

## **ADMINISTRATIVE RULE 458**

### **AR 458 - Health and Wellness Promotion**

All students and staff, through a comprehensive curriculum and professional training will be able to acquire the knowledge and skills necessary to prepare them for a life time of making healthy integrative wellness choices.

- School staff will receive timely information via reminders that will serve to inform staff and students of ongoing and upcoming community events that support integrative wellness.
- Family and community members will be informed of the concepts of integrative wellness and school-based policy that the school district supports.
- Family and community members will be invited to attend informational meetings, volunteer time and talents, and support integrative wellness practices in their homes and community.
- Staff wellness will include opportunities to incorporate integrative wellness into their work day.
- The school district will work with local businesses that offer integrative wellness education and classes to develop programming for students, staff and families participating jointly in efforts towards integrative health.
- The services of qualified wellness professionals will be utilized to support integrative wellness awareness, knowledge and practice.

### **Food and Beverages During the School Day**

- All students will have access to healthy food choices during the instructional day. The practice of good nutritional choices will be encouraged by reducing the sale or distribution of foods of minimal value.
- Parents will be encouraged to provide healthy snacks and treats for student celebrations and other events. Birthday or teacher rewards should be given to students with an afternoon break.
- When using food as a part of a class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices or provide nonfood incentives. Curricular-based food experiences should model good nutritional choices.
- All foods available on school grounds during the instructional day should meet or exceed the district nutrition guidelines which also includes foods used for fund raising by organizations.
- Vending sales of soda or artificially sweetened drinks will not be permitted during the instructional day for students.
- Skim and 1% milk, water, and 100% fruit juices may be sold on school grounds both prior to and after the instructional day.
- Morning milk breaks should be taken 1 ½ -2 hours before lunch.

### **Food Environment**

- Schools will provide an attractive dining area with adequate seating to promote a pleasant eating environment for students and staff.
- Schedules will allow a minimum of 20 minutes to eat lunch and 10 minutes to eat breakfast before being dismissed.
- Drinking water and hand-washing facilities will be available for students at all times. Students will be encouraged to wash their hands before meals to prevent the spread of illness.

### **Food Service Operations**

- All food service equipment and facilities must meet applicable state standards concerning health; safe food preparation, food handling, sanitation and workplace safety.
- All food service personnel shall have adequate pre-service training and participate in continuing professional development activities that address promoting healthy eating behavior, food safety, and other topics relevant to their job duties.
- All menus will be attractive to the eye, promote good nutrition, and contribute to the development of lifelong, healthy eating habits by encouraging the consumption of nutrient dense foods, i.e. whole grains, fresh fruits, and vegetables. Menus over the course of a week should meet the nutrition standards recommended in the Dietary Guidelines for Americans.
- A la carte foods will include a variety of nutritious foods, such as fruits, vegetables, whole grains and low-fat or non-fat foods.
- The district will employ a food service director who is properly qualified according to professional standards to administer the food service program.

### **Nutrition Guidelines**

- **Frequent Use Foods** will be served as much as possible.

Frequent foods are defined as:

#### **0-5 grams fat or added sugar per serving**

- Suggested serving size is ½ - 1 cup
- Good choices include: fresh fruits and vegetables, reduced fat milk, light yogurt, whole grain breads and cereals, lean meats (chicken, turkey and fish), pretzels, low fat salad dressing, water.

- **Moderate Use Foods** will not exceed 25% of total food offered per week.

Moderate foods are defined as:

**5-15grams fat or added sugar per serving** (excludes naturally occurring sugar found in milk and fruit).

- Suggested serving size is ½ -1 cup
- Choices include: reduced fat cheese, most meats, baked fries, reduced fat snack foods.
- **Occasional Use Foods** will not exceed 15% of total food offered per week.

Occasional foods are defined as:

**15 or more grams of fat and added sugar per serving**

- Suggested serving size is ½ -1 cup
- Choices include: special milk drinks, high fat meats like sausage, hot dogs, nachos, bacon, most desserts, candy, and fried snack foods.
- Most meals will have 800 milligrams of sodium or less of sodium per serving.
- Pastries, muffins, bagels and other bakery items should be sold in portions no larger than 3 ounces.
- Frozen desserts should be sold in portions no larger than 4 ounces.
- Beverages should be sold in portions no larger than 12 ounces, except for water and reduced fat milk.
- A la carte entrees and side dishes will be of the same portion size as those on the regular meal line.

**Physical Activity and Physical Education**

- A quality physical education program will be provided for all students to learn about and participate in physical and fitness activity.
- Physical activity will be integrated across the curriculum and throughout the school day by providing additional opportunities through co-curricular and intramural sports.
- The district and its schools will work cooperatively with other agencies such as the City Park and Recreation Department to develop programming to promote physical activity.

**Monitoring and Evaluation**

- An annual checklist evaluation process will be used to evaluate the effectiveness of the District's Health and Wellness Promotion Policy.
- The District Food Service Director, and Administrator, and School Nurse will be responsible for the evaluation process.
- The Health and Wellness Promotion committee will meet a minimum of twice per year to monitor progress and make recommendations.

## 2012-2013 Proposal – District Snack Guidelines

Cross Ref: **Board Policy 458 – Health and Wellness Promotion**

### Healthy Snacks for Children

Fruit/Vegetables	Healthy Grains/Nuts & Munchies	Low Fat Dairy	Beverages
<i>Fruit can be served whole, sliced, cut in half, cubed, or in wedges.</i>	<i>Serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains</i>	<i>To protect children's bones and hearts, make sure all dairy foods are low-fat or fat free, such as yogurt and low-fat pudding.</i>	<i>Choose only 100% fruit juice, but limit juice to no more than 6 ounces for 1 to 6 year olds and no more than 12 ounces for 7 to 18 year olds.</i>
Fresh fruits/Vegetables	English Muffins		
Frozen Fruit	Bagels	Low-Fat Cheese	Water
Strawberries	Pita	String Cheese	Seltzer/Sparkling
Mangoes	Bread Sticks	Low-Fat Yogurt Frozen Yogurt	Water
Melon Ball	Rice Cakes	Low-Fat Ice Cream	Low-Fat/Fat-Free Milk
Applesauce	Flat Bread	Low-Fat Cream	Fruit Juice (100% fruit juice)
Fruit Cups/Kabobs	Nuts & Bolts/Trail Mix	Low-Fat Pudding	Vegetable Juices
Canned Fruit	Tortillas	Low-Fat Cottage Cheese	Yogurt Drinks
Dried Fruit	Breakfast Cereals – Low Sugar	Yogurt Beverages	Soy Drinks
Raisins/Cranberries	Cereal Bars	Yogurt Popsicles	Rice Drinks
All Natural Fruit Rollups	Rice Krispies Bars	Reduced Fat Milk	Fruit Flavored Water
Fruit Salad	Granola		Without Sugar
Fruit Sorbet	Nutrigrain Bars		Crystal Light
Fruit Juice Popsicles	Popcorn/Cheese Popcorn		
Homemade Smoothies	Baked Tortilla Chips		
Vegetables & Dip			

· Hummus	Baked Lays		
· Bean Dip	Baked Bugles		
· Salad Dressing	Baked Doritos		
· Salsa	Combo's Pretzels		
· Peanut Butter	Gardetto's Reduced Fat Snack		
Veggie Pockets	Fig Newton's		
Fruit Leathers	Gingersnaps		
Soy (Edamame)	Snackwell		
Salad in a Bag	Cookies/Crackers		
Fruit Snacks	Peanut Butter & Crackers		
Veggie Burger	Nuts/Sun Flower Seeds		
Fruited Gelatin	Granola Bars		
Fruit Platter w/Low-Fat	Pretzels		
Yogurt Dip	Animal Crackers		
	Chex Mix		
	Graham Crackers		
	Saltine Crackers		
	Reduced-Fat Pringles		
	Goldfish Crackers		
	Wheat Thins		
	Triscuits		
	Low-Fat Muffins		
	Cinnamon Toast		
	Finger Sandwiches		

	Oatmeal		
	Popcorn Balls		
	Banana Bread		
	Zucchini Bread		
	Raisin Bread		
	English Muffin Pizzas		

**Non-Food Treats for Children**

Treats for Home and/or School	Treats for School
Ribbon	Extra recess
Certificate	Eating lunch outside
Trophy	Reading outside
Plaque	Going to the lunchroom first
Pencils	Extra art, music, gym or reading time
Pens	Listening to music
Erasers	Having class outside
Notebooks	Dancing to music
Crayons	Playing a game
Stamps	"Free choice" time
Stencils	A book read aloud
Bookmarks	A field trip

Highlighters	Announcing the child's achievement on the morning announcements
Markers	Photo recognition board
Coloring Books	Phone call/email/letter home to parent commending child's achievement
Glitter	
Rulers	Note from the teacher to the child commending the child's achievement
Water bottles	Going first
Frisbees	Choosing a class activity
Stickers	Helping the teacher
Yo-Yos	Having extra time at recess
Finger Puppets	"No homework" pass
Rubber Balls	Teaching the class
Slinkies	Reading the morning announcements
Marbles	Extra credit
Jacks	
Playing Cards	
Balloons	
Stuffed Animals	
Silly Putty	
Hair Accessories	
Necklaces	
Hat	
T-shirt	
Key chains	
Magnets	

Books	
A Plant	
Gift Certificate	
Movie Pass	
Puzzle	
Magazine Subscription	
Board Game	
Sports Equipment	
Points towards an eventual reward	

**School District of Fort Atkinson**

**SCHOOL NUTRITION IMPLEMENTATION SCHEDULE**

<p><b>Currently or during the 2005-2006</b></p> <p><b>School Year</b></p>	<ul style="list-style-type: none"> <li>• Schools will provide an attractive dining area with adequate seating to promote a pleasant eating environment for students and staff</li> <li>• Schedules will allow a minimum of 20 minutes for students to eat lunch and 10 minutes to eat breakfast before being dismissed</li> <li>• Drinking water and hand-washing facilities will be available for students at all times. Students will be encouraged to wash their hands before meals to prevent the spread of illness</li> <li>• A quality physical education program will be provided for all students to learn about and participate in physical activity.</li> <li>• Vending sales of soda or artificially sweetened drinks will not be permitted during the instructional day.</li> <li>• All food service equipment and facilities must meet applicable state standards concerning health; safe food preparation, food handling, sanitation and workplace safety.</li> <li>• The services of a qualified nutrition professional will be utilized to support nutrition education.</li> </ul>
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	<ul style="list-style-type: none"> <li>The nutrition and wellness committee will meet a minimum of twice per year to monitor progress and make recommendations.</li> </ul>
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<p><b>2006-2007</b></p> <p><b>School Year</b></p>	<ul style="list-style-type: none"> <li>School staff will receive ongoing in-service training in nutrition education and wellness.</li> <li>Parents will be encouraged to provide healthy snacks and treats for student celebrations and other events. Birthday or teacher rewards should be given to students with an afternoon break.</li> <li>Skim and 1% milk, water, and 100% fruit juices may be sold on school grounds both prior to and throughout the instructional day. Milk breaks should be taken before 9:30 or after 1:30, so students take full advantage of their lunch.</li> <li>All food service personnel shall have adequate pre-service training and participate in continuing professional development activities that address promoting healthy eating behavior, food safety, and other topics relevant to their job duties.</li> <li>Menus offered will be attractive to the eye, promote good nutrition, and contribute to the development of lifelong, healthy eating habits by encouraging the consumption of nutrient dense foods, i.e., whole grain, fresh fruits, and vegetables. Menus over the course of a week should meet the nutrition standards recommended in the Dietary Guidelines for Americans.</li> <li>A la carte foods will include a variety of nutritious foods, such as fruits, vegetables, whole grain and low-fat or non-dairy foods.</li> <li>The district will employ a food service director who is properly qualified according to professional standards to administer the food service program.</li> <li>An annual Checklist Evaluation Process will be used to evaluate the effectiveness of Nutrition/Wellness policy.</li> <li>The District Food Service Director, an Administrator and the School Nurse will be responsible for the evaluation process.</li> </ul>
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<b>2007-2008</b>  <b>School Year</b>	<ul style="list-style-type: none"><li>• All staff will be encouraged to model healthy eating as a valuable part of daily life.</li><li>• All students will have access to healthy food choices during the instructional day.</li><li>• The practice of good nutritional choices will be encouraged by reducing the sale or distribution of foods of minimal nutritional value. All foods available on school grounds during the instructional day should meet or exceed the district nutrition guidelines which also includes foods used for fund raising by organizations.</li><li>• Family and community members will be involved in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.</li></ul>
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<b>2008-2009</b>  <b>School Year</b>	<ul style="list-style-type: none"><li>• All students, through a comprehensive curriculum will be able to acquire the knowledge and skills necessary to prepare them for a lifetime of making healthy food and physical activity choices.</li><li>• When using food as a part of class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices or provide nonfood incentives. Curricular-based food experiences should model good nutritional choices.</li><li>• Any given food item for sale prior to the start of the school day and throughout the instructional day will meet the district nutrition guidelines.</li><li>• Physical activity will be integrated across the curriculum and throughout the school day by providing additional opportunities through co-curricular and intramural sports.</li><li>• The district and its schools will work cooperatively with other agencies such as the City Park and Recreation Department to develop programming to promote physical activity.</li></ul>
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