

DE SOTO AREA SCHOOL DISTRICT

STUDENT NUTRITION AND PHYSICAL ACTIVITY

The De Soto Area School District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

- A. **Provide a comprehensive learning environment for developing and practicing lifelong wellness and behaviors.** The entire school environment, not just the classroom, shall be aligned with healthy school goals 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. **Support and promote proper dietary habits contributing to students' health status and academic performance.** *All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the District Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie.* Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals.
- C. **Increase the amount of time students are engaged in physical activity.** A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades Pre-K through 12. Physical activity should include regular instructional physical education, co-curricular activities and recess. Substituting any one of these components for the others is not appropriate.
- D. **The De Soto Area School District is committed to improving academic performance.** Educators, administrators, parents, health practitioners and communities must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. Research highlighting the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn should be highlighted to ensure widespread understanding of the benefits to healthy school environments.

STUDENT NUTRITION PROCEDURES

The De Soto Area School District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential.

Hot Lunch/Breakfast Program:

- The full meal program will continue to follow the U.S. Government's Nutrition Standards which will be constantly reviewed.
- The Hot Lunch/Breakfast program will be expected to make every effort to follow the District Nutrition Standards when determining the items in a la carte sales.
 - * A la carte items that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e. limit quantity sold to an individual student).
 - * A la carte items that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

Lunchroom Climate:

- A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
- It is encouraged that the lunchroom environment be a place where students have:
 - * adequate space to eat and pleasant surroundings;
 - * adequate time for meals (The American Food Service Association recommends at least 20 minutes for lunch from the time they are seated); and
 - * convenient access to hand washing facilities before meals.

Fundraising:

- All fundraising projects are encouraged to follow the District Nutrition Standards.
- All fundraising projects for sale and consumption within and prior to the instructional day will be expected to make every effort to follow the District Nutrition Standards when determining the items being sold.
 - * Items being sold that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e. limit quantity sold to an individual student).
 - * Items being sold that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

Teacher-to-Student Incentive:

Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutritional Standards.

Student Nutrition Education:

The De Soto Area School District has a comprehensive curriculum approach to nutrition in kindergarten through ninth grade. Beginning with the 2006-2007 school year, all 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, which will be reviewed regularly, include but are not limited to:

**Knowledge of food guide pyramid
*Healthy heart choices
*Sources and variety of foods
*Guide to a healthy diet
*Diet and exercise
*Understanding calories
*Healthy snacks
Healthy breakfast

**Healthy diet
*Food labels
*Major nutrients
*Multicultural influences
*Serving sizes
*Proper sanitation
Identify and limit junk food

The District nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

Parent Nutrition Education:

- Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels.
- Nutrition education may be provided in the form of handouts, postings on the District website, or presentations that focus on nutritional value and healthy lifestyles.

De Soto Area School District Healthy Kids Initiative:

With the purposes of monitoring the implementation of the District's policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary, it is recommended that a District-wide committee be established. The committee would meet a minimum of two times annually with committee membership as follows:

- District Food Service Coordinator
- Director of Nursing
- Parent representative from each school level
- Student representative from each school level
- Staff member representative from each school level
- Administrative Representative, Co-Chair
- Physical Education and Health Program Leader, Co-Chair

Approved: September 11, 2006

DE SOTO AREA SCHOOL DISTRICT

458

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LEGAL REF.: Sections 118.01 Wisconsin Statutes
118.12
121.02(1)
Child Nutrition and WIC Reauthorization Act of 2004
(Public Law 108-265)

CROSS REF.: 458-Rule, Student Nutrition Procedures

APPROVED: September 11, 2006

NOTE: This policy was provided by the district. I coded it, and added legal and cross references. When I prepared the 300 section, this topic was included on the index as 341.31. We have now officially designated 458 as the code for this topic.

You may wish to add a cross reference to this policy on 373 - Student Fundraising. (WASB - 11/06)