

**MOUNT HOREB AREA SCHOOL DISTRICT  
WELLNESS**

**POLICY #458**

The health and wellness of our children is a national concern that requires attention from many different stakeholders, including government, industry, local communities, and families, but schools also play an essential role since they are so influential in people's lives from a very young age and for many years. Therefore, it is important that school leaders have policies, addendums, and standards that support efforts to provide opportunities for healthy eating and ample physical education, role models for healthy choices, and education so that students learn to make healthy choices for their own lives.

The Mount Horeb School District recognizes the link between good nutrition, adequate physical activity, and academic success. The wellness policy in accordance with the federal law under Section 204 of the Healthy, Hunger-Free Kids Act of 2010 consists of the following addendums:

- I. A commitment to Wellness.
- II. Quality school meals.
- III. Healthy options for parties, fundraising, vending and other school events.
- IV. Healthy eating environment.
- V. Physical and nutritional education and other physical activity.
- VI. Promoting healthy choices.
- VII. Implementation and evaluation.

This policy and addendums will be reviewed annually by the Wellness Committee.

LEGAL REFERENCE:

CROSS REFERENCE:

ADOPTED: June 19, 2006

REVISED: December 3, 2012

REVIEWED:

**MOUNT HOREB AREA SCHOOL DISTRICT  
WELLNESS ADDENDUM I**

**A Commitment to Wellness**

- A. The Mount Horeb Area School District (MHASD) is committed to a wellness committee consisting of the district medical advisor, child nutrition director, district nurses, physical education and health educators, an administrator, a board member, parents, students and other interested staff participants who will address nutrition and physical activity issues and will develop, implement and evaluate policies and addendums that support a culture of wellness for Mount Horeb Area School District.
  
- B. The MHASD is committed to a culture of wellness that creates an environment that encourages healthy behaviors in staff and students. Healthy behaviors may relate to physical fitness, food/beverage consumption, mind-body integration, mental health and social connection. These ideals will shape curriculum, co-curricular activities, staff wellness programs, child nutrition services, health services, work environment and district administration.
  
- C. The MHASD is committed to physical and nutrition education, and opportunities for physical activity throughout the district for students.
  
- D. The MHASD is committed to promoting staff wellness and healthy behaviors throughout the district for staff.
  - 1. Staff will be educated on the importance of modeling healthy choices to their students and colleagues.
  - 2. The district's nurses will offer free blood pressure screenings, and assessment or information about other health concerns for staff as requested.
  - 3. The district's Health Services Team along with the Director of Student Services will provide information on resources and supports for stress management and mental health concerns at the request of individual staff or based on an identified need.
  - 4. Staff flu shots will be offered annually

**MOUNT HOREB AREA SCHOOL DISTRICT  
WELLNESS ADDENDUM II**

**Quality School Meals**

- A. The Mount Horeb Area School District Nutrition Department will offer meals, snacks and ala carte items that meet or exceed federal, state and local nutrition requirements and offer menu choices that are healthy, tasty, attractive, and served at an appealing temperature.
- B. School nutrition staff that is properly qualified according to current professional standards will administer the District's School Nutrition Programs. All staff will be encouraged to participate in professional development activities.
- C. All food safety, food preparation, and service shall comply with the Wisconsin Food Code. Food safety, including adherence to a department Hazardous Analysis Critical Control Points (HACCP) plan, will be emphasized at all school sites. All food service staff will receive sanitation training on a regular basis. School sites will be inspected by a licensed sanitarian per state and federal guidelines. For the safety and security of the food, facility access to the food service operations is limited to Child Nutrition Staff and authorized personnel.
- D. School nutrition staff will provide special diet accommodations per district policy and state and federal statutes.
- E. Schools will make every effort to eliminate any social stigma attached to, and prevent overt identification of, students who are eligible for free and reduced-price school meals. Every effort will be made to inform families of federal meal program eligibility guidelines. Free and reduced price meal applications are available online, in each school office and at registration.
- F. Schools will provide an adequate amount of time for students to eat school meals and will schedule lunch periods at or near mid-day. The National School Nutrition Association recommends at least 20 minutes for lunch from the time the students are seated.
- G. Students will be given the opportunity to provide input on local, cultural, and ethnic food favorites of the students. Students will be encouraged to taste test new foods periodically.
- H. Milk break is recommended to be scheduled 1-½ to 2 hours before or after lunch at K-5 school sites.
- I. Efforts will be made by the Food Service Director to offer fresh fruits and/or vegetables daily and the Food Service Director will make efforts to buy locally grown produce when feasible.
- J. As schools are built or remodeled, an attempt will be made to update kitchen facilities so that they are not a barrier to providing healthy, appetizing foods.

- K. Families will be informed of the availability of nutrition break when applicable. A notification of the availability of nutrition break will be relayed just prior to or at the beginning of the school year and sent to each household with free and reduced price meal information for the new school year. Reminders regarding the availability of nutrition break will be in newsletters and posted on the school website.

MOUNT HOREB AREA SCHOOL DISTRICT  
WELLNESS ADDENDUM III

Healthy Food Options for Classrooms, Parties, Fundraising, Vending and Other School Events

- A. Recommendations for food and beverages offered through classroom activities, parties, celebrations and social events during the school day will be developed and provided to families and school staff. These guidelines will use the Institutes of Medicine (IOM) nutrition standards.
- B. The availability to students of food and beverages of minimal nutritional value shall be limited. MHASD recognizes that as children get older, they will be faced with food choices and the opportunity to educate on good choices exists within the school setting and will allow for food decision making to increase with age.
  - 1. Food in the classroom:
    - a. Snacks. Snacks should be provided by families for their own student to ensure that parents have the opportunity to provide healthy snacks and avoid potential food allergy exposures. Snack ideas for the classroom should include healthier choices such as fruit, vegetables, whole grains or complex carbohydrates.
    - b. Grades K-5. Parties and seasonal celebrations offered by the school or classroom teacher will encourage alternatives to food as the focus of the lesson or celebration. Individual teachers have the authority to regulate food-based activities within their classrooms. Families will be encouraged to participate by providing non- food activities. Ideas will be shared with teachers and families. If foods are shared, peanuts/nuts will be avoided due to the significance of allergies.
    - c. Grades 6-12. Parties and seasonal celebrations offered by the school or classroom will encourage alternatives to food as the focus of the lesson or celebration. All curricular areas, including Family and Consumer Sciences (FACS) classes, will focus on lessons of foods with nutritional value and comply with the school district's Life Threatening Allergy Policy #453.61.
  - 2. Vending machines available for students and public:
    - a. K-5. None
    - b. Grades 6-12. Machines will not be used during the lunch period. Foods or beverages will meet IOM guidelines.
    - c. Staff. Machines may be available to staff in non-public areas.
  - 3. Fundraising activities will be regulated by the building principal and activities director.
  - 4. Concessions sold outside the school day will include a variety of health food options.
- C. The use of food as a reward is discouraged; and the withholding of food as a punishment is prohibited.

**MOUNT HOREB AREA SCHOOL DISTRICT  
WELLNESS ADDENDUM IV**

**Healthy Eating Environment**

- A. Lunch periods will be scheduled at or near mid-day.
- B. Dining areas are attractive and have enough space for seating all students. Competing foods such as vending machines will not be available at lunch time.
- C. Students have access to free drinking water at meal times.
- D. Students have access to hand washing or hand sanitizing before they eat meals and snacks.
- E. Students will be educated about the negative impact about sharing foods and beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

MOUNT HOREB AREA SCHOOL DISTRICT  
WELLNESS ADDENDUM V

Physical and Nutrition Education and Other Physical Activity

- A. Physical/Health Education will include the importance of daily lifelong activities and how to modify activity to allow for lifelong participation.
1. Differentiation for individual student abilities will be facilitated by the PE/Health teachers.
  2. PE/Health curriculum from grades K-12 will include the following:
    - Instruction in Health and Exercise Physiology.
    - How the body is affected by exercise and nutrition.
    - Instructions of lifelong sports and lifestyle activities.
    - The effects of obesity and the importance of a lifelong commitment to daily activity.
    - Promotion of student exercise activity beyond the school day.
    - Assessment of physical fitness will occur and be shared with students and families.
  3. Physical/Health education will involve sharing information with families and the broader community to positively impact students and the health of our community in the following ways:
    - School resources for health and physical activity will be available to families and the community on the MHASD website and will be included in school newsletters when appropriate.
    - Information will be provided to students and families to promote physical and nutritional education throughout the school year.
- B. Nutrition education will include basic health information and the connection of nutrition and activity to promote wellness.
1. Nutrition education will align with current research, state standards and federal guidelines and be consistent with the MHASD Wellness Policy.
  2. Nutrition education in the MHASD is integrated across the curriculum and extended school activities in the following ways:
    - Coordinated learning activities between health and physical education, Family and Consumer Science,(FACS), and across grade levels.
  3. Nutrition education information will be reviewed by the Director of Curriculum who may consult with the Food Service Director, health services team and a team of teachers.
  4. Staff responsible for physical/nutrition education will receive the appropriate training to deliver lessons to students.
- C. Physical activity will be encouraged daily through physical education classes, recess, movement that is integrated throughout the school day or organized athletic teams at the K-12 level.
1. Opportunity for movement breaks beyond PE and recess will be promoted and encouraged by administrators.

**MOUNT HOREB AREA SCHOOL DISTRICT  
WELLNESS ADDENDUM VI**

**Promoting Healthy Choices**

The MHASD is committed to a culture of wellness that creates an environment that encourages healthy behaviors in staff and students. The MHASD will therefore be cognizant of these factors when promoting any goods and services within the school district. This environment includes not only the culture of our school day, but our buildings and grounds and all student activities. The MHASD recognizes the impact and influence advertisement has on the healthy choices students and staff make each day.



MOUNT HOREB AREA SCHOOL DISTRICT  
WELLNESS ADDENDUM VII

Implementation and Evaluation

- I. A commitment to Wellness.
  - A. The Superintendent with the assistance of district office administrators, Principals and Wellness Committee will ensure compliance with the established wellness policy and addendums.
  - B. The addendums will be reviewed by the Wellness Committee on an annual basis.
  - C. Staff will be encouraged to consume healthy beverages and food in classrooms and during student contact.
    1. Building Principals will include the Wellness Policy and Addendums III and VII in the staff handbooks.
    2. District office building administration will model and adhere to the Wellness Policy by:
      - Offer healthy choices when providing food at staff events.
      - Model and remind staff that personal food and beverages in the classroom is discouraged.
  - D. The School District's RNs will offer free blood pressure screenings, and assessment or information about other health concerns for staff as requested.
    1. The School District's RNs are available for the above concerns from staff.
  - E. The School District's RNs along with the Director of Student Services will provide and promote the Employee Assistance Program along with other supports for stress and mental health.
  - F. Staff flu shots will be offered annually.
    1. The School District's RNs will schedule and organize the staff flu shot clinic every fall.
- II. Quality school meals.
  - A. The Food Service Director will ensure that addendums are in compliance within school food service areas as stated in Addendum II.
  - B. The Food Service Director will ensure that records are kept on kitchen staff development, food temps, production, and food purchases so that changes and trends can be tracked yearly.
- III. Healthy-options for parties, fundraising, vending and other school events.
  - A. K-5 Building Principals will share with teaching staff the guidelines for classroom parties and celebrations.
    1. The Wellness Policy and Addendum III will be added to the Early Learning Center, Primary Center and Intermediate Center staff handbooks.
    2. K-5 teachers will annually share guidelines for school/classroom sponsored parties and celebrations with parents. These lists of ideas will be provided by the Health Services Team.

- B. Middle School and High School Building Principals will share with teaching staff the guidelines for class parties and celebrations.
    - 1. The Wellness Policy and Addendum III will be added to the Middle School and High School staff handbooks.
    - 2. The Middle School and High School principals will ensure FACS cooking curriculum will comply with Addendum III. B. C. and D.
  - C. The Building Principal and Food Service Director will approve any and all student and public vending machine items.
  - D. The Superintendent, Building Principal and Assistant Principal in charge of Co-Curricular Activities must approve any fundraiser offered by an organization for sales within their school building.
- IV. Healthy eating environment.
- A. The Food Service Director will ensure that addendums are in compliance within school food service areas as stated in Addendum IV.
- V. Physical and Nutrition education and physical activity.
- A. Nutrition Education will be assessed by pretesting and post testing concepts of health and nutrition in district health courses with goals to improve student nutritious habits and to differentiate nutrition instruction for students.
  - B. Students in Physical Education classes will be assessed in several areas of physical fitness with goals to promote and increase student physical activity and differentiate instruction for students in physical education.
  - C. Data from student assessments will be used to develop and evaluate student programs that promote health and nutritious habits.
- VI. Promoting Healthy Choices.
- The MHASD will be cognizant of the Wellness Policy when promoting any goods and services within the School District.