



Federal Laws and Regulations: 42 U.S.C. §1758b  
42 U.S.C. Ch. 13  
7 C.F.R. Part 210  
7 C.F.R. Part 220

CROSS REF.: JHK-R, Wellness Policy Guidelines for Implementation and Evaluation  
JHK-E, Wellness Policy Guidelines to Healthy Classroom Snacks  
JHCFA, Accommodating Students with Special Dietary Needs and/or Food Allergies

REVIEW DATE: October 22, 2012 (“I” section policy review)  
June 24, 2013 (“J” section policy review)  
June 26, 2017

# WELLNESS POLICY

## GUIDELINES FOR IMPLEMENTATION AND EVALUATION

The District Wellness Committee will meet at least once per semester throughout the school year. The Wellness Committee will be coordinated by the Director of Special Education and Pupil Services, School Nurse, and the Student Nutrition Director. In collaboration with building administrators, the Wellness Committee will have the responsibility of ensuring that schools in the district meet the goals of the local wellness policy. The District encourages participation by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) in the wellness policy process. The Wellness Committee will meet annually to establish goals and oversee school health policies and programs, including development, implementation, and periodic review and update of this wellness policy. The District will conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy. The District will make the Wellness Policy, including any updates, available to the public on an annual basis, via online student enrollment, district website, and school newsletters.

### **Student Nutrition**

The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All meals meet or exceed current nutrition requirements established under the Healthy Hunger-Free Kids Act of 2010 ([www.fns.usda.gov/sites/default/files/dietaryspecs.pdf](http://www.fns.usda.gov/sites/default/files/dietaryspecs.pdf)).

All food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at <http://www.fns.usda.gov/healthierschoolday/toolsschoolsfocusingSMARTsnacks>.

All foods offered on the school campus shall meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. A Healthy Classroom Snack List (JHK-E) will be provided to parents of all students in the Jefferson School District on a yearly basis at registration time and/or at the time they are enrolled.

Caffeinated beverages shall not be sold during the school day.

Home-baked foods are not considered safe for sharing in the classroom and will not be allowed to be shared with others.

Food rewards or incentives are discouraged for use in classrooms to reward or encourage student achievement or desirable behavior. If used, they should be done rarely and come from the Healthy Classroom Snack List (JHK-E).

## **Physical Activity**

A quality physical education program is an essential component for all students to learn about and participate in physical activity. The physical education program shall be designed to emphasize physical fitness, nutrition and encourage healthy active lifestyles. Staff members are encouraged to model healthy active lifestyles. Physical activity should include regular physical education, co-curricular activities, and recess. Physical activity should be integrated across the curriculum throughout the school day for all students grades Pre-K through 12.

The Surgeon General recommends children and adolescents should participate in 60 minutes of physical activity every day. The District shall provide students with physical education, using an age appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The District shall also provide opportunities for students to participate in physical activity in addition to physical education.

### **Goals for Physical Activity:**

Students will meet or exceed the following goals:

- Students in grades K-5 will receive physical education from a licensed physical education teacher a minimum of 90 minutes per week.
- Students in grades 6-8 will receive physical education from a licensed physical education teacher a minimum of 200 minutes every two weeks for two quarters.
- Senior High students will receive physical education from a licensed physical education teacher a minimum of 3 semesters in 4 years of schooling.
- More than 25% of all High School students will participate in a 4<sup>th</sup> semester of physical education as taught by a licensed physical education teacher within the 4-year time line.
- Students will be encouraged to participate in activities during recess. Alternate consequences will be utilized rather than removal of physical activity as much as possible.
- All teachers will be encouraged to offer short (3-5 minute) activity breaks throughout the school day.

## **School and Staff Wellness Promotion**

The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student wellbeing. All staff members are encouraged to model healthy eating and exercise as valuable parts of daily life. The Surgeon General recommends adults should participate in 30 minutes of activity at least 5 days per week.

The district will offer professional learning opportunities and resources for staff to increase knowledge, skills, and strategies that promote healthy lifestyles for students and staff.

The District will work with community partners, including Fort Healthcare, Watertown Community Health Foundation, Jefferson Parks and Recreation, Jefferson County Health Department, and PADA to support district wellness.

### **Nutrition Standards – Fundraising and Vending Machines**

The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy which allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

The following will apply: Elementary schools will not have vending machines; the vending machines in the Middle School will have timers; vending machines at the High School will operate per the High School handbook. These guidelines shall not apply to vending machines in the teachers' lounges at district schools. The Wellness Committee will encourage a wide variety of items in vending sales and will encourage low cost healthy items.

### **Nutrition Education and Promotion**

Nutrition curriculum shall be offered as part of a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote health. Curriculum will focus on key concepts presented in standards that promote healthy eating behaviors, food safety, and nutrition for growth, health, and energy. The standards support variety, moderation, and balance in food choices, with the ultimate goal of engaging students in their education as they make healthier choices for themselves and their families.

### **Review and Evaluation**

The Wellness Committee will monitor goals and objectives for the District on an annual basis. The District's Wellness Policy will be updated as needed based on evaluation results, District changes, emersion of new health science information/technology, and/or new federal or state guidelines as issued.

**10/8/18**

## WELLNESS POLICY GUIDELINES TO HEALTHY CLASSROOM SNACKS

The School District of Jefferson Snack List was developed to provide guidance to parents in selecting healthy and nut-free snacks for sharing in the classroom.

- Snacks should not be too messy for teachers to serve in the classroom.
- Snacks should be appealing and taste good to kids.
- Please bring napkins, cups and other serving items as needed. Teachers do not have these supplies in their classroom.
- Fruits, vegetables, and healthy dips, yogurt, cheese, whole grain foods, and other healthy choices like dried fruit are preferred snack choices.
- According to new USDA guidelines, less than 35 percent of total calories should come from fat, and less than 10 percent from saturated fat.

These items are **NOT** acceptable classroom snacks:

- Peanut, almond, cashew, and other nut butters
- Home-baked goods and pastries
- Candy

**Snacks containing peanuts or nuts are not allowed.** This includes snacks containing almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, walnuts, and/or sesame seeds or foods made in a facility that processes nuts.

Items on the Healthy Classroom Snack List have been selected because, at this time, they do not contain peanut or nut products. These items **HAVE NOT** been reviewed for other major allergens. Parents (and teachers) of food allergic children are encouraged to check product labels every time to be sure that the products are free of their child’s offending allergens, free from cross-contamination, and safe for their child to eat. Checking manufacturer websites may also provide helpful information.

### HEALTHY CLASSROOM SNACK LIST

FRUITS / VEGETABLES				
<i>Fruit can be served whole, sliced, cut in half, cubed, or in wedges.</i>				
FRESH FRUITS	FRESH VEGETABLES	FROZEN FRUIT	VEGETABLES & DIPS	OTHER IDEAS
Strawberries Raspberries Blueberries Oranges Apples Grapes Melons Peaches Pears Pineapple Banana	Cucumbers Broccoli Green Beans Peppers Sugar Snap Peas Carrots Celery Veggie “Matchsticks”	Blueberries Strawberries Mangoes Melon Ball	Hummus Bean Dip Salad Dressing Salsa	Smoothies Applesauce Fruit Cups/Kabobs Canned Fruit Dried Fruit Raisins/Cranberries All Natural Fruit Rollups Fruit Salad Fruit Sorbet Fruit Juice Popsicles Veggie Pockets Fruit Leathers Soy (Edamame) Salad in a Bag Fruit Snacks Veggie Burger Fruit Platter with Low-Fat Yogurt Dip

## WELLNESS POLICY GUIDELINES TO HEALTHY CLASSROOM SNACKS

LOW-FAT DAIRY	HEALTHY GRAINS/MUNCHIES	BEVERAGES
<p><i>To protect children’s bones and hearts, make sure all dairy foods are low-fat or fat-free, such as yogurt and low-fat pudding.</i></p>	<p><i>Serve mostly whole grains which provide more fiber, vitamins, and minerals than refined grains.</i></p>	<p><i>Choose only 100% fruit juice, but limit juice to no more than 6 ounces for 1- to 6-year olds and no more than 12 ounces for 7- to 18-year olds.</i></p>
<p>Low-Fat Cheese String Cheese Low-Fat Yogurt Frozen Yogurt Low-Fat Ice Cream Low-Fat Cream Low-Fat Pudding Low-Fat Cottage Cheese Yogurt Beverages Yogurt Popsicles Reduced-Fat Milk</p>	<p>English Muffins Bagels Pita Bread Sticks Rice Cakes Flat Bread Trail Mix—No Nuts Tortillas Breakfast Cereals-Low Sugar: Chex Cinnamon Oats Bites Crispix Crispy Rice Frosted Mini Spooners Frosted Mini Wheats Frosted Shredded Wheat Life (Original/Cinnamon) Shredded Wheat Toasted Cinnamon Squares Toasted Corn or Wheat Toasted Oats Cereal Bars Nutri-Grain Bars Low-Fat Muffins Fig Newton's Gingersnaps Popcorn Baked Tortilla Chips Baked Lays, Bugles, Doritos Reduced-Fat Pringles Pretzels—Not Snyder Chex Mix Gardetto’s Reduced–Fat Crackers: Goldfish Crackers Animal Crackers Graham Crackers Saltine Crackers Wheat Thins Triscuits</p>	<p>Water Seltzer/Sparkling Water Low-Fat/Fat-Free Milk 100% Fruit Juice Vegetable Juice Yogurt Drinks Soy Drinks Rice Drinks Crystal Light Tea Without Sugar Added Fruit Flavored Water Without Sugar</p>