

Health and Wellness Promotion (School Wellness) Rule

To promote the health and well-being of district students, the District has adopted the following wellness goals:

Physical Education Activity and Nutrition Education Goals:

- The District shall equip all students with the knowledge, skills and opportunities necessary to make sound physical fitness and nutritious food choices for a lifetime. To support those efforts, the District shall:
- Provide age appropriate instruction to all students with the knowledge, skills and opportunities necessary to make nutritious food choices for a lifetime.

Specific Nutrition Education Goals:

By the end of the each student's 7th and 9th grade year, they will have received nutrition education in accordance with the state of Wisconsin nutrition standards.

By the end of each school year, the School District of Thorp will use visual representations to reflect the food groups served for each meal.

- Ensure that students maintain or increase their current level of fitness by participating in activities that promote healthy active lifestyles. Staff members will promote participation across curriculum areas both within and outside of school by providing opportunities for students to be active throughout the school day.
- Promote physical activity by offering physical education in accordance with DPI requirements. The School District of Thorp will promote supervised physical activity outside of the school day by utilization of the district fitness center.

Specific Physical Activity Goal:

By the end of each school year, The School District of Thorp's Physical Education Department will utilize a "non-competitive health-related fitness assessment based on the scientifically established Healthy Fitness Zone® standards" to establish a baseline of individual physical fitness, set goals and measure progress.

Nutrition Guidelines, Promotion and Marketing

- No District official, employee, or agent shall prospectively authorize or allow the marketing of any foods or beverages on a school campus during the school day (including before school and 30 minutes after the close of the instructional day for students) that do not meet the minimum federal nutritional standards for foods and beverages that are sold to students outside of the meal program.

- All food sold outside of the school meal program on campus during the school day, as defined by the guidelines, must be in compliance with the minimum USDA “Smart Snacks” nutrition standards, including all permissible exemptions. In general (and when no exemption applies), such food must meet the federal “Competitive Food” nutrient standards.
- On campus during the school day, the District permits only the sale of those beverages that are allowed under applicable federal nutrition standards as outlined by Smart Snacks in a Nutshell. See attached standards.
- The School District of Thorp will apply evidence-based, simple, low-cost changes that encourage students to make healthy choices through:
 1. Creatively naming fruits, vegetables, and target entrees.
 2. Training staff
 3. To promote students to select fruits and vegetables
 4. Offering farm to school activities
 5. Including nutrition and health signage or displays in the cafeteria, dining areas, classrooms and hallways.
 6. Offering information to families about health, nutrition, and tips for planning nutritious meals.
- **Special Fundraiser Exemption and sales:** The building Principal may allow each student organization to conduct up to two fundraising events on school campus during the school day each school year that include the sale of food and/or beverage items that do NOT meet the nutrition standards referenced above. Each exempt fundraiser may be for up to two weeks in duration. No organization shall schedule or conduct a fundraising event involving the sale of food or beverage without the prior consent of the principal. Approved exempt fundraiser involving food or beverage shall NOT occur in the food service area during meal periods. Any beverages not meeting Smart Snacks in a Nutshell criteria should not be served or distributed to students during the school day without first receiving permission from the building principal.

Wellness Plan Implementation, Reports and Other Communication

The School District of Thorp’s wellness committee will meet quarterly to address the following:

- The extent to which the District and schools are in compliance with the Wellness plan
- A description of the progress made in attaining the goals of the Wellness Plan.
- A statement of any recommended changes to the District Wellness Plan, or a statement that no specific changes are recommended, shall be forwarded to District-level consideration and possible District-level of approval.

To support Wellness in the community, the School District of Thorp will post the annual Wellness Committee meeting for public participation in the same manner that School Board meetings are posted and an annual report is submitted for School Board approval at the next regularly-scheduled School Board meeting. The entire policy will be reviewed in March of 2022 and every three years after.

Wellness Policy Committee:

Physical and Health Education

Physical Education

Family and Consumer Education

Wellness committee member

Food Service Director

Director of Student Services, Committee Chair

Board member/community member

Elementary/Middle School Principal

High School Principal/Athletic Director

Community members

Student Council President

Quarterly meetings: September, January, March, May

Wellness Leaders: Superintendent of Schools and Director of Student Services

USDA Nondiscrimination Statement and Complaint Information:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (866) 632 9992. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD3027) or found on line at : http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form or letter to USDA by:

Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Ave. SW
Washington, D.C. 20250-9410

Fax: (202) 690 7442

Email: program.intake@usda.gov

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