

Big Foot High School Wellness Policy

The Big Foot High School District (here to referred to as the District) promotes a healthy school by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and endorsement of good nutrition and quality physical activity, our school contributes to the basic health status of our students. Improved health and general wellness by our entire school population optimize student performance potential and ensures that no child is left behind.

The Wellness Committee Chair or designee(s) will facilitate the development of and updates to the wellness policy and will ensure the school's compliance with the policy. Committee members, board members, wellness coordinator, and district administrator. Wellness committee invites anybody to be actively involved through website communication.

Name	Title	Email address	Role
Julie Lohse	School Nurse	jlohse@bigfoot.k12.wi.us	Coordinator/Parent
Shelly Chisamore	Food Service Director	smchisamore@bigfoot.k12.wi.us	Food Service Manager/Parent
Alison Krick	P.E. Teacher	alkrick@bigfoot.k12.wi.us	Building Rep.
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Jeanne Case	Agriscience/Science Teacher	jrcase@bigfoot.k12.wi.us	Building Rep.
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The District recognizes that student wellness requires a comprehensive approach. Schools cannot solve this problem alone but they do have a strategic role to play, as they are places of extraordinary influence on student behavior and the development of lifelong healthy eating and exercise patterns. With this in mind, the District shall:

The District will Support and promote proper dietary habits contributing to a student's health status and academic performance.

A. Nutrition Education and Promotion

1. It is recognized that Big Foot High School exceeds the government standards for nutrition in school meal programs and is highly ranked in the state in the number of students participating in such programs. The food service department will continue to strive to maintain these high standards and improve the students' nutrition on an ongoing basis.
 - a. School breakfast and a mid-morning snack will be available to students.
 - b. Adequate time will be provided for students to eat a healthy lunch. (The school Nutrition Association recommends at least 20 minutes for lunch from the time

the students are seated.) The District will provide a minimum of 20 minutes a day for lunch.

- c. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed USDA nutrition standards, and meet any other nutrition standards established by the District. Concessions, school stores, vending machines and school parties will promote healthy choices.
2. The District sets the following goals in an effort to enable students to establish good health and nutrition habits.
 - a. The District shall include nutrition education in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives. Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies. Nutrition education standards and benchmarks promote the benefits of a balanced diet.
 - b. The District will provide a positive environment and appropriate knowledge regarding food and beverage choices during school and at school functions. Provide a pleasant eating environment for students and staff. Enable all students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food and beverage choices for a lifetime.
 - c. The District encourages staff and students to use healthy, nutritious food and beverage choices or provide a healthy alternative when using food and/or beverages as part of the class, in a curricular-based food experience or student incentive program.
 - d. The District will ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the lunch/breakfast program to keep within the contractual obligations to the National School Lunch/Breakfast programs.
 - e. The District will encourage the practice of good nutrition by reducing the sale or distribution of foods and beverages of minimal value through planning that focuses on increasing access to nutritional foods and beverage and educates students about healthy foods and beverages.
 - f. The District shall provide the following during other school-based activities. Provide attractive, clean environments in which students eat and utilize electronic identification and payment systems, therefore, eliminating any stigma of identification of students eligible to receive free and/or reduced meals.

B. Food Service and Nutritional Quality/Standards

1. The District will do the following to enhance student health and well-being and reduce childhood obesity.
 - a. The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program. The school's

meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

- b. All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to the student a la carte.
 - c. All foods available to the students in District programs, other than the food service program, shall be served with the consideration for promoting student health and well-being.
 - d. 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.
 - e. Big Foot High School participates in USDA child nutrition programs, including the National School Lunch Program and/or School Breakfast Program.
2. The District is committed to ensuring that:
- a. 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).
 - b. All meals are accessible to all students.
 - c. Withholding food as a punishment shall be strictly prohibited.
 - d. All meals are appealing and attractive and served in clean and pleasant settings.
 - e. Drinking water is available for students during mealtimes.
 - f. Menus shall be posted on the District website.
 - g. Big Foot High School nutrition program managers and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

In addition, the District's nutrition services shall notify parents of the availability of the breakfast, and lunch, food programs and shall be encouraged to determine eligibility for reduced or free meals.

3. The District states the school campus includes all areas of the property under the jurisdiction of the school that is accessible to students during the school day.
- a. This does not include teachers' lounges or other areas that are restricted to students. The school day is defined as the time period from midnight before through 30 minutes after the end of the official school day.
 - b. Food and beverages sold on the school campus during the school day and outside of the school meal programs must be in compliance with the minimum USDA "smart snacks" nutritional standards, including all permissible exemptions. Here is the link to the "smart snacks calculator."
<https://foodplanner.healthiergeneration.org/calculator/>
 - c. In general (and when no exemption applies), such food must meet the federal "competitive food nutrient standards and at least one of the following.
4. The District is bound to the following standards of nutritional guidelines of foods and beverages in fundraising.
- a. The sale of food items that meet nutrition requirements at fundraisers is not limited in any way under standards.
 - b. The standards do not apply during non-school hours, on weekends and at off-

campus fundraising events.

- c. The standards provide a special exemption for infrequent fundraisers that do not meet the nutritional standards.

C. Food Sales Requirements

1. Vending Machines
 - a. The District will close all vending machines, which do not meet the USDA smart snack standards, from midnight the night before until 30 minutes after the end of each school day.
2. Fundraising
 - a. The building principal may allow each student organization to conduct up to two fundraisers on the school campus during the school day each school year that include the sale of food and beverage items that do not meet the nutrition standards outlined above. Each such exempt fundraiser may be for up to two weeks in duration.
 - b. No student organization shall schedule or conduct a fundraising event involving the sale of food or beverages without prior approval of the building principal.
 - c. Any approved exempt fundraiser involving the sale of food or beverages shall not occur in the food service area during the meal periods. Other foods that are offered for sale on a school campus with the advance approval of the building principal and that cannot be consumed on-site (e.g., frozen pizzas for an approved booster club fundraiser) are exempt from the nutrition standards and limitations established in this rule.
 - d. Any beverages that are not on the approved list of beverages to be sold on the school campus during the school day should not be served or distributed to students during the school day without first receiving permission from the building principal.
3. The District prohibits the use of marketing on school property that promotes unhealthy snacks and beverages.

D. The District will promote students to increase the amount of time they are engaged in physical activity.

1. The District recognizes that physical activity on a regular basis is an important component of good health. It not only improves physical and mental health but also the student's ability to learn. Big Foot High School has the potential to help students gain knowledge, skills, and confidence to enjoy a lifetime of physical activity and will do so by maintaining a quality physical education program and offering students other opportunities to engage in physical activities. All physical education classes have a fitness component included in their daily routine.
2. The District will provide all students equal opportunity to participate in physical education classes.
3. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

4. The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.
 - a. 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.
5. The District requires all students partake in graduation requirements for physical education totaling 1.5 credit hours. These requirements are met through Grade 9 Physical Education, Grade 10 physical education, and one half elective credit.
6. The District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

E. The District will promote physical activity and wellness outside of school hours.

1. The District provides all students access to the Big Foot High School recreation center before school, after school, and on weekends for all to use.
2. The Big Foot Recreation District (BFRD) **allows** students' participation in the community-based BFRD fitness and wellness offerings. Extra-curricular sports and clubs provide additional opportunities for active participation inside and outside of school hours.

F. The District will provide nutritional promotion and education through multiple opportunities throughout the students' academic career.

1. Nutrition education is offered through the physical education and health department, the science and Agriscience department, and family and consumer **sciences** department.

G. The District will complete triennial assessments

1. At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include the following:
 - The extent to which schools under the jurisdiction of the District comply with the wellness policy.
 - A description of the progress made in attaining the goals of the District's wellness policy.
 - The position/person responsible for managing the triennial assessment and contact information is located at <https://www.bigfoot.k12.wi.us/domain/182> and will be determined by the District Administrator.
 - The triennial progress report will be available on the district's website: www.bigfoot.k12.wi.us.
 - The Wellness Committee will meet quarterly during the school year.

H. Violation of Wellness Policy

1. The District Wellness Committee will review any violation of the current wellness policy and reeducate by providing information on the current policy.

I. The District will provide public notifications.

1. The District will Include public notifications on the district website:
www.bigfoot.k12.wi.us
2. The District will provide updates on the website annually.
3. The District will use social media sites for updates as needed.

J. The District will provide Farm to School Initiatives

1. The Agriscience department will use a hydroponic system to grow vegetables and herbs.
2. The Agriscience department will work with the food service department to provide school grown produce for use in meal preparation.

K. The District will promote staff wellness

1. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
2. Opportunities are provided for staff to engage in wellness activities.
3. Membership for use of exercise facilities is available to all staff in partnership with the BFRD. The BFRD offers opportunities for staff to engage in exercise classes before and after school hours.

The school administration shall provide primary oversight regarding student wellness policy compliance and implementation. The Big Foot High School Wellness Committee shall review this policy and its implementing procedures annually and make any change recommendations to the administration and the School Board.

115.34 Wisconsin Statutes

LEGAL REF.: Sections

118.01(2)(d)

118.019

118.12

118.13

118.33(1)(a)

120.13

121.02(1)(j), (k) and (L)

PI 8.01(2)(j), Wisconsin Administrative Code

Child Nutrition and WIC Reauthorization Act of 2004 [Section 204 of PL 108-265)

APPROVED: February 19, 2018