

Marshfield School District Wellness Policy

School Nutrition Policy

This policy supports the mission of the School District of Marshfield: Providing the environment that cultivates maximum student potential. Nutrition influences a child's development, health, well-being, and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This district-wide nutrition policy encourages all members of the school community to create an environment that supports life-long healthy eating habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.

The School District of Marshfield 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 i.e. whole grains, fresh fruits, and vegetables. In an effort to support the consumption of nutrient dense foods in the school setting, all Federal and State Child Nutrition Program laws and regulations apply to all sales of food, beverages, and candy on school grounds. These guidelines apply to all food and beverages served, distributed, or sold.

The policy of the School District of Marshfield is to:

- 1. Provide a positive environment and appropriate knowledge regarding food**
 - Ensure that all students have access to healthy food choices during school and at school functions.
 - Provide a pleasant eating environment that encourages healthy choices for students and staff.
 - Allow a minimum of 20 minutes for students to eat lunch in the designated cafeteria area.
 - Enable all students, through curriculum, to acquire the knowledge and skills necessary to make healthy lifestyle choices for a lifetime.
- 2. The district will provide a School Breakfast and Lunch Program that will meet or exceed the guidelines set by the federal and state child nutrition program laws and regulations applicable to schools.**
 - The Food Service Department will promote participation in the School Breakfast and Lunch Programs.
- 3. When using food as a part of a curriculum-based experience, class snack, class activity or student incentives, staff and students are encouraged to utilize healthy, nutritious food choices.**
 - Provide guidance for healthy nutritious food choices.
 - During classroom celebrations and activities, food choices should consist of at least 50% nutrient dense food and beverage options.
- 4. All staff are encouraged to model healthy behaviors.**

5. Reduce student access to foods of minimal nutritional value.

- In keeping with contractual obligations to the National School Lunch/Breakfast programs, food and beverage sales during school hours that are in direct conflict with the lunch/breakfast programs are prohibited. This includes vending machines, ala carte, school stores, and fundraisers. This prohibition does not apply to sales of milk, water and 100% fruit juices.
- Groups selling food and beverages through concessions on school grounds are encouraged to practice good nutrition by reducing the marketing, sale, and distribution of foods of minimal nutritional value by:
 - Reducing access to non-nutritional foods.
 - Educating students about healthy foods.
 - Selective pricing that favors sales of healthy foods.

6. Provide district wellness policy, goals, resources, and updates to students, staff members, families, and community members.

Physical Activity Promotion

Integrating physical activity into the classroom setting:

For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.
- Opportunities for physical activity will be incorporated into other subject lessons.
- Classroom teachers will promote short physical activity breaks between lessons or classes, as appropriate.

Daily Recess:

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.

School staff should discourage extended periods (i.e. periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, teachers should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School:

Our district offers a variety of physical activity programs that are associated with both co-curricular and extracurricular programs. Our district offers interscholastic sports programs. Our district offers a range of activities that meet the needs, interests, and abilities of most students, including boys, girls, students with disabilities, and students with special health-care needs.

Physical Activity and Punishment:

Within the school day, teachers and other school and community personnel are prohibited from using physical activity (i.e. running laps, pushups) or withholding opportunities for physical activity (i.e. recess, physical education) as punishment or remediation unless there are safety concerns.

Use of School Facilities Outside of School Hours:

Building use by the community will be encouraged for physical activity opportunities. (See Facility Use policy)

Implementation and Evaluation

Establish and maintain a wellness committee to advise and implement wellness policy, procedures, and measurable goals.

The school wellness committee will establish and evaluate a plan for policy implementation.

The wellness committee will measure the implementation of the policy.

The wellness committee will encourage participation of parents, students, food service personnel, teachers of Physical Education, school health professionals, school board members, administrators and community members.

A school wellness report will be provided to update the School Board, school personnel, parents, students, and community members regarding goal progress.

Reviewed: December 13, 2006, May 12, 2010 and November 14, 2012.