SOMERSET SCHOOL DISTRICT

JHK

SCHOOL WELLNESS

Student Nutrition and Physical Activity

The Somerset School District shall promote healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The district shall support a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and helps ensure that no child is left behind.

The district shall:

1. Provide a comprehensive learning environment for developing and practicing life-long wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

2. Support and promote proper dietary habits contributing to students' health status and academic performance. All foods provided on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district's nutrition standards.

3. Provide adequate time for students to engage in physical activity. A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be provided in a school's daily education program from grades pre-kindergarten through grade 12. Physical activity should include regular instructional physical education, extracurricular activities and recess.

4. Communicate with parents/guardians. The Somerset School District shall provide parents/guardians with information about student nutrition and physical activity opportunities before, during and after the school day.

Nutrition Guidelines Regarding Food, Beverages and Candy Sales at School

The Somerset School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the district has adopted nutrition guidelines governing the sale of food, beverages and candy on school grounds. Sites are

encouraged to study these standards and develop building policies using the district's nutrition standards as minimal guidelines.

The call to good citizenship requires a clear understanding of the kind of people the district would like students to become. The district wants young people to possess the knowledge, skills and motivation for healthy eating behaviors and lifestyles.

Nutrition Guidelines Regarding School Meal Programs

The Somerset School District shall promote healthy meals and meal alternatives as part of the educational learning environment. The variety of healthy foods offered in school meal programs allows children to learn to enjoy many different foods and to develop healthy eating patterns.

The district shall:

1. Ensure all meals offered through the National School Breakfast and Lunch Programs meet and follow all U.S government nutritional standards.
2. Encourage and promote healthy living by implementing nutrition education materials into the meal program.
3. Assure that guidelines for reimbursable school meals shall not be less restrictive than the regulations and guidance issued by the Secretary of Agriculture, the Child Nutrition Act and the National School Lunch Act.
4. Prohibit the sale of foods of minimal nutritional value based on the district's nutritional guidelines throughout the instructional day.

With the assistance and support of the school administrators, the district shall 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.

Nutrition Committee

This policy and district nutrition guidelines shall be monitored and evaluated by a district-wide nutrition committee, which shall meet annually in September and January. The committee shall be comprised of representatives from the following areas:

1. District Food Service Coordinator
2. Dietician
3. Parent representative from each school level
4. Student representative from each school level
5. Staff member representative from each school level
6. Program director for activities and athletics
7. Administrative representative
8. District physical education teacher representative
9. District health teacher representative
10. District health care provider representative

Teachers must consider non-food items as teacher-to-student rewards or treats. The district shall encourage, educate and provide nutritional guidelines to parents/guardians and students.

If a food item or snack is used it must fall within the following guidelines.

AlaCarte (snacks) excluding fruits, vegetables, nuts, seeds and nut butters

- No more than 200 total calories per package
- No more than 35 percent calories from fat
- No more than 10 percent calories from saturated fat
- No more than 480 mg sodium
- No more than 35 percent sugar by weight

Beverages

- Fruit and Vegetable Juice: 100 percent fruit and vegetable juice, limited to 8 oz. portion size
- Milk: Fat-free and 1 percent milk, 8 to 16 oz. portion size
- Water: Plain water and flavored water without added sugar, unlimited portion size
- Caffeine: Beverages other than flavored milk must be caffeine-free
- Carbonated Water: With US Department of Agriculture (USDA) approval
- Carbonated Fruit Juice: 100 percent fruit juice with USDA approval

APPROVED: 4/17/06

REVISED:

REVIEWED:

The committee shall monitor the implementation of this policy and guidelines and evaluate their progress, serve as a resource to school sites and make recommendations to revise this policy and district nutrition guidelines as necessary.

LEGAL REF.:	Sections 118.01(d)(2) Wisconsin Statutes 118.12 121.02(1)(j) PI 8.01(2)(j), Wisconsin Administrative Code Child Nutrition and WIC Reauthorization Act of 2004 National School Lunch Act
CROSS REF.:	JHK-R, District Nutrition Guidelines Regarding Food, Beverages and Candy Sales at School EF, Food Services Management
APPROVED:	4/17/06
REVISED:	
REVIEWED:	