

## **School District: Merton Community School District**

### **Policy Preamble**

Merton Community School District (hereto referred to as the District) is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. The District believes that we need to create and support health-promoting learning environments throughout our schools, giving students the opportunity to achieve success. This policy outlines the District's approach to ensure all students practice healthy eating and physical activity behaviors throughout the school day.

### **Policy Leadership**

The designated official for oversight of the wellness policy is the district Business Manager. The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

The District shall convene a Wellness Committee that meets at least one time during the school year to establish goals and oversee school health policies and programs, including development, implementation, and periodic review and update of this Wellness Policy.

The District shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders may include:

- Administrator
- Classroom teacher
- Physical education teacher
- School food service representative
- School nurse
- Community member/parent
- Student

### **Nutrition Standards for All Foods**

The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. All schools in the District participate in USDA child nutrition programs, including the National School Lunch Program and Special Milk Program.

#### *Standards and Guidelines for School Meals*

The District is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 ([www.fns.usda.gov/school-meals/nutrition-standards-school-meals](http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals)).
- All meals are accessible to all students.
- Withholding food as a punishment shall be strictly prohibited.
- All meals are appealing and attractive and served in clean and pleasant settings.
- Drinking water is available for students during mealtimes.

## **School District: Merton Community School District**

- Menus shall be posted on the District website and will include nutrient content.
- All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

### *Foods and Beverages Sold Outside of the School Meals Program*

- All food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.
- The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

### *Marketing*

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

### *Foods Provided but Not Sold*

The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.

## **Nutrition Education**

The primary goal of nutrition education is to influence students’ lifelong eating behaviors. As such:

- The District aims to teach, model, encourage, and support healthy eating by providing nutrition education.
- Nutrition education, a component of comprehensive health education, shall be offered every year to students of the District.
- Staff members responsible for nutrition education will regularly participate in relevant professional development.

## **School District: Merton Community School District**

### **Nutrition Promotion**

The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive nutrition messages that promote health throughout schools, classrooms, and cafeterias.

### **Physical Activity**

The District shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:

- Physical activity during the school day shall not be withheld as punishment.
- Recess monitors/teachers shall encourage students to be active during recess.
- The District shall support active transport to and from school by engaging in the following activities:
  - Designation of safe or preferred routes to school.
  - Secure storage facilities for bicycles (e.g., bike racks)
  - Crossing guards are used.
  - Crosswalks exist on streets leading to schools.
- All physical education classes are taught by licensed teachers who are certified to teach physical education.
- In health education classes, the District shall include topics of physical activity, including: how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.

### **Other School Based Activities that Promote Wellness**

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.

#### *Staff Wellness*

The District will implement the following activities below to promote healthy eating and physical activity among school staff.

- Educational activities for school staff members on healthy lifestyle behaviors.
- Distribution of an employee health newsletter to promote healthy behaviors.
- Administration of flu shots at school., once a year screening at school for blood pressure, blood cholesterol, body mass index, and other health indicators.
- Annual administration of individual health-risk appraisals to help staff members establish personal health-improvement goals.

#### *Community Engagement*

The District shall inform and invite parents to participate in school-sponsored activities throughout the year.

### **Monitoring and Evaluation**

The Wellness Committee shall 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

**School District: Merton Community School District**

with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.