

RIPON AREA SCHOOL DISTRICT

Triennial Wellness Assessment

Color Codes: **Red: Not Yet Initiated** **Orange: Developing** **Yellow: In Progress** **Green: Established System**

1. BOARD GOALS	
Goals & Milestones	Districtwide
A. Promote nutrition education with the objective of improving students' health and reducing childhood obesity	
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 and reducing childhood obesity	
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	
2. PUBLIC INVOLVEMENT	
Goals & Milestones	Districtwide
The Superintendent shall obtain the input of District stakeholders to include parents, students, representatives of the food service program, educational staff (including physical education teachers), school health professionals, members of the public, and other school administrators in the development, implementation, evaluation, and periodic update, if necessary of the wellness policy. Present the wellness policy to the Board.	
3. POLICY LEADERSHIP AND REPORTING REQUIREMENT	
Goals & Milestones	Districtwide
Before the end of each school year, the Principal shall submit to the Superintendent a report describing the environment in each of the District's schools and the implementation of the wellness policy in each school, and identify any revisions to the policy the committee deems necessary.	

<p>The superintendent or a designee of the wellness committee shall report annually to the Board on the District's wellness programs, including the assessment of the environment in the District, evaluation of wellness policy implementation District-wide, and the areas for improvement, if any, identified. The superintendent or a designee from the wellness committee shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy.</p>	
<p>A. Identify specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, with consideration for evidence-based strategies.</p>	
<p>B. Develop nutrition guidelines for all foods and beverages sold during the school day that are consistent with Federal requirements for meal nutrition stands and smart snacks, and restricting marketing efforts to only those items that meet established guidelines.</p>	
<p>C. Develop policies pertaining to others food items in the schools, including for classroom parties, birthday snacks, or other food items not for sale, but distributed in the schools</p>	
<p>D. Describes the process and public involvement of the wellness program and initiatives.</p>	
<p>4A. SCHOOL NUTRITION GUIDELINES - FOOD SERVICE</p>	
<p>Goals & Milestones</p>	<p>Districtwide</p>
<p>The food service department will promote healthy meals and meal alternatives as part of a "hands on" educational experience to promote and encourage healthy food choices.</p>	
<p>1. The food service department will ensure all foods offered meet and follow all of the USDA guidelines. Foods from reimbursable meals shall derive no more than thirty percent (30%) of total calories from fat and less than ten percent (10%) of total calories from saturated fats on a daily basis.</p>	
<p>2. No individual items served by the food service will contain more than one-third (1/3) of its weight from added sugar.</p>	
<p>3. The Food Service Provider will encourage the consumption of nutrient dense foods.</p>	
<p>4. The Food Service provider will promote healthy choices by ensuring school lunch menu items reflect good nutrition. Nutrition education materials will be incorporated into the meal program i.e., promotional posters and menu signs.</p>	
<p>5. The sale of foods with minimal nutritional value will be prohibited during the meal service. (As defined by USDA guidelines Appendix B of 7 CFR Part 210.)</p>	
<p>6. A positive atmosphere will be promoted in the school cafeterias by providing a minimum of twenty (20) minutes to eat school meals and adequate space to provide a comfortable eating atmosphere.</p>	
<p>4B. SCHOOL NUTRITION GUIDELINES - DISTRICTWIDE NUTRITION STANDARDS</p>	

<p>The consumption of nutrient-dense foods, i.e., whole grains, fresh fruits, low-fat meats and vegetables will be encouraged.</p>	
<p>Grains. Whole and naturally occurring grains are encouraged with no more than thirty percent (30%) of calories from fat and minimal added sugar.</p>	
<p>Fruit and/or vegetables offered daily on all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.</p>	
<p>Dairy. Schools must offer low-fat or skim milk, low-fat cheese, yogurt, and low-fat ice cream.</p>	
<p>Meat, beans, and nuts should have no more than thirty percent (30%) of calories from fat except for nuts, seeds and nut butters. Trail mixes, nuts and seeds should have portions 1.25 ounces or smaller.</p>	
<p>School campuses may not serve or provide access for students to Foods of Minimal Nutritional Value (FMNV) as defined by the USDA during the school day.</p>	
<p>Fats. Schools may not serve food items that contain more than thirty percent (30%) fat per serving and no more than ten percent (10%) saturated fat.</p>	
<p>Beverages. Sale of soda or any other carbonated beverage will not be permitted in public areas on school grounds during the instructional school day. Water, milk, 100% juice and drinks may be sold prior to and throughout the instructional school day.</p>	
<p>Candy. Sale of candy will not be permitted in public areas on school grounds during the school day. Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, sucrose, syrup listed as one (1) of the first two (2) ingredients.</p>	
<p>Vending Machines. Vending machine offerings like chips, candy or soda are high calorie, low nutrient foods and are not consistent with promoting good student nutrition.</p> <ol style="list-style-type: none"> 1. Only foods and beverages meeting the Districts Nutrition Standards will be offered in the vending machines. 2. Sale of candy will not be permitted in vending machines. 3. Sale of soda or other calorically sweetened drinks will not be permitted in vending machines in public areas. 	
<p>Fundraising. Many non-food fundraisers exist. Creativity is encouraged in our students and parents to design innovative fundraising programs. The school administrator must approve all fundraising projects. All fundraising projects are encouraged to meet the District nutritional standards. (See Policy 5830.) Items being sold must not interfere or compete with the National School Lunch or Breakfast programs.</p>	
<p>Classroom Incentives. All staff are encouraged to consider non-food items or healthy foods as rewards/incentives. Staff is to be reminded that there are many opportunities to teach children healthy eating habits and making healthy choices. Food rewards offered will adhere to the District's nutrition guidelines</p>	

<p>After School Programs. Staff is to be reminded that there are many opportunities to teach children healthy eating habits and making healthy choices. After school programs are a key time to continue this lesson for lifelong learning. If food items are provided for children in school-sponsored after school programs, the food will adhere to the District's nutrition guidelines</p>	
<p>Classroom Parties. Classroom parties will include healthy food choices for students. Parents choosing to bring food for classroom celebrations are encouraged to bring healthy food, adhering to the District's nutrition guidelines.</p>	
<p>Concession Stands. Concession stands at school events will have seventy-five percent (75%) of items offered meet the District's nutrition guidelines. If soda is permitted, then it will have to be substituted for all or part of the twenty-five percent (25%) of items currently not meeting nutritional guidelines (e.g. candy) or the percentage of items offered in concession stands to meet the District's nutrition guidelines will need to be lowered.</p> <p>2. Water and 100% juices will be offered.</p> <p>3. It is recommended that groups market these healthy options at a lower profit margin to encourage selection</p>	
<p>Student/ Parent Community Nutrition Education. Nutrition education will be included in the school curriculum so that instruction is sequential and standards based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives. 2. Nutrition education resources will be made available through a variety of delivery methods to students, parents and the community starting in elementary school and continuing through middle and high school. 3. Creative delivery methods will be used including but not limited to foods/cooking classes, handouts, lectures, B.R.A.V.E. after-school classes that all focus on healthy lifestyles and nutrition education.</p>	
<p>5. PHYSICAL ACTIVITY GUIDELINES</p>	
<p>Goals & Milestones</p>	<p>Districtwide</p>
<p>The School District will ensure that every student from kindergarten through twelfth grade receives or is offered regular, age-appropriate quality physical education, including lifetime physical activities in accordance with the standards established by the State of Wisconsin.</p> <p>2. Certified physical education teachers should teach all physical education classes.</p> <p>3. Planned instruction in physical education should promote participation in physical activity outside the regular school day.</p>	
<p>Whenever possible, elementary schools shall provide daily recess that encourages physical activity.</p> <p>2. After-school programs should include supervised, age-appropriate physical activities that appeal to a variety of interests. (See Appendix V)</p> <p>3. Schools shall provide information to parents to help them promote and incorporate physical activity into their children's lives</p>	

6. OTHER SCHOOL BASED ACTIVITIES GUIDELINES

Goals & Milestones

Districtwide

Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor and indoor physical activity facilities outside the normal school day.

B. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.

C. An organized wellness program shall be available to all staff.