

# Policy

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## WELLNESS

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.

Healthy behaviors influence a child's development, health status, well-being and potential for learning. The Child Nutrition and WIC Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 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.

### **Implementation:**

The District will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and update of the policy.

- Board Members
- Community Members
- Parents
- Administrators
- District Staff
- Health Care Provider

The District will support the implementation of family events through such programs as; Fuel Up to Play 60 and Farm-to-School.

The District Wellness Administrative Representative shall monitor implementation of this policy, evaluate policy progress, and serve as a resource to school sites, revisiting the policy on a triennial basis.

The District will actively inform the public about the content of the Wellness Policy through the District website and Board of Education meetings.

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## Health Education

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

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and other staff.
- Teachers shall integrate nutrition education into other classroom subjects such as (Math, Science, Language Arts).

## Physical Activity

- Children and adolescents should participate in 60 minutes of physical activity every day through:
  - Physical Education Curriculum
  - Active Classroom Time
  - Recess or Open Gym
  - Community Access to our gyms

## 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.

## Food Service

The food service department will promote healthy meals and meal alternatives as part of the educational learning environment. Any items offered to students during the school day will follow Smart Snack Guidelines.

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- A. Ensure all meals offered through the National School Breakfast and Lunch Programs meet and follow all U.S. Government Nutritional Standards.
- B. Encourage and promote healthy living by implementing nutrition education materials into the meal program.
- C. Any competitive food items and beverages that are available for sale to students between midnight and thirty (30) minutes following the end of the school day, shall also comply with the current USDA Dietary Guidelines for Americans and Smart Snack Rules. Fundraisers should also outline smart snack times and if they are during “school day”, then they must follow smart snack guidelines. Wisconsin’s Fundraiser Exemption Policy: DPI will allow two (2) fundraiser exemptions per student organization per school year. (Proper paperwork needs to be filed.)
- D. 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

- A. All fundraisers should have a donation option versus solely purchase.
- B. All fundraisers **MUST** follow USDA Smart Snacks in School Fundraisers, when fundraising during the school day.
- C. The sale or distribution of energy drinks or sugared drinks is discouraged. (Please note: The Wellness Committee and Healthier Generations recommends prohibited.)
- D. The sale of candy is discouraged. (Please note: The Wellness Committee and Healthier Generations recommends prohibited.)
- E. Concession stands must offer healthy alternatives such as water, 100% fruit juice, fruit, and granola or sugar-free cookies, etc.
- F. All Fundraising projects must be approved by the school administrator as stated in District Policy #5830 Fund Raising. All fundraising projects involving food shall have a goal of supporting healthy nutrition and wellness and **MUST** follow USDA Smart Snacks Guideline requirements when fundraising during the school day. Fundraising projects involving physical activity (eg, walk/run event) is beneficial to overall wellness and shall be encouraged.
- G. 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.”

**Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA’s Nutrition Standard for All Foods Sold in Schools (Smart Snacks) rule.**

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## 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 smart snack guidelines set by the district when selling food and beverages on school grounds.

## Lunch Menu and other Food Items for sale or distribution:

No foods or beverages, other than those associated with the District's Food Service Program, are to be sold during food service hours. The District's food service program shall serve only food items and beverages in compliance with the current nutrition requirements established under the healthy Hungerfree Kids Act of 2010 and Smart Snack Rules. Any competitive food items and beverages that are available for sale to students between midnight and thirty (30) minutes following the end of the school day, shall also comply with the current USDA Dietary Guidelines for Americans and Smart Snack Rules. (<https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart>)

It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.

## Recognition for special occasion without treats – To go into effect July 1, 2019

Recognitions for special occasions (birthdays, holidays including, but not limited to, Halloween, Christmas, Valentine's Day, etc.) during the school day (starting at midnight the day before through a half hour after students are dismissed for the day) will not include students bringing in snacks/treats (including candy) from outside of the District for other students and will instead take place through non-food practices, per the classroom guidelines.

## Daily Snacks and Lunch – To go into effect July 1, 2019

During the school day, students and families may bring in a snack and lunch for the student only. Staff, parents and families are encouraged to adhere to the guidelines outlined in this policy and Policy #5335 – Care of Students with Chronic Health Conditions (Allergies), and per the classroom guidelines. Students and families will not be allowed to bring in snacks from outside the District to share with any other student.

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**Associated Information:** Healthier Generation Guidelines; USDA's Standards for All Food Sold in Schools, and the Smart Snack Rules

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

**Each product must be submitted to the Alliance for Healthier Generation product calculator to determine whether or not it meets smart snack guidelines. The following are examples of items that fit into the current smart snack guidelines.**

- ✓ Whole Grain Goldfish (.75oz)
- ✓ Baked Cheetos (.875 oz)
- ✓ Baked Doritos Red Fat/Zero Trans Fat-Nachos (.75 g)
- ✓ Baked Lay's Crisps Original Zero Trans Fat (.875 oz)
- ✓ Baked Lay's Crisps Sour Cream (.875 g)
- ✓ Munchies snack mix zero trans-fat (.875 g)
- ✓ Baked Tostitos Scoops Reduced Fat (.875 g)

USDA Policy Memorandum, SP 36-2014  
42 U.S.C. 1751  
42 U.S.C. 1771  
7 C.F.R. Parts 210 and 220 (June 2013)  
Pub. L. 111-296 (December 2010)  
[http://fns.dpi.wi.gov/fns\\_smartsnacks](http://fns.dpi.wi.gov/fns_smartsnacks)