

## 8510- Wellness

As required by law, the Board of Education establishes the following policy for the Berlin Area School District as a part of a comprehensive wellness initiative.

A fundamental mission of the Berlin Area School District is to encourage healthy behaviors among its students, staff, administration, parents, and Board members. This especially includes providing students with the knowledge and skills necessary to become healthy and productive adults. Therefore, the Berlin Area School District promotes a healthy school environment by supporting wellness, good nutrition, and regular physical activity as a part of the total learning experience. Our district will contribute to the basic good health status of our children by facilitating learning through the support and promotion of good nutrition, physical activity, adequate rest, and stress reducing practices. Through these endeavors, we expect to increase the students' readiness to learn, reduce absenteeism, improve the overall health and well being of our students, improve physical fitness and reduce childhood obesity.

### **Berlin Area School District Wellness Committee**

The Leadership Team in each building shall ensure compliance with the District's policy. A District-wide wellness committee will evaluate policy progress, serve as a resource to school sites, and revise the policy as necessary. A full review of this policy using the Wellness School Assessment Tool-Implementation (WellSAT-I) shall occur every three (3) years. The committee would meet a minimum of two (2) times annually with committee membership as follows:

- A. School Board member
- B. School Nurse
- C. Administrative Representative
- D. Student representative from each school
- E. District Food Service Director
- F. Staff representative from each school
- G. Physical/ health education representative
- H. Parent representative from each school
- I. Community wellness professional

The District Administrator shall be responsible for informing the public, including parents, students and community members of the wellness policy and the triennial progress report. These shall both be posted on the District's website.

### **Physical Activity**

The BASD recognizes that physical activity plays a critical role in a child's overall wellness, alertness, and ability to learn. The district will promote a healthy environment where children participate in regular physical activity as a part of the total learning environment. Efforts to promote and incorporate good physical-activity opportunities into children's lives are the shared responsibility of all district employees, parents/guardians, and the community.

## **Implementation**

The school district will ensure that every student from kindergarten through twelfth grade receives regular, age-appropriate physical education instruction.

- A. All physical education classes shall be taught by certified physical education teachers with opportunities for professional development.
- B. Physical activity should not be used or withheld as a form of discipline or punishment.
- C. The elementary and middle schools should provide daily recess that encourages physical activity. Teachers are encouraged not to withhold recess for academic or classroom disciplinary reasons. If withholding recess is used, it should not be exercised for more than one recess on a given day. Elementary students are expected to go outside (weather permitting) for recess.
- D. Teachers are encouraged to provide students with occasional physical activity breaks.
- E. Schools will provide information to parents that will help them promote proper sleep habits and physical activity into their children's lives. Information should also be provided on alternatives to excess television and video/computer games.
- F. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, walking or biking to school, participation in community sponsored sports and in lifelong physical activities like bowling, swimming, or tennis.
- G. Students, parents, and other community members shall have access to, and be encouraged to use, the school's indoor/outdoor physical activity facilities (e.g. soccer field, pool, track, tennis court, playgrounds and fitness center, walking the halls..) outside the regular school day unless the district facility has been reserved for another activity.
- H. The school wellness committee at each school shall meet on a regular basis. An organized wellness program shall be available to all staff and physical activity equipment is available for use by staff to support employee wellness.

## **Curriculum**

### **A. Physical Education Curriculum**

The physical education curriculum teaches children the importance of physical exercise. Classes expose students to a wide range of physical activities providing students with the opportunity to develop the knowledge and skills to be physically active for life. The K-12 curriculum addresses the Wisconsin Academic Standards for Physical Education.

Students receive instruction in the five (5) health-related components of fitness: cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition, which will include information about proper diet and healthy eating habits.

\*\*\*The Berlin Area School District follows the state guidelines on minimum requirements of physical education class time per grade level. Exemptions from physical education will only be made with a written notice from physician or 504 on file. An alternative learning experience (e.g. a written assignment) shall be established when the student is unable to participate in a formal physical education class. \*\*\*\*

## **B. Health Curriculum**

The Health curriculum encourages students to develop the knowledge, attitudes, skills, and behavior for life-long healthy eating habits and physical activity. The K-12 curriculum addresses the following Wisconsin Academic Standards for Health Education:

1. Health Promotion and Disease Prevention
2. Healthy Behaviors to Promote Health and Reduce Health Risks
3. Goal Setting and Decision Making to Enhance Health
4. Valid Health Information and Services Knowledge
5. Culture and Media Influence on Personal, Family, and Community Health
6. Effective Interpersonal Communication Skills to Enhance Health
7. Advocacy for Health in the Community
8. Sexual behaviors, teen pregnancy, and sexually transmitted diseases

## **C. Nutrition Education**

The Berlin Area School District has a comprehensive curriculum approach to nutrition in kindergarten through eighth grade. All K-12 instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

1. Knowledge of “My Plate”
2. Food labels
3. Menu Planning
4. Healthy heart choices

5. Sources and variety of foods
6. Weight problems
7. Major nutrients
8. Guide to a healthy diet
9. Multicultural influences
10. Diet and disease
11. Serving sizes/portions
12. Understanding calories
13. Proper sanitation
14. Healthy snacks
15. Identify and limit junk food
16. Food allergies/sensitivities
17. Eating Disorders and Fad dieting

#### **D. Alcohol, Drug, and Tobacco Education**

The District supports laws that make student use of alcohol, drugs and tobacco illegal. The District recognizes the fact that educating children on the negative effects of these substances is our best contribution to their future wellness. Federal and district funding for AODA issues will be used to support curriculum, materials, and activities that promote the abstinence of alcohol, drugs, and tobacco. The district has existing school board policies that address these issues.

#### **E. Safety Education**

Safety education is integrated into the K-12 curriculum. The District establishes rules to minimize accidents in and around school property.

#### **F. Parent Wellness Education**

1. Wellness education will be provided to parents beginning at the elementary level. The goal is to continue to educate parents throughout the middle and high school levels.
2. Wellness education may be provided in the form of handouts, postings on the district website, wellness fairs, or presentations that focus on nutritional value and healthy lifestyles.

3. The district will utilize the resources of other community health organizations to enhance student and parent education.

### **Emotional Wellness**

The Berlin Area School District will make efforts to educate staff and students on emotional wellness issues. School counselors, a school psychologist, and social workers are employed by the district to assist in this endeavor. Elementary and middle school students will attend regular guidance classroom presentations where mental and emotional wellness issues are discussed.

School counselors will be available to conduct individual or group counseling sessions for those students who are in need of this service.

### **Student Nutrition**

Students are taught about good nutrition and the value of healthy food choices. The School Board, administrators, teachers, parents, and students are encouraged to promote healthy lifestyle principles, replacing unhealthy food offerings with healthy ones. Nutrition Education, and Smart Snacks marketing posters shall be displayed in the cafeterias to encourage students to make healthy choices. School garden instruction is encouraged as part of the academic curriculum. All foods sold/served on campus before, during and 30 minutes after school hours will meet the USDA standards and [Smart Snack Guidelines](#) for schools.

### **Hot Lunch and Breakfast Program**

The BASD Meal Programs will continue to adhere to the [National School Lunch Programs](#) and [School Breakfast Programs](#) and follow the USDA Nutritional Standards. Food service staff shall have adequate yearly training in food service operations. Directors must have at least 12 hours, managers must have at least 10 hours and staff must have at least 6 hours. Food Service will limit the use of dyes, sulfites, MSG, and other additives that may affect food allergies in children. The meal program will provide meals that meet the nutritional standards for school meals by including:

1. a variety of fresh fruits and vegetables
2. whole grain rich products
3. meats and meat alternates
4. low fat and non fat (flavored) milk
5. reduced fat and reduced sodium products whenever possible
6. access to free drinking water from bubblers

### **Cold Lunch**

Children bringing cold lunch to school are encouraged to have one that consists of healthy and nutritious choices. Water, juice, and milk beverages are preferable. Milk is available at all schools for purchase with cold lunch.

## **Lunchroom Climate**

Students will be provided with a relaxed and enjoyable climate for lunch. The lunchroom environment for students will have:

- A. Adequate space to eat and pleasant surroundings
- B. Adequate time for meals (20 minutes is minimum recommendation by American Food Service Association from time the child is seated)
- C. Convenient access to hand washing facilities before meals
- D. Schools in our District utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals. **No** stigmatizing of students who have a negative meal balance and officials will reach out to those families to assess whether the child is eligible for free or reduced price meals. Applications for free/reduced priced meals are sent home to all families prior to the beginning of the school year. The application is also available on the district's website.
- E. The district shall provide periodic food promotions to encourage taste testing of healthy new foods or locally sourced foods being introduced to the menu.

Parents are welcome to join their child for hot or cold lunch. Parents who bring cold lunch/take out food to share are encouraged to follow the District Nutrition Guidelines and Healthy Choices List.

## **Snacks**

Snacks brought by the students or served during the school day are encouraged to be healthy, nutritious food choices. This includes snacks provided during the after school-tutoring program.

## **Classroom Parties/Celebrations**

The classroom party is a great learning environment to promote healthy food and beverage choices.

- A. Food and drinks provided by staff for classroom parties must meet the District Nutrition Guidelines and Healthy Choices List (attachment 1).
- B. Students and parents are encouraged to provide food and beverages for classroom parties that meet the District Nutrition Guidelines and Healthy Choices List (attachment 1).

## **Classroom Rewards/Incentives**

- A. District encourages non-food items for rewards/incentives. For example, extra recess may be provided when time allows. Should teachers feel compelled to utilize food items as an incentive, they must adhere to the District Nutrition Guidelines and Healthy Choices List (attachment1).
- B. When curricular-based food experiences are planned, staff and students are encouraged to utilize items from District Nutrition Guidelines and Healthy Choices List (attachment 1).

## Water Consumption

Staff members should encourage the consumption of water throughout the day, particularly during periods of hot weather. Bubblers/water fountains or water bottle fillers are located throughout each school. The use of water bottles in the classroom is recommended, but each teacher/grade level can establish their own policy. Water bottles should be taken home to be washed and/or sanitized regularly.

## District Nutrition Guidelines

The Berlin Area School District strongly encourages the sale and distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories that are rich in nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the BASD has adopted the following Nutrition Guidelines governing the sale of food, beverage, and candy on school grounds.

### Food:

- A. All food served to students in grade 4K through Grade 5 must have been prepared in a kitchen that is subject to inspection by the local health department and properly packaged at the time of preparation.
- B. The consumption of nutrient dense foods such as whole grains, lean meats, seeds/nuts, cheeses, fruits, and vegetables is encouraged (see Healthy Choices List-Attachment 1).
- C. It is recognized that there may be rare special occasions when the principal may allow a school group to deviate from these guidelines.

### Snacks and Beverages:

- A. Vending and school store sales of soda and candy are not permitted to students between Midnight and 4:00 pm. All snacks and beverages will be in compliance with the [Smart Snacks Guidelines](#).
- B. Staff members are prohibited from providing soda and caffeinated beverages to students on school grounds.
- C. Coffee makers may be located in designated faculty areas, but staff members are prohibited from having coffee makers in student classrooms.
- D. It is highly encouraged that staff members use discretion when consuming soda and caffeine products such as coffee, espresso, latte, etc. in the presence of students.

### Concessions

Evening and weekend concessions for extracurricular activities may include candy and soda. Sales are not permitted to students between Midnight and 4:00 pm. However, healthy food and beverage options should also be available. (See Healthy Choices List-Attachment 1)

## Fundraising

It is important to promote fundraising activities that reinforce good food choices and lifestyle behaviors. New fundraising strategies which include the sale of healthy foods and non-food items, is a public demonstration of the school's commitment to promoting healthy behaviors among students, families, and the communities at large, while helping schools meet their financial needs.

- A. All fund raising projects must be approved by school administration as stated in BASD policy.
- B. Schools should encourage fundraising activities that support physical activity.
- C. The school district will make available a list of suggested fundraising ideas (see attachment 2).
- D. All fundraising projects are encouraged to meet the District Nutrition Guidelines. Each student organization is allowed to have up to two fundraisers per school year exempted from the Smart Snack Guidelines.
- E. After school concessions for extra-curricular activities and outside groups may include soda and candy sales after 4:00 P.M. Healthy food and beverage options should also be available.
- F. Items being sold during the school day must not interfere or compete with the School Lunch or Breakfast Program
- G. Outside groups are not allowed to sell products on school grounds that do not meet school administration approval and do not meet District Nutrition Guidelines.

Parents who would like to serve on the BASD District Wellness Committee may contact the Superintendent of Berlin Schools, Dr. Carl Cartwright at 920-361-2004 or by email at: [ccartwright@berlin.k12.wi.us](mailto:ccartwright@berlin.k12.wi.us)