

8510 - WELLNESS

The School District of Bruce encourages all members of the school community to help create an environment that supports healthy, lifelong habits and develops school programming that reflects and promotes positive nutritional choices. Students who practice good nutrition and daily physical activity attend school with minds and bodies ready to take advantage of their learning environment. Decisions made in all school programming shall reinforce a healthy lifestyle.

SCOPE: District and Community Wide

RESPONSIBILITY: The promotion of good nutrition and regular, appropriate physical activity is the shared responsibility of the School Board and the entire staff as well as the community.

Component 1: District Nutrition Standards

Reduce Student Access to foods of minimal nutritional value as defined by USDA.

- A. In keeping with contractual obligations to the National School Lunch/Breakfast programs, ensure the integrity of the school lunch program by limiting food and beverage sales that are in direct conflict with the breakfast/lunch program.
- B. The meal program offered by the District will follow the US Government's Nutrition Standards.
- C. Encourage parents to provide healthy bag lunches and beverages for students.
- D. Encourage healthy snacks when parents bring in a treat for a birthday or holiday.
- E. During the instructional day on school grounds, the vending sales of pop and snacks that are not healthy (do not meet DPI's guidelines) will be prohibited. Milk, water, and 100% juice may be sold/consumed on school grounds throughout instructional day per permission of the building principal.
- F. Nonfood items should be used as classroom rewards by staff. Food items should only be used as a reward no more than once a month.
- G. Fundraising Activities and Concessions – To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold.

The following recommendations are made to promote healthy choices for students related to fundraising and concessions:

1. Encourage nonfood items for raising funds;
2. Whenever food and beverages are sold that raise funds for school groups, these groups shall include some healthy food choices;
3. Organizations operating concessions at school functions should include some healthy food choices in their offerings.

Component 2: Nutrition Education

Building nutrition knowledge and skills helps children make healthy eating choices. To make a difference, nutrition education should be appropriate for student's ages, reflect their cultures, and provide opportunities for them to practice skills and have fun. The nutrition education curriculum should be easy to teach and connect to state learning standards.

- A. Students will receive nutrition education that teaches the skills they need to adopt healthy eating behaviors.

All staff are encouraged to integrate appropriate nutrition activities throughout the school year.

Students will be provided information and practice opportunities in sound health practices including nutrition and physical activity. This education will include, but not be limited to the following areas: MyPlate nutrition recommendations, food labels, major nutrients, diet and disease, serving size and calories, and proper sanitation

- B. Parents will be provided reinforcing materials through the District newsletter, social media, as well as presentations and displays at special events such as Parent-Teacher Conferences, Family STEAM Night, and Family Literacy Night.

Component 3: Physical Activity

- A. Students are provided opportunities for physical activity throughout the school day through daily recess, physical education classes, and integration of physical activity into the classroom.
- B. Students are given opportunities for physical activity through the after- school and summer school programs, including lifetime physical activities.

Component 4: Other School Based Activities

- A. Meal periods will be long enough for students to eat and socialize; for elementary students, a minimum for twenty (20) minutes will be scheduled.
- B. The District will encourage adults (parents, grandparents, guardians, etc.) to eat lunch with their children at school, to provide role models and healthy interaction at lunchtime.
- C. For participants to fully embrace regular physical activity as a personal behavior, health education, and will complement physical education classes by reinforcing the knowledge and self-management skills needed to maintain a physically active and emotionally stable lifestyle.
- D. The District encourages staff wellness to maintain healthy lifestyles (access to the school weight room, gym, etc.)

School District of Bruce Wellness Committee Members

For the purposes of implementing, evaluating and revising the policy, this committee will meet annually with committee membership as follows:

- A. Food Service Director,
- B. Nurse,
- C. parent representative,
- D. health instructor,
- E. physical education instructor,
- F. administrative representative,
- G. student representatives,
- H. general instructors,
- I. School Board Member, and/or
- J. Rusk County Extension Representative.

A report will be made to the School Board annually following the Wellness Committee meeting, to inform the board of any concerns or recommended changes.

The Food Service Director will ensure compliance with nutrition standards and policies. Any concerns will be discussed with the District Administrator. Necessary action will be decided and carried out to maintain compliance with state and federal meal programs.

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- B. Parents will be provided reinforcing materials through the District newsletter as well as presentations and displays at special events such as Parent-Teacher Conferences, Family Math Night, and Family Reading Night.

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- C. For participants to fully embrace regular physical activity as a personal behavior, health education will complement physical education classes by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle
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Triennial Assessment

The district will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.

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Updated 11/16/2022