

SCHOOL WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

The Board of Education recognizes that good nutrition and regular physical activity affect the health and well-being of the students of the Rice Lake Area School District (hereto referred to as the District). Research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Schools can play an important role in the developmental 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. The District, therefore, encourages all members of the community to help create and support a school environment that emphasizes healthy, life-long habits of good nutrition and physical activity.

The District shall maintain, implement, and inform the school community and general public about a local school wellness policy that meets the requirements of federal law, The Healthy Hunger-Free Kids Act of 2010. The local school wellness policy required by federal law (hereinafter referred to as the District's 'Wellness Plan') is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available to students on the school campus during the school day are consistent with applicable minimum nutritional guidelines and standards.

Various stakeholders will be given the opportunity to participate in the development, implementation, and periodic review and updating of the District's Wellness Plan. However, the content of the Plan is subject to the School Board's review and approval, and the Board retains authority to modify the specific content of the Wellness Plan and to accept, reject, or modify recommendations and updates and other changes.

WELLNESS POLICY LEADERSHIP

The District Administrator shall designate an official for the oversight of the Wellness Plan. The current designated Wellness official is the Director of Pupil Services who shall:

1. Direct and monitor the District-wide implementation of the District's Wellness Plan and related nutrition guidelines, including monitoring school-level compliance with the Plan;
2. Oversee the periodic evaluation of the Wellness Plan and its implementation at least as often as such formal assessments are required under applicable regulation, including having primary responsibility for ensuring timely preparation and written report following each such assessment;
3. Ensure opportunities for stakeholder group involvement in the development, implementation, and periodic review and updating of the District's Wellness Plan in a manner that is consistent with the requirements of applicable federal regulations and the specific content of the Wellness Plan;
4. Keep the Board and the broader community informed of the Wellness Plan, the District's and each applicable school's progress toward achieving Wellness Plan goals, and any recommendations for changes and improvements to the Plan, including any changes that are based on the results of a formal assessment; and
5. Establish recordkeeping procedures that are consistent with applicable federal regulation and any Department of Public Instruction (DPI) guidelines.

The designated official shall convene the Wellness Committee and lead the review, evaluation, and revision of the Plan.

A Wellness Committee shall be formed and maintained to oversee the activities set forth in this policy and to serve as a resource to school sites, parents and the community. The committee shall be comprised of a diverse group of stakeholders including the following: administrator, classroom teacher from each educational level (elementary, middle school and high school), physical education teacher, school food service representative, school nurse, community member/parent, student, health education teacher, school counselor, medical/health care professional, and a local business representative.

Each district school covered by the Wellness Plan shall have a designated School Wellness Coordinator to serve for a three (3) year period. Each building administrator will identify the School Wellness Coordinator by May 1st of each school year. The School Wellness Coordinator shall be the building principal or another staff member who has been designated by the principal. **Acting in coordination with the District-level leadership, each School Wellness Coordinator shares responsibility for contributing to the development of the Plan and serves as liaison between school staff/families and the District Wellness Committee to assure appropriate assessment and reporting of school-level progress.**

Each building administrator is responsible for ensuring school compliance with the Wellness Plan. The Wellness Policy Report Card will be completed by the first School Board meeting in June to assess school level compliance by a school-level to include, but not limited to the building administrator, School Wellness Coordinator, physical education teacher, classroom teacher.

- The Committee shall meet annually in the spring to evaluate the effectiveness of this policy and its implementing rules and develop an action plan for the coming year.
- The Committee shall meet **no less than 3 times** during the calendar year to discuss the implementation of the established activities and address any barriers and challenges.
- The Committee shall report annually to the Board of Education on the implementation of the policy and any recommended changes or revisions. The Board will adopt or revise policies based on the Committee recommendations.
- The Committee shall conduct a formal assessment of the wellness policy every 3 years at minimum to determine compliance with the Wellness Policy, ways Wellness Policy compares to model wellness policies, and the progress made in attaining the goals of the Wellness Policy.

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- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

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Legal References:

Wisconsin Statutes

<u>Section 93.49</u>	[farm-to-school programs]
<u>Section 118.01(2)(d)2</u>	[instructional program goals related to nutrition and physical education]
<u>Section 118.12</u>	[sales and promotions on school premises, including the sale of milk and other beverages]
<u>Section 118.33</u>	[high school graduation requirements, including physical education]
<u>Section 120.13(17)</u>	[school board power to authorize the temporary use of school facilities, including the recreational use of school facilities]
<u>Section 120.13(19)</u>	[school board power to provide community programs]
<u>Section 121.02(1)(f)</u>	[school district standard; minimum hours of direct student instruction]
<u>Section 121.02(1)(j)</u>	[school district standard; health and physical education]

Wisconsin Administrative Code

<u>PI 8.01(2)(j)2</u>	[physical education rules]
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Federal Laws and Regulations

<u>42 U.S.C. §1758b</u>	[statutory school wellness policy requirements]
<u>42 U.S.C. Ch. 13</u>	[National School Lunch Act provisions, generally]
<u>7 C.F.R. Part 210</u>	[USDA regulations implementing the National School Lunch Act, as amended, including the local school wellness policy regulations]
<u>7 C.F.R. Part 220</u>	[USDA regulations implementing the School Breakfast Program under the Child Nutrition Act, as amended]

Cross References:

Adoption Date:

DRAFT