

MEDFORD AREA PUBLIC SCHOOL DISTRICT

DATE ADOPTED: February 16, 2006
DATE REVISED: January 25, 2007
DATE REVISED: March 21, 2013
DATE REVISED: June 22, 2017
DATE REVIEWED: August 24, 2020
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FILE SECTOR: SUPPORT SERVICES
POLICY TITLE: SCHOOL WELLNESS

DATE REVISED: May 22, 2023
DATE REVISED: January 22, 2024

Medford Area Public School District (MAPSD) promotes healthy schools by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. The district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

MAPSD supports and promotes a healthy school nutrition environment, which includes the following:

- Quality school meals with an emphasis on nutrient dense foods (i.e., whole grains, fresh fruits, vegetables and dairy products).
- Healthy food choices.
- Pleasant eating experiences.
- Nutrition education.
- Opportunities for physical activity within the school day.
- Marketing health and nutrition within the community.

MAPSD will promote knowledge and behavior that improves health, intellectual development and overall quality of life. Students, parents, teachers, school officials including district nurse, community and business leaders must be actively involved in ensuring that the school environment promotes good health.

The district will set forth nutrition guidelines set by the state and federal government for all foods available in each school during the school day. Nutrition guidelines will be based on sound nutrition facts and principles. Foods will be selected with the objective of promoting student health and reducing childhood obesity.

MAPSD assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Department of Agriculture (USDA), as applicable to schools. School meals will meet at least minimum nutritional standards set forth in federal child nutrition program laws and regulations, including but not limited to the Dietary Guidelines for Americans.

MAPSD will develop and maintain a wellness plan that will address nutrition guidelines, nutrition education, physical activity and other school-based activities that are designed to promote student, staff and community wellness. The wellness plan will be reviewed every three years (triennially) by the district administrator and policy implementation status and follow-up activities will be reported to the board of education (BOE) and administration.

CROSS REFERENCE:

LEGAL REFERENCE: Child Nutrition and WIC Reauthorization Act of 2004, Dietary Guidelines for Americans, Healthy Hungry Kids Act, Smart Snacks in School

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Required Public Involvement

The district administrator or their designee shall invite a diverse group of stakeholders to participate in the wellness committee to develop, implement and periodically review and update the wellness policy. Stakeholders may include but are not limited to: administrators, classroom teachers, physical education teachers, school food service representative, school nurses, BOE members, medical advisor, dieticians, community members, parents and students.

Policy Leadership and Reporting Requirements

The district administrator along with the wellness committee will oversee the development, implementation and evaluation of the wellness policy and procedures. The wellness committee shall conduct triennial reviews of the progress toward school wellness procedures, identify areas for improvement and recommend revision as needed.

Nutrition Standards for All Food in School

MAPSD is committed to serving healthy meals to our students. MAPSD encourages school administrators, teachers and food service staff to work together to develop and support nutrition policies and procedures aimed to improve the diet and health of students, model healthy eating patterns, promote lifelong healthy eating and support healthy choices while accommodating cultural food preferences and special dietary needs.

MAPSD is committed to:

- Adhering to nutrition standards based on the [Dietary Guidelines for Americans](#) and the current [Healthy Hungry Kids Act](#).
- Considering student preferences in menu planning.
- Providing meals with enough calories to support growth.
- Evaluating the nutritional value of foods over a period of time.
- Purchasing food items that meet expected quality and nutrition standards.
- Preparing foods in ways that provide optimal nutrition and student acceptance.
- Carefully selecting other foods offered in addition to meals (competitive foods) to promote nutrition and encourage healthy eating habits.
- Providing a pleasant eating environment.
- Promoting nutrition education.
- Developing cooperative efforts between nutrition professionals and other school/community members.

School Meal Program

- Encourage the consumption of nutrient dense food which provide students with calories rich in the nutrient content needed to be healthy.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 10% of its total calories derived from saturated and trans fats combined.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.
- The full meal hot lunch program will continue to follow the U.S. Government’s Nutrition Standards.
- The hot lunch provider will follow the District Nutrition Standards when determining the items in a la carte sales.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these Standards.

Foods and Beverages Sold Outside of School Meals

All foods and beverages sold individually through vending machines will be subject to the guidelines of the USDA publication [Smart Snacks in School](#). Vending machines will not be in operation during lunch periods for students.

Foods Offered/Provided but Not Sold

MAPSD encourages foods offered to meet the USDA Smart Snacks in school nutrition standards including those provided at celebrations, parties and classroom snacks brought by staff and family members.

Fundraising

MAPSD adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards.

Nutrition Education

Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors including:

- Nutrition curriculum shall be offered as part of a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote health.
- Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information.
- Nutrition education shall follow the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition.
- Students may participate in school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden-produced foods.

Nutrition Promotion

MAPSD is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive nutrition messages that promote health throughout schools, classrooms, cafeterias and school media.

Physical Education and Activity

MAPSD shall provide students with age and grade appropriate opportunities to engage in physical activity. MAPSD staff shall encourage students to be active during recess. All physical education classes are taught by licensed teachers who are certified to teach physical education.

Public Notice

MAPSD shall be responsible for informing the public, including parents, students and community members on the content and implementation of this policy. The wellness policy shall be posted on MAPSD's website, including the triennially assessment report.

Record Retention

MAPSD shall retain documentation pertaining to the development, review, evaluation and update of the policy, documentation pertaining to the most recent wellness assessment, documentation of the efforts to publicize the policy, documentation of the wellness committee invite and the participation of stakeholders. Review of this policy shall occur every three years, by the wellness committee. Wellness plan updates, program performance and any recommended policy changes will be reported to the BOE.

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. **email:** Program.Intake@usda.gov

MAPSD is an equal opportunity provider.