

SCHOOL DISTRICT OF PRENTICE

Date Adopted: September 19, 2006

Date Revised: May 5, 2018

File Sector: Instruction

File Title: Educational Program

Subtitle: District Nutrition Standards
and Procedures

DISTRICT NUTRITION STANDARDS & PROCEDURES

The School District of Prentice will comply with USDA regulations.

70% - 80% of the student body will participate in the school meal program.

The School District of Prentice encourages the sale and distribution of nutrient dense foods for all school functions and activities in accordance with the following standards:

Food:

Any food item for sale prior to the start of the school day and throughout the instructional day should follow the smart snack standard.

Fundraisers should encourage the consumption of nutrient dense foods, i.e., whole grains, fresh fruits and vegetables, pretzels, nuts, granola bars, muffins, sun chips, non food items, etc.

No candy sales will be permitted on school grounds during the instructional day.

Non-vending sales of candy will be permitted at the conclusion of the instructional day.

Beverages:

Vending and sales of pop or artificially sweetened drinks will not be permitted to students on school grounds during the school day.

Milk, water and beverages containing 100% fruit juice in accordance to smart snack standards may be sold on school grounds prior to and throughout the instructional day.

Hot Lunch/Breakfast Program:

This program supports the mission of the School District of Prentice which is to provide a stimulating learning environment that will inspire each student with integrity and responsibility to become a contributing citizen. Nutrition influences a child's growth and development.

The full meal program will continue to follow the **USDA** government's nutrition standards.

The School District of Prentice promotes wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District recognizes that wellness encompasses several dimensions that comprise "the whole child," including the physical, as well as the mental, emotional, social, environmental and spiritual. To this end the District is committed to the promotion of the ancient Greek ideal of "a sound mind in a sound body" and embraces a multicultural awareness of nutrition and wellness activities.

Environment

The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our schools contribute to the basic health status of children. Sound health ensures every child the opportunity to succeed in school.

Curriculum

The District's curriculum reflects the district's commitment that nutrition education will be offered to all students:

Learn and practice sound nutrition to nurture healthy bodies and healthy brains

Have ample opportunity to participate in physical activity and to learn life-long fitness skills

Learn and practice social and emotional skill development

Learn to make healthy choices where personal safety and well-being are concerned

Learn in a healthy environment under the leadership of mentors who understand and exhibit healthy lifestyles

Students are provided access to health, nutrition, and wellness resources.

Develop positive self-esteem

Activities – Students of the school district will be involved with garden-based education

- planning
- planting
- harvesting
- preparing
- serving
- tasting

Reports of Progress

The District will report tri-annually progress toward healthy, active, and nutritious lifestyles within all its schools, and will promote exemplary models of healthy and nutritious activities in policies addressing school snacks, concessions, vending, and learning opportunities that involve exercise. The assessment will include the extent to which the school is in compliance with the USDA policy standards.

Instructional Incentives/Classroom Events:

Teachers and principals will give strong consideration to nonfood items as part of any teacher-to-student incentive programs. No food incentive programs may be scheduled which conflict with lunch periods or without the principal's express consent.

Fundraising:

All fundraising projects are encouraged to adhere to the content standards prescribed above (see Food and Beverages, supra).

Lunchroom Climate:

The District's schools will establish eating schedules to accommodate nourishment and socialization needs of children (students) – at least 20 minutes for lunch from the time they are seated.

Promotional Activities

School nutrition services will utilize the garden as a resource for fresh fruits and vegetables to be served.

Nutrition education for both students and community will be facilitated through the continued development of the gardening program.

SCHOOL DISTRICT OF PRENTICE

Date Adopted: January 16, 2006
Date Revised: April 16, 2015

File Sector: Instruction
File Title: Educational Program
Subtitle: Physical Education

PHYSICAL EDUCATION INSTRUCTION

Philosophy

The physical education curriculum of the School District of Prentice shall provide students with the information needed for good physical health. Physical education promotes boys and girls to become aware of themselves physically, emotionally, and socially. This will be accomplished by having the students realize the need for physical activity to maintain a healthier body and a sound mind. The various body systems grow, develop and function best when they are exercised regularly and appropriately. Students will achieve this through a daily program of physical fitness activities which enhances both individual and group related skills.

In this way, we hope to produce students who understand the effects of exercise on the body, enjoy regular exercise, and maintain a desirable level of physical fitness.

Physical Education Instruction

The School District of Prentice requires instruction in physical education in conjunction with Wisconsin Statute 121.02 to promote healthy active lifestyles and understanding about the need for cardiovascular fitness. The District recognizes the importance of instructing students regarding cardiovascular development, coordination skills, recreation-leisure time skills, team sports, and social skills activities (dancing, etc.).

The School District of Prentice has developed and implemented a physical education curriculum that is instructed by duly licensed physical education teachers at all grade levels and is provided equipment and other resource allocations within each school's annual instructional budget. Students are scheduled for physical education activities in accordance with state standards for physical education and all students are offered opportunities for regular or adaptive physical education. (Adaptive physical education goals worked on with assistance from CESA #9)

The District is committed to ensuring exposure to other lifetime activities that involve fitness and exercise (walking, jogging, skiing, etc.). The interdisciplinary links to sound instruction in nutrition, fitness, and physical activity are underscored by teachers throughout our schools' curricular offerings, whether in core subject areas, family/consumer education, health, physical education, music, counseling or other areas within the curriculum.

The District is committed to fostering community connections that promote students' involvement in community intramural sports activities (e.g., 21st Century T.O.P.S Afterschool Program, Booster Club-sponsored youth activities, Youth Fitness Club etc.) as well as interscholastic athletics in order to sustain fitness among our community's youth.

All elementary school students (PK-4) experience physical education activities in accordance with Wisconsin statute. All secondary students [Grades 5-11] participate in physical education instruction in compliance with DPI standards for physical education instruction. At Prentice High School students are required to attain 1.5 credits of physical education.

Prentice High School physical education students are all required to earn their CPR, First Aid and AED certificates.

The responsibility for the establishment of the physical education curriculum rests with the physical education committee composed of all physical education instructors and appropriate administrative personnel. This committee periodically reviews and evaluates the overall physical education program to assess whether it meets the district's physical education goals and reflects the interests and needs of our District's students.

The Prentice School District does not discriminate on the basis of sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, physical, mental, emotional or learning disability.

Cross Reference: Rule #411.9 – Student Discrimination Complaint Procedures

Legal Reference: Wisconsin Statutes 118.01(2)(d), 118.33(1)(a), 121.02(1)(J-I),
Wisconsin Administrative Code – PI 8.01(2)(j-l)

SCHOOL DISTRICT OF PRENTICE

Date Adopted: September 19, 2006

File Sector: Instruction

Date Revised: May 4, 2018

Policy Title: Educational Program

Subtitle: Wellness Policy

WELLNESS POLICY

The School District of Prentice is committed to promoting “a sound mind in a sound body” and embraces instruction in lifelong cardiovascular fitness and well-being for students, staff and community. The District has established a **Coordinated School Health Program**. This is a school health program that effectively addresses the complete physical, emotional, intellectual, and social well-being of students and staff. This program requires many components and an organized set of policies, procedures, and activities designed to protect and promote the health, safety, and well-being of students and staff. The district recognizes that the title and role of a school health coordinator(s) is/are central to a well-coordinated school health program. This person or persons is/are the individual(s) responsible for program administration, implementation, and evaluation of the coordinated school health program. The District adopts the following list as components of the coordinated school health program as recommended by the CDC:

1. **Comprehensive school health education**
2. **School health services**
3. **A healthful and safe school environment**
4. **Physical education**
5. **Nutrition services**
6. **Counseling, psychological, and social services**
7. **Health promotion for staff**
8. **Family and community involvement**

1. **Comprehensive school health education**

Comprehensive school health education is an organized sequential plan for teaching students information and helping them develop life skills to promote health literacy and maintain and improve health, prevent disease and reduce health related risk behaviors.

School shall promote fruits, vegetables, whole grain products, low fat and fat free dairy products and healthy foods.

The District believes that through knowledge students can commit to healthy choices. Our schools promote exemplary health models and mindsets of active and nutritious lifestyles. The District also encourages multicultural awareness of nutrition and wellness activities.

2. **School health services**

The District recognizes that school health services are services designed to appraise, protect, and promote the health of students. The District provides or allows the following services:

- Timely identification of and appropriate intervention for health problems (e.g., infections, injuries, asthma, emotional difficulties),
- Mandated and necessary screening for all students (e.g., vision, hearing),
- Assistance with medication during the school day
- Health services for children with special needs,
- Health counseling,
- Health promotion for students and staff
- Preventive health services (e.g., immunizations, dental sealants),

- Referrals and linkages with other community providers, and
- Community Partnerships (e.g., 21st Century Learning Centers)

3. A healthful and safe school environment

The District recognizes that a healthful and safe school environment is an environment that attends to the physical and aesthetic surroundings, and psychosocial climate and culture that maximizes the health and safety of students and staff. The District is committed to the ideal of a drug-free school in a safe community and strives to promote emotional, physical and psychological safety for all students, staff and community.

6. Counseling, psychological, and social services

The district believes that counseling, psychological, and social services are services that provide broad based individual and group assessments, interventions, and referrals that attend to the mental, emotional, and social health of students. Organizational assessment and consultation skills of counselors, psychologists, and social workers contribute to the overall health of students and to the maintenance of a safe and healthful school environment. Services are provided by professionals such as trained/certified school counselors, psychologists and social workers.

7. Health promotion for staff

The District embraces the development of a work environment that supports wellness among staff in multi-faceted ways, including exercise, nutrition, stress reduction, and health/safety awareness. To that end of the District encourages wellness activities and health maintenance opportunities in a variety of interactions involving staff.

8. Family and community involvement

The District strongly believes that family and community involvement is a dynamic partnership in which the school, parents, agencies, community groups, and businesses work collaboratively to address the health needs of children and their families.

Activity: Community families will be invited to participate in the Buc-athalon as well as coming to support the athletes.

The board of Education demonstrates its concern for the promotion of lifelong cardiovascular fitness and well-being among students, staff and community through the facilities use policies which allow for the widespread use of school equipment and facilities for youth and community fitness activities.