

School Nutrition and Healthy Lifestyle – Revision – 5/27/15

The Plymouth School District strives to contribute to the general well being, mental and physical capacity and learning ability of students. The district supports wellness, good nutrition, and regular physical activity as a part of the total learning environment. By support and promotion of good nutrition and physical activity, our schools contribute to the health of children. Improved health increases student performance potential.

The Plymouth Joint School District Board of Education has adopted this policy to promote the health and well being of all students. This policy addresses and sets goals for:

1. Nutrition Education and Wellness Promotion
2. Standards for USDA Child Nutrition Programs and All Meals Served on Campus
3. Nutrition Standards for Competitive and Other Foods and Beverages
4. Physical Education and Activity

This policy and related goals will be reviewed, evaluated, and reported to the Board of Education annually by the Superintendent, or designee. Details on each standard and related goals can be found using the Health and Wellness Weebly link from the District website.

1st Revision - May 2015

Standards of Health and Wellness

Nutrition Education and Wellness Promotion

1. The District provides current and relevant nutrition curriculum and nutrition education resources that promote behavior focused strategies for all educators and staff with assistance from Community Nutrition & Wellness Coordinator or other nutrition professional (RD). USDA, Action for Healthy Kids Wisconsin, Green and Healthy Schools Wisconsin are used as models. (Examples: Nutrition Education kits available at all elementary school libraries for teachers to check out, online Nutrition Curriculum Resource guide available by 12/2015 for all educators with promotion of behavior focused strategies)
Goal: Nutrition & Wellness Coordinator to create online Nutrition Curriculum Resource guide by 12/2015
2. Farm to School programs are integrated into existing curricula to provide interactive, experiential education activities whenever possible.
3. Each school shall establish a school garden to provide students with experiences in planting, harvesting, preparing, serving, and tasting foods, to be integrated with nutrition education per state standards.

4. Nutrition education messages from the classroom and community will be modeled in all cafeterias by offering locally-grown food whenever possible within the school meals program.
5. District supports the link between nutrition education with our school food environment by promoting and growing our school lunch partner programs and school lunch participation. (Examples: Harvest of the Month, taste testing, healthy vending, working relationship between Community Education & Recreation and Food Services, Culinary Arts Whipping Up Wellness and recipe collaboration, parent and student surveys)
6. District encourages staff to role model healthy behavior by offering a variety of staff learning opportunities. (Examples: health topic in-services and lecture series, fitness center membership encouragement, Community Education classes, Staff Wellness online site)
7. District will strive to involve students, staff, and community in promotion of healthy behaviors and current progress toward wellness goals by established methods. District will regularly solicit input and feedback from students, staff, and community through regular surveys, email, parent conferences, and representation within school committees. (Examples: school website, email, Skyward, Community Education & Recreation weekly newsletter, school events, Sneak Peek, healthy snack lists and recipes online)
8. The district promotes only healthy choices in all marketing information, signage, and graphics on campus.
9. District has a Nutrition and Wellness Committee to address ongoing health and wellness goals of our district and to develop the healthy lifestyle policy. This committee meets 3 times yearly with policy review and revision done every 2 years or as felt appropriate.

Standards for USDA Child Nutrition Programs and All School Meals

1. District will support the addition of the National School Breakfast program for schools that see this as a priority.
2. District meets or exceeds the minimum nutritional standards that are set by USDA following the Healthy Hunger Free Kids Act of 2010 *specific for each grade level* during school lunch.
3. District ensures adequate time for students to eat based on District feedback and scheduling.

4. District supports Team Nutrition behavior focused strategy: “Provide training and technical assistance to Child Nutrition foodservice professionals to enable them to prepare and serve nutritious meals that appeal to students.”
5. District strives to build school and community support for creating healthy school environments, sustainable food practices, and environmental partnerships.
6. All nutrition information for school meals will be available online or as requested.
7. Food Services will submit a yearly summary to review all factors that contribute to the development and growth of our school lunch program.

Nutrition Standards for Competitive and Other Foods and Beverages

1. District follows USDA’s current published standards on vending, ala carte foodservice, food sold as an alternative to the reimbursable meal, or other sale of food during the instructional day. (Nutrition Standards for All Foods Sold in School – USDA
http://www.fns.usda.gov/sites/default/files/allfoods_summarychart.pdf)

Guide to Healthy School Stores and Vending Machines:

<http://ne.dpi.wi.gov/files/ne/pdf/neschvend.pdf>

2. District preserves the ability for parents to send food of their choosing into the classroom for treats/birthday parties, holidays and other celebrations.
3. District supports the belief that food should not be used as a reward. Strong consideration should be given to non-food items as part of a teacher-to-student incentive program.
Guide to Healthy Classroom Choices: <http://ne.dpi.wi.gov/files/ne/pdf/neclsrnchs.pdf>
4. Free drinking water access is provided to all students, staff, and community members in all buildings as needed.
5. District supports fundraising strategies that include the sale of healthy foods and non-food as a demonstration of our commitment to promoting healthy behaviors among students, families and our community while helping meet our financial needs.
During the Instructional day – Fundraising activity for food items must follow the USDA’s Smart Snacks in Schools Program (see above)
Outside of the Instructional day – Fundraising activity for food items should include a healthy option or choice. Healthy food choice options and resource list provided as an online link to all concession coordinators.

Guide to Healthy School Fundraising: <http://ne.dpi.wi.gov/files/ne/pdf/neschfundrsg.pdf>

Physical Education and Physical Activity

1. District will provide current and relevant physical education and activity curriculum meeting DPI regulations. Curriculum is reviewed bi-annually by physical education department educators and Director of Curriculum.
2. District strives to meet DPI physical education time requirements for all students with the emphasis on regular physical activity.
 - 90 minutes of physical education per week for elementary students,
 - 100 minutes per week for middle school students (2 of 3 trimesters)
 - 225 minutes per week (3 of 8 semesters) for high school students.
3. District maintains teacher-student ratio in physical education on a school-by-school basis and reviews this annually.
4. District budgets for and provides adequate equipment and facilities for physical education.
5. Plymouth School District has DPI state certified physical education instructors.
6. District encourages and supports continuing education for physical education educators through our Professional Development process.
7. District will support written curriculum that would fulfill the needs of the students that cannot meet the current physical education requirements.
8. District supports regular physical activity breaks during the school day administered by classroom teachers for elementary and middle school grade levels.
9. Community Education and Recreation coordinates activities and classes before and after school available to all community members and students. A full list of athletics and extracurricular activities is offered to middle school and high school aged students.
Community Education and Recreation Website:
<http://www.plymouth.k12.wi.us/Schools/COM/index.html>
10. Community Education & Recreation in collaboration with school administration coordinates community use of all district facilities for physical activity outside the school day.
11. District supports recommendation that restricting physical activity is not used as a punishment.
12. District requires recess for all students in elementary schools be scheduled commensurate with broader learning targets.