-fat and fat-free dairy products.
10. Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.
11. The District shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

✓ **FOOD AND BEVERAGE MARKETING IN SCHOOLS**

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the U.S.D.A. Smart Snacks in School nutrition standards. Food advertising and marketing is defined as an oral, written, or graphic statement made for the purpose of promoting the sale of food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. Examples may include monthly lunch calendar located on the District app and website, promotional days held by the Food Service Dept., signage in the lunchroom for Farm to School program, etc.

✓ **PHYSICAL ACTIVITY**

Children and adolescents are encouraged to participate in at least 60 minutes of physical activity every day. All of our students meet this criteria each day through our comprehensive, school-based physical activity program that includes the following components: physical education (provided every day), recess, walk or bike to school, use of our school forest, and out of school activities and the district is committed to providing these activities. Our District will ensure that these varied opportunities are in addition to, and not a substitute for, physical education. Physical activity during the school day will not be withheld as a punishment if at all possible. The District will provide teachers and other staff with alternative ways to discipline students. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

✓ **PHYSICAL EDUCATION**

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits. All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow participation for all students and will adapt physical education classes and equipment as necessary. The District physical education program will promote student physical fitness through individualized fitness and activity assessments.

The District provides every student kindergarten through grade 12 the opportunity for physical education every day taught by a certified physical education teacher. This ranges from twenty-five to forty-seven minutes per class depending on the age of the student.

✓ **RECESS**

The elementary school offers minimum of 25 minutes of recess every day during the school year. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that we must conduct indoor recess, teachers and staff will follow indoor recess guidelines that promote physical activity for students to the extent practicable. Recess is a compliment, not a substitute, for regular, everyday physical education for all elementary school students.

✓ **BEFORE AND AFTER SCHOOL ACTIVITIES/OTHER ACTIVITIES THAT PROMOTE WELLNESS**

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) and during the summer through a variety of activities. These activities are as follows:

1. Open Weight Room/Fitness Center – open each morning during the week from 6:00 a.m. to 7:30 a.m. and after school at 3:15 p.m.
2. Fall Sports – Cross Country, Volleyball, Football.
3. Winter Sports – Basketball, Wrestling.
4. Spring Sports – Track and Field, Baseball, Softball, Golf.
5. Summer School – Strength and Speed Training, Adventure Education, Youth Sport Camps.

Other activities that help promote wellness that we offer are as follows:

1. Wolf Buddies – K-12 mentoring program.
2. Running Club – opportunity for our elementary students to experience running as a healthy lifestyle activity.
3. b.e.s.t. Screener completed on all students in the middle and high school to determine mental health concerns.
4. Mental health professional on-sight in our District once a week to see students.
5. Allies in Mental Health Education training and support for our staff to support our families.

✓ **ACTIVE TRANSPORT**

The District supports active transport to and from school, such as walking and biking. The District has partnered with Calumet County and the Village of Hilbert to establish the “Safe Routes to School” program.

✓ **COMMUNITY HEALTH AND PROMOTION**

The District will promote to parents/caregivers, families and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and receive information about health promotion efforts. In our District, this would include the following:

1. Open weight room and fitness center to the public.
2. Outdoor track and school forest open for community to walk. School forest open for cross country skiing in the winter.
3. Mental health professional on-sight in our District once a week to see students.
4. Allies in Mental Health Education training and support for our staff to support our families.

✓ **STAFF WELLNESS AND HEALTH PROMOTION**

The District will have a staff wellness committee that focuses on staff wellness issues. Identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. The District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and weight loss. Examples of the District promoting staff wellness and health promotion are as follows:

1. Staff members are permitted to use a half-hour of their daily workday to go into the fitness center twice a week. This occurs after-school or during their lunch.
2. An outside Yoga instructor comes into the District twice a week for classes for the staff who are interested.
3. The weight room and fitness center is open to staff before and after school for their use.
4. Wellness information and activities from our health insurance company are shared with our staff at least once a month (sometimes weekly).