

Linn J4 School District Wellness Policy

Linn J4 School District (hereto referred to as Linn J4) is committed to the optimal development of every student. Linn J4 believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines Linn J4's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

School Meals

Linn J4 is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. Linn J4 participates in USDA child nutrition programs, including the National School Lunch Program (NSLP). Linn J4 offers school meals through Lake Geneva J1 school district. Meals are transported to Linn J4 daily.

- All school meals are accessible to all students.
- Linn J4 offers reimbursable school meals that meet USDA nutrition standards.
- Drinking water will be available to all students throughout the school day, including during mealtimes.
- Students will be allowed at least 15 minutes to eat lunch, counting from the time they have received their meal and are seated.
- All school nutrition program staff has been trained on safe food handling practices.
- All foods offered at school will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school, such as special celebrations.
 - Linn J4 will provide a list of healthy party ideas and snacks to parents and teachers, including non-food celebration ideas (see the link on the school's website);
 - Linn J4 will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards (see the link on the school's website); and
 - Linn J4 will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
- Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Linn J4 will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Nutrition Education

- All school meals are accessible to all students.
- Linn J4 aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.
- Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the Wisconsin Model Academic Standards for Nutrition. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.
- Linn J4 teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. Linn J4 will include in the health education curriculum the following essential topics on healthy eating:
 - Food guidance from MyPlate
 - Reading and using USDA's food labels
 - Balancing food intake and physical activity
 - Food safety
 - Social influences on healthy eating, including media, family, peers, and culture
 - How to find valid information or services related to nutrition and dietary behavior
 - Resisting peer pressure related to unhealthy dietary behavior
 - Influencing, supporting, or advocating for others' healthy dietary behavior

Physical Education

Linn J4 will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. 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. All students will be provided equal opportunity to participate in physical education classes.

- All district students will participate in physical education that meets or exceeds state standards.
 - All District elementary students in each grade will receive physical education for at least 40 minutes a day throughout the school year.

- All District middle school students are required to take physical education for at least 45 minutes every other day throughout the school year.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education classes at Linn J4 are taught by licensed teachers who are certified or endorsed to teach physical education.
- Waivers, exemptions, or substitutions for physical education classes are not granted. Temporary medical excuses are acceptable with proper documentation from a physician.

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity everyday. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

- Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be required or withheld as punishment for any reason.
- Linn J4 will offer at least 15 minutes of recess on all or most days during the year.
 - Outdoor recess will be offered when weather is feasible for outdoor play.
 - Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; and provide equipment to decrease congestion on play structures.
 - In the event that the school or district must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable.
- Linn J4 recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time.
- Linn J4 offers opportunities (e.g., open gym and sports) for students to participate in physical activity before and/or after the school day.

Other Activities that Promote Student Wellness

Linn J4 will integrate wellness activities across the entire school setting, not just in the cafeteria. Linn J4 will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

- Linn J4 will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will receive information about health promotion.
- Linn J4 promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.

- When feasible, Linn J4 will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Policy Monitoring/Implementation

- Linn J4 will convene a district wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness.
- The wellness committee membership will represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers; students; physical education teachers; health education teachers; school health professionals (e.g., mental health and social services staff); school administrators (e.g., superintendent, principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. Linn J4 will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within Linn J4 in meeting wellness goals.
- Linn J4 will actively notify households/families of the availability of the annual report through Linn J4 newsletter and website.
- The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years.**

Adopted: 09/2017