

# Hortonville Area School District

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**Title:** Wellness

**Date Adopted:** 8/9/04

**Policy No.** 6003

**Date Revised:** 1/24/05

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**Policy Statement:**

Decisions made district wide in regard to food and beverages, need to reflect and encourage positive nutrition messages and healthy food choices. Effective 3-1-12, the Hortonville Area School District believes that nutrition and physical activity influence a child's development, well-being, and readiness to learn. The District will promote healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where student and staff members learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, the schools contribute to the basic health status of students and staff. Improved health optimizes performance potential and contributes to the success of all.

**Rationale:**

Healthy behaviors influence a child's development, health status, well being and potential for learning. The Child Nutrition and WIC Reauthorization Act of 2004 require that each local educational agency establish a local school wellness policy. The policy must address the following areas: Health Education, Physical Education, Physical Activity, Food Service and Beverages and Staff Wellness.

**Scope:** Staff and students district-wide

**Responsibility:**

Efforts to promote wellness are the shared responsibility of the District Administrator, all administrators, all professional staff, the food service staff and the Wellness Committee.

**Implementation:**

The District will regularly evaluate the effectiveness of this policy and its implementation. The District Wellness Committee shall monitor implementation of this policy, evaluate policy progress and serve as a resource to school sites, revisiting the policy as appropriate to increase its effectiveness.

Health Education

The health curriculum will educate students to develop the knowledge, attitudes, skills, and behavior for lifelong healthy eating habits. The district has approved a K-12 nutrition curriculum as part of the comprehensive health curriculum. The nutrition health curriculum supports the philosophy that the quality of life is dependent upon the student's interaction with their total environment which includes their physical, mental and social well being. Included in the health curriculum as a performance goal, is that students will learn good food habits to help build and maintain good health. This performance goal is promoted throughout the K-12 nutrition curriculum.

Some of the topics covered as part of the health curriculum include: eating habits, nutrients, dietary guidelines, food guide pyramid, serving sizes, labeling, weight problems, eating disorders, fad dieting, food safety, food allergies, and food sensitivities.

Physical Education Curriculum

The physical education curriculum teaches the importance of physical exercise and exposes students to a wide range of physical activities to develop the knowledge and skills to be physically active for life.

Wellness Committee Review 11/2010

Administrative Team 5/2011

Policy Committee Review 6/27/11 & 7/18/11 & 12/12/11

First Reading \_\_\_\_\_ Second Reading 1/9/2012

### Physical Activity

The district shall offer a range of competitive and non-competitive physical activity opportunities aimed at engaging students in fun, recreational and life-long opportunities before, during and after the school day.

### Food Service

The food service department will promote healthy meals and meal alternatives as part of the educational learning environment.

- Ensure all meals offered through the National School Breakfast and Lunch Programs meet and follow all U.S. Government Nutritional Standards.
- Encourage and promote healthy living by implementing nutrition education materials into the meal program.
- Prohibit the sale of foods of minimal nutritional value during school meal service hours.
- With the assistance and support of school administrators, provide a positive environment in school cafeterias by giving an adequate amount of time for students to eat school meals, and schedule lunch periods in a reasonable manner.

### Fundraising:

#### Competitive Foods\* / Beverages / Fundraising / Concessions

- All fundraisers should have a donation option versus solely purchase.
  - All fundraisers are encouraged to follow District Nutrition Guidelines.
  - The sale or distribution of energy drinks or sugared drinks is discouraged. (Please note: the Wellness Committee and Healthier Generations recommends prohibited.)
  - The sale of candy is discouraged. (Please note: the Wellness Committee and Healthier Generations recommends prohibited.)
  - Concession stands must offer healthy alternatives such as water, 100% fruit juice, fruit, and granola or sugar-free cookies, etc.
  - All Fundraising projects must be approved by the school administrator as stated in District Policy # 5018 Fund Raising. All fundraising projects involving food shall have a goal of supporting healthy nutrition and wellness. Fundraising projects involving physical activity (eg, walk/run event) is beneficial to overall wellness and shall be encouraged.
  - Items being sold must not interfere or compete with the National School Lunch or Breakfast program.
- \*Competitive foods: "foods sold in competition to children in food service areas during lunch periods."

### Staff Wellness

The school district is concerned with the dietary and lifestyle practices of its staff, as well as its students. In order to promote wellness among its staff, the district will continue to provide opportunities for staff to become physically active. Staff is also encouraged to model ideal behavior for students by making food and beverage choices that align with the District Nutrition Standards outlined in this policy.

### **District Wide Nutrition Guidelines:**

The Hortonville Area School District encourages the sale or distribution of nutrient dense foods for all school functions, fundraisers and other activities. Those foods that provide many nutrients relative to the number of calories are called nutrient dense. Examples include: lean meat, fish and poultry, eggs, legumes, dark green vegetables, citrus fruits, nonfat milk, fruits and vegetables. Schools and school groups are encouraged to follow the nutrition guidelines set by the district when selling food and beverages on school grounds.

Wellness Committee Review 11/2010

Administrative Team 5/2011

Policy Committee Review 6/27/11 & 7/18/11 & 12/12/11

First Reading \_\_\_\_\_ Second Reading 1/9/2012

Lunch Menu and other Food Items for sale or distribution:

- Provide food options that are low in fat, calories, and added sugars.
- All food items for sale prior to the start of the school day and throughout the school day will have no more than an average of 30% of its total calories derived from fat.
  
- All food items for sale prior to the start of the school day and throughout the school day will have no more than 10% of its total calories derived from saturated fat.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.

Classroom Incentive:

- Teachers are discouraged from using food items as an incentive. Should teachers decide to use food items as an incentive, they are encouraged to adhere to the guidelines outlined in this policy.

**Associated Information:** Healthier Generation Guidelines

**Suggestions for Snacks from the Healthier Generation and HASD Wellness Committee:**

- √ Edy's frozen fruit bars (22g)
- √ 100 Calorie Cinnamon Streusel Snack Cakes
- √ Goldfish (106 g)
- √ 100 Calorie Pack Chips Ahoy (.81 g)
- √ 100 Calorie Pack Honey Maid Crackers (.81 g)
- √ 100 Calorie Pack Oreo Thin Crisps (.81 g)
- √ 100 Calorie Pack Ritz Snack (.77 oz.)
- √ Barnum's Animal Crackers (1 oz)
- √ Teddy Grahams CUBS (.5 oz)
- √ Teddy Grahams Snack Chocolate (.75 g)
- √ Grahams Snack Cinnamon (7.5 and 1 oz)
- √ Baked Cheetos (.875 oz)
- √ Baked Doritos-Nachos (.75 g)
- √ Baked Doritos-Nacho Cheese (.75 g)
- √ Baked Lay's Original (.875 oz)
- √ Baked Lay's Parmesan-Tuscan (1 oz)
- √ Baked Lay's Sour Cream (.875 g)
- √ Kids snack mix (.875 g)
- √ Baked Tositos Scoops (.875 g)
- √ Quaker Chewy 90 Calorie Granola Bars

While the Healthier Generations recommend "no candy", the Wellness Committee recognizes that it may be difficult to comply with this recommendation and offers the following "better choice" suggestions:

- √ York Peppermint Pattie (Hershey's) – 1 piece
- √ 100 Grand (Nestle) – 1 package
- √ Twizzlers Strawberry (Hershey's) – 4 pieces
- √ Tootsie Rolls or Fruit Rolls (Tootsie Roll Industries) – 6 pieces
- √ Smarties (Ce De Candy) – 1 roll
- √ Duds (Hershey's) – 13 pieces
- √ M & M's Mints (Mars) – 1 package (1 oz)
- √ Jolly Rancher Gummies (Hershey's) – 9 pieces
- √ Good & Plenty (Hershey's) – 33 pieces

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