

MONONA GROVE SCHOOL DISTRICT

BOARD POLICY 458

MONONA GROVE SCHOOL DISTRICT WELLNESS POLICY

The Monona Grove School District (hereafter referred to as “the District”) recognizes that good health is related to student performance, growth, development, readiness to learn and overall physical well-being. Healthy eating patterns and regular physical activity are essential for students to achieve their full academic and life potential. The District aims to promote wellness by supporting and modeling a healthy school environment. Decisions made in school programming will reflect and encourage positive nutrition and wellness messages.

The District is committed to adapting the school environment to ensure student’s basic nourishment and activity needs are met. The positive relationships between good nutrition, physical activity and the capacity of students to develop and learn should be highlighted to ensure widespread understanding of the benefits to healthy school environments.

STUDENT WELLNESS

Administrative Rules

FOOD

Healthy eating is linked to reducing the risk of developing many chronic diseases in both children and adults. It also reduces the risk for early mortality. Therefore, the District supports and promotes:

- A. All foods available for sale during the school day should strive to meet the USDA guidelines and, when possible, exceed them.
- B. Food sales/parties for students that are held during school hours will not conflict with the lunch and breakfast programs.
- C. The sale of soda will not be permitted on school grounds throughout the school day, but will be permitted after the conclusion of the instructional day. Soda vending machines will not be placed in elementary and middle schools except for the staff lounge. Students and parents shall be discouraged from providing soda to school in lunches or snacks.
- D. Fund-raising sales will focus on non-food items such as books, candles, plants, flowers, gift-wrap, and other school promotion items (see attached list). If food and beverage items are sold to raise funds,

some healthy choices must be available. Sales of candy will be permitted at the conclusion of the instructional day only.

- E. Healthy food choices or non-food items are acceptable as learning incentives. (See attached suggestion list.) The use of foods with minimal nutritional value, such as candy, is not acceptable.
- F. Student lunch periods should be a minimum of 20 minutes.
- G. An opportunity for hand washing before lunch will take place at every elementary and middle school. It is recommended that hand sanitizer be provided prior to service beginning.

PHYSICAL ACTIVITY

Good nutrition and an active lifestyle help to reduce childhood obesity. Therefore the District recommends that:

- A. Students in grades K through 12 are able to participate in physical education that enables them to achieve and maintain a high level of personal fitness, emphasizes self-management skills including caloric/exercise balance and is consistent with a comprehensive health education curriculum.
- B. Students will participate in physical activities that meet or exceed state standards.
- C. At the elementary level when recess is withheld as an intervention for behavioral or academic reasons, appropriate consequences shall be balanced with the student's need for physical activity. If a pattern of withheld recesses develops, a Building Consultation Team will determine the root causes and appropriate interventions.
- D. Schools shall encourage a limit to extended periods of inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, it is recommended that schools give students periodic breaks during which they are encouraged to stand and be moderately active.

NUTRITION EDUCATION

- A. Students shall receive nutrition education designed to provide them with the knowledge and skills necessary to adopt healthy eating behaviors. Where age appropriate, students will receive instruction on reading and understanding food labels including additives. To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the lesson plans of other school subjects such as health, physical education, family and consumer education, and science.
- B. Efforts shall be taken to promote nutritious choices consistent with the current Dietary Guidelines for Americans such as fruits, vegetables, low-fat dairy food and whole grain products.

Attachment #1 – Fundraising Ideas

- Raffle
- Candles
- Book Sale
- Cookbook
- *Car Wash
- *Walkathon
- Student Artwork
- Stuffed animals
- Education games
- Holiday decorations
- Shopping donation programs
- School mascot temporary tattoos
- Talent show
- Balloon bouquets for special occasions
- Bottled water with school label
- Glow in the dark novelties (popular at dances)
- Greeting cards, especially those designed by students
- Flowers and plants, especially for Valentine's Day
- School spirit items – t-shirts, sweatshirts, lanyards

*Fundraisers with the added benefit of promoting physical activity for students

Attachment #2 – Classroom rewards suggestion ideas

- A smile
- Going first
- Verbal praise
- Sit by friends
- Teaching the class
- Helping the teacher
- Enjoy class outdoors
- Choosing a class activity
- Eat lunch outdoors with class
- Eat lunch with a teacher or principal
- Extra credit or class participation points
- Taking care of the class animal for a day
- Have lunch or breakfast in the classroom
- A photo recognition board in a prominent location in the school
- A note from the teacher to the student commending his/her achievements
- Stickers with an affirming message
- Ribbon or certificate in recognition of achievement
- Healthy food items

The following are reward suggestions from the Winnequah Student Council:

- Coupon for free item from a local retailer (movie rental, bowling, swim pass, laser tag, etc.)
- Free homework pass
- Extra credit points
- Pass to front of lunch line
- Eagle Pride type awards
- Class parties
- Fresh fruits and veggies
- Pictures taken of groups of friends and posted in cafeteria

Because this is an evolving policy, the Wellness Committee will continue to meet and review the policy.

BOARD APPROVAL: April 18, 2007