



Book	2 - Administrative Policies and Regulations
Section	4000 Students
Title	Student Wellness
Number	4580
Status	Active
Adopted	December 14, 2005
Last Revised	May 11, 2016
Last Reviewed	May 11, 2016

## School District of La Crosse Administrative Policies and Regulations

**4580**

### **STUDENT WELLNESS**

#### **I. GENERAL STATEMENT**

In response to the passage of the Federal Public law that requires each Local Education Authority (LEA) to have a wellness policy, the School District of La Crosse School Nutrition, School Health Services, parents, school administrators, local health department employees and community representatives collaborated on this effort.

The School District of La Crosse believes that a healthy, well-nourished child is better prepared to learn. The district is committed to the optimal development of every student. The district believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. In the areas of physical education and health education, which includes nutrition education, the district is committed to continual improvement of learning and the development of lifelong wellness practices. Nutrition education, physical education and health education will be offered systematically through district curriculum.

The School District of La Crosse is committed to:

#### **A. Providing a comprehensive learning environment for developing and practicing lifelong wellness behaviors.**

The entire school environment, not just the classroom, shall be aligned with wellness initiatives to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat low nutrient foods to support school programs.

#### **B. Supporting and promoting proper dietary habits contributing to students' health status and academic performance.**

Foods provided by the district and at school-sponsored activities during the instructional day should meet or exceed the [The United States Department of Agriculture \(USDA\)](#) Smart Snack Standards. Emphasis should be placed on foods that are nutrient dense.

#### **C. Increasing the amount of time students are engaged in physical activity.**

A quality education program is an essential component for all students to learn about and participate in physical activity. Students should have opportunities to be physically active before, during and after school. Physical activity should include regular instructional physical education, co-curricular activities, and recess. The district will encourage active classrooms, such as utilizing brain breaks and not taking away physical activity as punishment. The district will support efforts to encourage walking and biking to school, such as [Safe Routes to School](#).

#### **D. Community Engagement**

The community will be engaged in supporting the work of the district in creating continuity between school and other settings for students to practice lifelong healthy habits.

## II. GUIDELINES/PRACTICES/PROTOCOLS/RECOMMENDATIONS

### A. School Meals Program

Our district is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams of trans-fat per serving (nutrition label or manufacturer's specifications); and to meet the nutrition needs of school children within their calorie requirements.

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

1. School breakfast, lunch, and snacks will meet or exceed nutrient standards established by the [USDA](#).
2. Ala carte food choices will adhere to nutrition standards based on the current [USDA Smart Snack Standards](#).
3. School meals program nutrition facts will be available [online](#).
4. When feasible, school meals will participate in the [Farm to School](#) program and feature locally grown foods.

### B. Lunchroom Climate

1. A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
2. It is encouraged that the lunchroom environment be a place where students have:
  - a. Adequate space to eat and pleasant surroundings.
  - b. Adequate time for meals.
  - c. Access to hand washing facilities before meals
  - d. Fresh drinking water is available at all meals.

### C. Sales of Food and Beverages During the School Day

All food and beverages sold within the school day and 30 minutes prior to the start of the day and 30 minutes after the end of the day will follow the [USDA Smart Snack Standards](#).

### D. Fundraising

Fundraising events can support student health when it involves selling nutritious foods and beverages. Students, staff, and parents will be informed and encouraged to consider fundraising strategies that include foods that follow [USDA Smart Snack Standards](#) or the sale of non-food items or services.

1. All food and beverages sold within the school day and 30 minutes prior to the start of the day and 30 minutes after the end of the day will follow the [USDA Smart Snack Standards](#).
2. It is encouraged to engage in fundraising opportunities that promote healthy choices and non-food options. Click link for examples: [Healthy Fundraising Alternatives](#)

### E. Drinking Water

Access to fresh drinking water during the school day is encouraged. Staff are encouraged to allow water bottles in the classroom.

### F. Incentives

Strong consideration should be given to non-food items as part of any classroom reward programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to [USDA Smart Snack Standards](#). Click the link or examples: [Alternative food rewards](#)

### G. Parties, Snacks, and Celebrations

The district strongly encourages parents and staff to follow the [USDA Smart Snack Standards](#) when providing snacks, birthday, or celebration treats. The district strongly encourages students and families to bring foods that are prepared in or purchased from, a licensed kitchen facility or commercially prepared. Non-food items are highly encouraged as an alternate treat. See [USDA Healthy Celebrations](#) for ideas.

### H. Promoting Student Wellness

The district will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The district will coordinate and integrate other initiatives, related to physical activity, physical education, nutrition, and other wellness components. All efforts are complementary and not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Health Education curriculum for the School District of La Crosse can be found at:

<https://www.lacrosseschools.org/programs-services/curriculum-instruction-services/health-physical-education/>

Physical Education curriculum for the School District of La Crosse can be found at:

<https://www.lacrosseschools.org/programs-services/curriculum-instruction-services/health-physical-education/>

### III. **Wellness Advisory Committee**

The Wellness Advisory Committee is comprised of the Supervisor of School Nutrition, District Wellness Coordinator, Supervisor of Health and Physical Education/Principal, and School Health Representative. This committee will report to Executive Director of Business Services. The Wellness Advisory Committee will review this policy annually. The District Leadership Team alongside the Wellness Advisory Committee are responsible for compliance with this regulation and any related guidelines.

Adopted by the Superintendent's Advisory Team: 12/14/05

Reviewed and revised by the Superintendent's Advisory Team: 05/11/16

Board of Education Informed: 05/13/16

