ADMINISTRATIVE POLICY 4.07
STUDENT NUTRITION & WELLNESS POLICY

(1) HEALTHY SCHOOL ENVIRONMENT

(a) The following Wellness Policy was developed in response to the passage of the Child Nutrition and WIC Reauthorization Act of 2004 (PL108.265 Section 204), that requires each Local Education Agency (LEA) to have a local wellness policy in place by June 30, 2006. This policy reflects a coordinated effort and commitment from child nutrition professionals, school nurses, parents, school and district leaders and community representatives. This policy also recognizes that schools have the unique opportunity to influence the nutritional, mental wellness, and physical activity behaviors of the nation's children.

(b) This policy is intended to reflect the district's adherence to the nutritional guidelines implemented by the United States Department of agriculture (USDA), pursuant to the Healthy, Hunger-Free Kids Act of 2010, as they relate to the National School Lunch Program, the School Breakfast Program, and all foods sold in schools.

(c) It is the goal of the Milwaukee Public School district to make a significant contribution to the nutritional intake – physical fitness, and mental wellness of each student by providing a school environment that enhances learning and development of lifelong wellness practices. At the center of a thriving school is a healthy, resilient, successful learner. The district recognizes that a carefully implemented school wellness policy will improve the health and safety of all members in the school community and improve the academic achievement of students. Schools must actively promote positive, motivating, wellness messages to reinforce the importance of personal health and wellness.

(2) DEFINITIONS

This policy and its accompanying procedure shall use the following definitions:

(a) School day: The period from the midnight before to 30 minutes after the end of the instructional school day.

(b) School campus: All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

(3) NUTRITION EDUCATION

The district recognizes that nutrition education is fundamental to promoting lifelong healthful eating habits. The entire school environment, not just the classroom, shall be aligned with healthy goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. All students in prekindergarten through grade 12 shall receive standards-based nutrition education and health education, including age-appropriate nutrition instruction. Nutrition education will incorporate lessons helping children acquire skills for reading food labels and menu planning. Nutrition education will teach the skills students need to adopt healthy eating behaviors throughout their life-cycle, as referenced in Administrative Policy 7.06.

(4) NUTRITION GUIDELINES FOR USDA NUTRITION PROGRAMS AND SCHOOL MEALS

(a) The Board shall be responsible for providing meals without cost through the United States Department of Agriculture (USDA) Community Eligibility Provision; through this provision all students eat free. During each school day, the Department of Nutrition Services shall offer breakfast and lunch under the nutritional guidelines of the USDA's child nutrition programs. The district shall protect the privacy of all students regardless of their eligibility status under these programs, be it free or reduced-priced meals. The school nutrition program shall enhance student performance and assist in closing the academic achievement gap.

(b) The district will strive to make the cafeteria a pleasant environment for meals. Schools are encouraged to permit all full-day students a daily lunch period of not less than 20 minutes. Students shall participate in taste testing of healthy new foods being introduced on the menu and are encouraged to provide feedback. Students in pre-kindergarten through grade 12 are not permitted to leave school during the lunch period with the exception of students in work-study programs.

(c) The Department of Nutrition Services shall have documentation on file signed by a medical authority for students with dietary restrictions for whom they are making menu modifications according to USDA's meal pattern requirements. The Special Dietary Needs form shall be available on the school nutrition website in English, Spanish and additional languages.

(d) Annual professional development shall be provided for the food and nutrition services staff in accordance with USDA Professional Standards.

(e) All menus and carbohydrate counts for school meals shall be available to students, staff, and parents on the school nutrition website. Additional information (e.g. calories, saturated fat, sodium, sugar) shall be available upon request.

(f) Potable drinking water shall be provided to all students at no charge in the cafeteria during the meal service, with considerations to USDA and local health department requirements.

-(-5) NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES (SMART SNACKS)

(a) All foods and beverages sold to students on the entire school campus throughout the school day will comply with the USDA's Smart Snacks: "All Foods Sold in Schools" Standards. Individual schools are strongly encouraged to use nonfood-related incentive programs, and/or food items consistent with the Smart Snacks Standards, as referenced in Administrative Procedure 4.07.

(b) Schools are strongly encouraged to follow the USDA Smart Snacks standards for all foods and beverages provided in before- and after-school activities.

(c) Schools are strongly encouraged to follow the USDA Smart Snacks standards for all foods and beverages provided in class activities (e.g. parties, PBIS, special events)

(-6) PHYSICAL ACTIVITY

To meet the recommended 60 minutes of daily physical activity for children all MPS schools will provide every student, on a daily basis, with multiple opportunities to be physically active. These opportunities will include:

- Daily recess, (recommended 20 minutes before lunch)
- Physical education classes, taught by a licensed teacher
- Resources for classroom activity breaks are provided to all teachers including GoNoodle, Brain Breaks, and mConnect Classroom Physical Activity Resource Page
- Extracurricular/before- and after-school programs, and
    - o Camps
    - o Day Care Centers
    - o Community Learning Centers (CLC)
    - o Recreation Activities

-(a) Physical Activity, Curriculum, Continuing Education, and Participation

1. The physical education curriculum for grades K-12 will be aligned with established national physical education standards and teach students skills needed for lifelong wellbeing. The school district's comprehensive, standards-based physical education curriculum identifies the progression of skill development in grades K-12.

2. Unless otherwise exempted, all students will be required to engage in the District's physical education program. The school district discourages students from substituting other school or community activities for physical education class time or credit in place of required physical education.

3. Physical activity cannot be used as a punishment.

4. Any physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects.

5. The school district shall also provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.

(b) Community Engagement

1. Community exercise stations are provided at select MPS schools for families and community members. Schools participating in the Green and Healthy School initiative have playgrounds being redeveloped to encourage community wellness.

2. Schools are encouraged to develop joint-use agreements in order to provide physical activity opportunities for community members at the school.

3. The district promotes walking and biking to school, which includes pedestrian safety lessons and a partnership with the Wisconsin Bike Federation.

(7) MENTAL WELLNESS

Mental wellness is the continual process of learning to cope effectively with the range of experiences that one encounters in life, create meaningful relationships, and make positive and healthy choices to support their overall well-being. Schools that promote student mental health and wellness can improve classroom behavior, school engagement and peer relationships, which are all factors connected to academic success. Schools are in the unique position to have a broad, positive impact on student mental wellness by facilitating education, prevention, and early intervention efforts.

Mental wellness activities are infused into a tiered system of support in which all students have access to foundational wellness practices, including intentional relationship and community building, social and emotional skill instruction, and mental health education. Students also have access to early and targeted support through our school-based mental health staff (including school counselors, psychologists, and social workers) such as intervention planning teams, social skills instructional groups, cognitive behavioral interventions, and other supportive services. The School Community Partnership for Mental Health connects a growing number of schools with agency partners, providing for a therapist onsite to help address mental health needs of students.

(8) OTHER SCHOOL-BASED ACTIVITIES

After-school programs — including, but not limited to, Community Learning Centers, clubs, camps, day care, tutoring, and recreation activities — will encourage physical activity and healthful habit formation. School wellness policy goals are also to be considered in planning all school-based activities (such as school events, field trips, fundraisers, dances, and assemblies). Whenever possible, fundraising activities should demonstrate the district's commitment to promoting healthy behaviors and improving personal wellness. Selling nutritious foods reinforces nutritional messages taught in classrooms and lunchrooms. Support for the health of all students is demonstrated by hosting health clinics and health programs.

(9) WELLNESS PROMOTION AND MARKETING ACTIVITIES

(a) This Policy is to be followed in planning all school-based activities (such as school events, field trips, fundraisers, and student assemblies) on the school campus throughout the school day.

(b) Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for all "Foods Sold in Schools".

(c) In the presence of students all school staff will model healthy, eating and drinking behaviors, especially during the meal service.

(d) Withholding food and/or physical activity shall not be used as - punishment by any school staff members.

(e) All schools will promote healthy food and beverage choices as well as physical activity. Examples may include bulletin boards, posters, vending machine wraps, cafeteria banners, parent newsletters, school websites, health fairs, and/or family related food and fitness activities.

(10) IMPLEMENTATION

(a) The Superintendent or her/his designee is charged with the timely and effective implementation of the wellness policy.

(b) The Department of Nutrition Services is charged with monitoring and maintaining school meal nutritional standards per USDA requirements and will work to improve healthful, fresh menu choices for students.

(c) School leaders are expected to promote student nutrition and wellness by promoting a healthful school environment, promoting nutrition education, fully supporting school breakfast and lunch programs, and ensuring adequate physical activities for students. It is the school leader's responsibility to ensure compliance with all federal, state, and local regulations pertaining to the sale of food and beverages in school, including vending machines, fundraisers, and advertising according to the standards described in Administrative Procedure 4.07.

(d) Each school is hereby mandated to establish a school health and wellness team to implement this wellness policy.

1. When creating a school health and wellness team, the school leader shall appoint an administrator, teachers, support staff, parents community representatives and students. The school leader shall submit the membership list of the committee to the Superintendent or her/his designee.
2. Each school health and wellness team will discuss the wellness policy quarterly. The school health and wellness teams will conduct a review of their respective schools to identify areas for improvement in physical education, physical activity, nutrition, and physical and mental health services. These groups will report their findings to the school principal and develop with him/her a plan of action for improvement.
3. The plan of action will be forwarded to the Superintendent or his/her designee on an annual basis for monitoring the district-wide implementation of the wellness policy.

(e) The district will evaluate the Wellness Policy no less than once every three years. The Administration shall present a report to the Board on the extent to which the district is in compliance with the policy, progress made in attaining goals of the policy, and how the policy compares to a model policy. The triennial wellness policy assessment will be made available to the public on the district website.

(f) The Milwaukee Board of School Directors shall serve appropriate notice to the public if it intends to consider revisions to this policy. The current version of Administrative Policy 4.07 is available to the public on the district's website.

(12) NON-DISCRIMINATION

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color,

national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/ad-3027.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: 1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or 2. fax: (833) 256-1665 or (202) 690-7442; or 3. email: Program.Intake@usda.gov

This institution is an equal opportunity provider.

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Legal Ref. Child Nutrition and WIC Reauthorization Act of 2004 - PL108.265, Section 204

Cross Ref.:

Admin. Proc.	4.05	School Nutrition Management
Admin. Policy	4.06	Vending Machines
Admin. Proc.	4.07	Student Nutrition & Wellness Procedures
Admin. Policy	7.06	Health Education
Admin. Policy	7.07	Physical Education
Admin. Proc.	7.07	Physical Education
Admin. Proc.	7.22	School Fund-raising Activities
Admin. Policy	9.08	Advertising in the Schools
Admin. Policy	9.11	School Governance Councils

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