



Book	Policy Manual
Section	Policies-Board Review
Title	WELLNESS
Code	po8510-FINAL
Status	

8510 - **WELLNESS**

As required by law, the Board for the School District of Greenfield establishes the following wellness policy.

Policy Preamble

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and their ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Students' healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition choices to:

- A. promote nutrition education through curriculum and health education programs with the objective of improving students' health;
- B. improve the health and well-being of our children, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits;
- C. promote nutrition guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the objective of promoting student health;
- D. provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active lifestyle;
- E. promote the health and wellness of students and staff through other school based activities.

Wellness Policy Leadership

The Superintendent shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy and is authorized to designate a staff member or members with responsibility to assure that wellness initiatives are followed in the District's schools.

Required Public Involvement

The Superintendent shall obtain the input of District collaborators to participate in the development, implementation, and periodic review and update of the policy. The collaborators may include parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, Board members, members of the public, medical/health care professionals, and other school administrators. School-level health advisory or wellness committees may assist in the planning and implementation of these Wellness initiatives. The Wellness Advisory Committee will meet tri-annually to evaluate local wellness policy goals and objectives.

Nutrition Standard for All Foods

The District is committed to serving healthy meals to our students. 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.

School Meal Programs

Standards and Guidelines for School Meal Programs

- A. All meals meet or exceed current nutrition requirements established by the USDA and the Healthy Hunger-free Kids Act of 2010. (<https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart>).
- B. Free drinking water is available for students and staff from drinking fountains during mealtimes and throughout the day.
- C. All schools in the District participate in USDA child nutrition programs, including National School Lunch Program (NSLP) and School Breakfast Program (SBP).
- D. All meals are accessible to all students.
- E. Withholding food as a punishment shall be strictly prohibited.
- F. All meals are appealing and attractive and served in clean and pleasant settings.
- G. Students are provided at least ten (10) minutes to eat breakfast and at least fifteen (15) to eat lunch after being seated.
- H. Menus shall be posted on the District website and will include nutrient content.
- I. All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.
- J. The District protects the privacy of students who qualify for free and reduced meals using prepaid payment methods and personal pin numbers.

School Meal Program Participation

The District:

- A. shall notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals;
- B. shall allow students the opportunity to provide input on menu items;
- C. shall restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings;
- D. applications for free and reduced meals are sent home at the beginning of each year and are available on the District website.

Standards for Foods and Beverages Sold Outside of School Meals

- All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools A. (Smart Snacks) rule. <https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>.

Foods Offered/Provided but Not Sold

- A. The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Non-food celebrations will be promoted and a list of ideas is available.
- B. Before and after school programs will be encouraged to offer healthy snacks.

Fundraising and Marketing

- 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 (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.
- B. The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two (2) exempt fundraisers per student organization per school year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day or 30 minutes after the school day ends.

Nutrition Education

- A. Staff shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects as appropriate.
- B. The primary goal of nutrition education is to influence students' lifelong eating behaviors.
- C. Schools shall provide nutrition education that students develop lifelong healthy eating behaviors.
- D. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to promote health.
- E. Nutrition education shall be offered in the cafeteria as well as the classroom with coordination between the foodservice staff and teachers.
- F. Nutrition education shall include enjoyable, developmentally appropriate, and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
- G. Nutrition education posters, may be displayed in the cafeteria.
- H. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
- I. Nutrition education shall extend beyond the school and classroom by engaging and involving families, community, and the school's food service staff.
- J. School gardens and nutrition instruction are encouraged as part of the academic curriculum.
- K. Nutrition education should encourage education about agriculture, gardening, and food systems.

Nutrition Promotion

- A. The District is committed to providing a school environment that encourages students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.
- B. School nutrition services shall use the Wisconsin Team Nutrition Meal Appeal Self-Assessment (dpi.wi.gov/sites/default/files/imce/wisconsin-school-meals-rock/files/meal-appeal-self-assessment.pdf) to determine ways to improve the school meals environment.
- C. School nutrition services shall purchase at least one (1) locally grown/produced products each year.
- D. School nutrition services shall offer students school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden-produced foods.

Physical Activity

- A. The District shall provide students with age and grade-appropriate opportunities to engage in physical activity.
- B. Physical activity during the school day shall not be withheld or assigned as punishment. Participation on sports teams may be exempt from this rule if related to failure to meet WIAA or other school codes, e.g., academic or attendance requirements.
- C. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- D. All students in grades K-5 shall be provided with a daily recess period at least twenty (20) minutes in duration. Recess shall not be used as a reward or punishment.
- E. Outdoor recess shall be offered weather permitting.
- F. Recess monitors/teachers shall encourage students to be active during recess.
- G. District facilities shall be made available to students and community members per facility use guidelines.
- H. The District shall support active transport to and from school by engaging in the following activities:
 - 1. Secure storage facilities for bicycles (e.g., bike racks, shed, fenced area).
 - 2. Crossing guards are used.
 - 3. Crosswalks exist on streets leading to schools.
- I. Instead of using food as a reward, classrooms may consider physical activity as an alternative, examples may include outdoor play time, walks, or outdoor games.

Physical Education

- A. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.
- B. All District elementary students in each grade shall have physical education a minimum of three (3) times per week.
- C. All District middle school students are required to take the equivalent of one (1) academic year of physical education.
- D. All-District high school students are required to receive at least 1.5 credits of physical education prior to graduation unless the District allows for the substitution of 0.5 credit per Policy 5460 - Graduation Requirements.
- E. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
- F. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge and attitudes necessary to engage in lifelong, health-enhancing physical

activity.

- G. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- H. The District provides competitive and non-competitive sports teams for students in grades 6-12 which encourage lifelong physical activity.
- I. All physical education classes are taught by licensed teachers who are certified to teach physical education.
- J. Physical education staff shall receive professional development on a yearly basis.

Other Activities That Promote School Wellness

- A. The District encourages family-focused events supporting health promotion (e.g., health fair, nutrition/physical activity open house) each year.
- B. The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being.
- C. As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.
- D. Students shall be allowed to bring and carry throughout the day approved water bottles.
- E. Staff is strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum

Staff Wellness

The District will implement the following activities below to promote healthy eating and physical activity among school staff.

- A. Distribution of an employee health newsletter to promote healthy behaviors.
- B. Administration of flu shots at school through the Workplace Clinic.
- C. Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.
- D. District staff have free access to the Workplace Clinic and fitness center during hours of operation.

Community Engagement

- A. The District shall work with community partners, including local law enforcement and health department officials to support District wellness.
- B. The District shall actively inform families and the public about the content of and any updates to the policy through the District website.

Additional Strategies for Consideration:

- A. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- B. The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.
- C. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
- D. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

- E. Students with negative balances will be provided with a reimburseable meal without stigma, regardless of status or eligibility.

Furthermore, with the objectives of enhancing student health and well being the following guidelines are established:

- A. In accordance with Policy 8500 - Food Services, 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.
- B. As set forth in Policy 8531 - Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

All foods available on campus during the school day shall comply with the current USDA nutrition guidelines, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations.

- C. The school shall prepare and distribute to staff, parents, and after-school program personnel a list of snack items that comply with the current USDA nutrition guidelines.
- D. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- E. All food service personnel shall receive pre-service training in food service operations.
- F. Continuing professional development shall be provided for all staff of the food service program.

Monitoring and Evaluation - Triennial Assessment

- A. The District will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy, progress towards meeting policy goals, and how the policy compares to a model policy, as established by the USDA. The District will use the Wisconsin Local Wellness Policy Triennial Assessment Report Card to fulfill the triennial assessment requirement. The results of the triennial assessment will be made available to the public.
- B. The District wellness policy will be updated as needed based on evaluation results, District changes, emersion of new health science information/technology, and/or new Federal or State guidance are issued.
- C. The District will actively inform families and the public about the content of and any updates to the policy through the District website.

Nondiscrimination Statement

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.

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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. E-mail:
program.intake@usda.gov.

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Legal	42 U.S.C. 1751 et seq.
	42 U.S.C. 1771 et seq.