

WIBAUX SCHOOL WELLNESS POLICY

Meals served through the National School Lunch and Breakfast Programs will:

- *be appealing and attractive to children;
- *be served in clean and pleasant settings;
- *meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations;
- *offer a variety of fruits and vegetables;
- *serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- *ensure that half of the served grains are whole grains.

BREAKFAST:

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

WIBAUX PUBLIC SCHOOL WILL:

- *operate the School Breakfast program;
- * to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation;
- * serve breakfast to students and will notify parents and students of the availability of the School Breakfast Program.

QUALIFICATIONS OF SCHOOL FOOD SERVICE STAFF

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in the school. Staff development programs will include appropriate certification and/or training for managers, cooks and cafeteria workers, according to their levels of responsibility.

SHARING OF FOODS AND BEVERAGES

Wibaux School discourages students from sharing their foods or beverages with one another during the meal, given concerns about allergies and other restrictions on some children's diets.

MEAL TIMES AND SCHEDULING

Wibaux School:

- *will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;

*will provide students access to hand washing or hand sanitizing before they eat meals.

SNACKS

Snacks served during the school day will make a positive contribution to children's diets and health.

NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

Nutrition Education and Promotion

Wibaux School District aims to teach, encourage and support healthy eating by students. We will provide nutrition education and engage in nutrition promotion that:

- *is offered at each grade level as part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- *is part of not only health education classes, but also classroom instruction in subjects such as Math, Science, Language Arts, Social Sciences, and elective subjects;
- *promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices;
- *emphasizes caloric balance between food intake and energy expenditure
- *includes training for teachers and other staff.

INTEGRATING PHYSICAL ACTIVITY INTO THE CLASSROOM SETTING

For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class:

- *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;
- *opportunities for physical activity will be incorporated into other subject lessons; and
- *classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

COMMUNICATION WITH PARENTS

Wibaux School will support parents' efforts to provide a healthy diet and daily physical activity for their children. Wibaux School encourages parents to pack healthy lunches and snacks.

FOOD MARKETING IN SCHOOLS

School-based marketing will be consistent with nutrition education and health promotion. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

Daily Physical Education K-12: All students in grades K-12 will receive physical education. All physical education will be taught by a certified teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess: All elementary students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which moderate or vigorous activity is encouraged.

Extended periods of inactivity is discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students are given periodic breaks during which they are encouraged to stand and be moderately active.

MONITORING AND POLICY REVIEW

Monitoring:

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within the school food service areas and will report to the superintendent or school principal. The school district will report on the most recent UDSA School Meals Initiative (SMI) review findings and resulting changes.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies. The report will be provided to the school board and to health services personnel in the district.

Policy Review: Assessments of the Wellness Policy will be reviewed every three years. As part of this review, the district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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