

SCHOOL WELLNESS

The Colby School District is committed to the optimal development of every student. The Colby School 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. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines the Colby School District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

School Meals

The Colby School 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 added *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. Local produce will be purchased through the Colby School District prime vendor when available and the feasibility of additional local produce purchases will be explored. All schools within the Colby School District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the Colby School District are committed to offering school meals through the NSLP and SBP programs.

- All school meals are accessible to all students.
- The Colby School District offers reimbursable school meals that meet USDA nutrition standards and reflect student preferences.
- Drinking water will be available to all students throughout the school day and throughout every school campus, including during mealtimes.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

Other Food Available at School

- Any groups or organizations selling food items outside of the school meal programs (i.e., "competitive" foods and beverages) will be strongly encouraged to sell items which meet the USDA Smart Snacks in School nutrition standards at a minimum, but will follow the Department of Public Instruction's guidance to allow up to two fundraiser exemptions per student organization per school year. A fundraiser cannot exceed two weeks time. An exempt fundraiser may sell foods that are not allowable under the smart Snacks rule, but may not compete directly with the sale of reimbursable meals.
- All groups offering food items on the school campus will be strongly encouraged to offer items which meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school principal.
- The Colby School District promotes a positive learning environment by providing healthy celebrations, supporting Smart Snacks in schools, and using non-food rewards. The Colby School District will provide information regarding healthy celebrations, foods and beverages that meet the Smart Snacks nutrition standards, and non-food rewards via the Food and Nutrition Department webpage.

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout schools, classrooms, and cafeterias. The Colby School District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Any foods and beverages marketed or promoted to students on the school campus during the school day will be encouraged to meet or exceed the USDA Smart Snacks in School nutrition standards.

Nutrition Education

The Colby School District aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health and wellness.

- Nutrition education will include enjoyable, developmentally-appropriate, culturally- relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, and school gardens.
- Nutrition education will be included in the health curriculum so that instruction is sequential and follows the National and Wisconsin Model Academic Standards for Nutrition. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.
- The Colby School District teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. It is recommended that the Colby School District will include in the health education curriculum the following essential topics on healthy eating:
 - Food guidance from My Plate
 - Reading and using USDA's food labels
 - Balancing food intake and physical activity
 - Social influences on healthy eating, including media, family, peers, and culture
 - How to find valid information or services related to nutrition and dietary behavior
 - Resisting peer pressure related to unhealthy dietary choices and behavior
 - Influencing, supporting, or advocating for others' healthy dietary behavior

Physical Education

The Colby School District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically-active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

- All Colby School District students will participate in physical education that meets or exceeds state standards.
 - All Colby School District **elementary students** in each grade will receive physical education for at least an average of 60 minutes per week throughout the school year.
 - All Colby School District **middle school students** will receive physical education in one grade level. Classes are 45-55 minutes in length and will meet every other day for the entire school year.

- All Colby School District **high school students** will receive three semesters of physical education prior to graduation. Classes are 45-55 minutes long and will meet every day for one semester.
- It is recommended that students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
 - All physical education classes in Colby School District are taught by licensed teachers who are certified or endorsed to teach physical education.
 - Specially designed physical education programs and/or modifications are made in order for all students to participate in physical education, regardless of their abilities or limitations.

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

- It is recommended that all elementary schools will offer at least 20 minutes of recess on all or most days during the year to include:
 - Outdoor recess will be offered when weather is feasible for outdoor play.
 - Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures; and provide group games, led by staff.
 - In the event that the school or Colby School District must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable.
- The Colby School District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom times.
- The Colby School District offers opportunities (e.g., including activity clubs, open gym, intramurals and varsity sports) for students to participate in physical activity before and/or after the school day.
- The Colby School District will support active transport to and from school, such as walking or biking.

Other Activities that Promote Student Wellness

The Colby School 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 Colby School District will coordinate and integrate other initiatives related to physical activity, physical education, sleep, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

- The Colby School District will continue relationships with its community partners, including our local hospitals, health insurers, UW-Extension, and the Colby School District EAP provider in support of this wellness policy's implementation.
- The Colby School District will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.
- The Colby School District promotes staff member participation through the staff wellness committee in health promotion programs and will support programs for staff members on healthy eating/weight management.

- When feasible, the Colby School District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors for themselves and in the classroom and school.

Policy Monitoring/Implementation

The Colby School District will convene a Colby School District Wellness Committee that meets at least annually to recommend goals for, and oversee, school health and safety policies and programs, including development, implementation, and periodic review and update of wellness.

- The Wellness Committee membership will represent all school levels (PreK/elementary and secondary schools) and may include (to the extent possible): parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff, and mental health and social services staff); school administrators (e.g., superintendent, principal, assistant principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); agriculture professionals such as co-op members and/or farmers and the general public. The Colby School District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the Colby School District in meeting wellness goals.
- The Colby School District will actively notify households/families of the availability of the wellness policy in the Opening of Schools Report. The wellness committee will recommend modifications of the wellness policy to the Colby School District School Board Policy and Governance Committee based on the results of the annual progress reports, and/or as Colby School District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. At least once every three years the Policy and Governance Committee will review the recommendations and forward their recommendations to the full board.
- If there are concerns regarding this policy please contact the Colby School District Superintendent at 715-223-2301, ext. 1.

LEGAL REFERENCE: Child Nutrition and WIC Reauthorization Act of 2004, [§93.49](#), [118.01\(2\)\(d\)2](#), [118.12](#), [118.33](#), [120.13\(17\)](#), [120.13\(19\)](#), [121.02\(1\)\(f\)](#), [121.02\(1\)\(j\)](#), [PI 8.01\(2\)\(j\)2](#), [42 U.S.C. §1758b](#), [42 U.S.C. Ch. 13](#), [7 C.F.R. Part 210](#), [7 C.F.R. Part 220](#), USDA Nondiscrimination Statement