

## **School District: Waukesha Catholic School System**

### **Policy Preamble**

In accordance with the Local School Wellness Policy Implementation rule under the Healthy, Hunger-Free Kids Act of 2010, the Waukesha Catholic School System (hereto referred to as the District), establishes the following policy for implementation no later than August 31, 2021.

### **Policy Leadership**

Each school shall designate a site coordinator who shall ensure compliance with the policy. The designated official for oversight of the wellness policy is Joy Suzik, Food Service Director.

To assist in the creation of a healthy school environment, the District shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than two times during the school year to implement, assess and review, and make recommendations for changes to the Wellness Policy.

The district shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholder may include:

- Administrator
- School food service representative
- Community member/parent

### **Nutrition Standards for All Foods**

The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

#### *Standards and Guidelines for School Meals*

The District is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. The policy should include a link to USDA meal pattern requirements or list individually.
- Withholding food as a punishment shall be strictly prohibited.
- Drinking water is available for students during mealtimes.
- Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional.
- All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

In addition, the District's nutrition services shall notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals.

#### *Foods and Beverages Sold Outside of the School Meals Program*

## **School District: Waukesha Catholic School System**

- All food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The policy should include a link to the USDA Smart Snacks standards or list individually.
- The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

### *Marketing*

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

### *Foods Provided but Not Sold*

Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior. The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.

## **Nutrition Education**

Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors. Nutrition newsletters are regularly sent to students and families to promote healthy eating habits and recipes. Teachers also have access to tools that meet the Wisconsin Nutrition Standards.

## **Nutrition Promotion**

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

## **Physical Activity**

The District shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:

- Outdoor recess shall be offered weather permitting [[See Handbook -Emergency School Closing/Inclement Weather](#)]

## **School District: Waukesha Catholic School System**

### *Physical Education*

- All District elementary students in each grade shall receive at least 45 minutes of physical education per week throughout the school year.
- All District middle school students in each grade shall receive at least 45 minutes of physical education per week throughout the school year.
- All physical education classes are taught by licensed teachers who are certified to teach physical education.

## **Other School Based Activities that Promote Wellness**

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.

### *Staff Wellness*

The District will implement activities to promote healthy eating and physical activity among school staff, such as distribution of an employee health newsletter to promote healthy behaviors.

### *Community Engagement*

The District shall work with community partners, including local hospitals & county health department to support district wellness.

## **Monitoring and Evaluation**

The Wellness Committee shall monitor goals and objectives for the District and compile an annual report to address the progress of the schools within the District in meeting wellness goals. This report will be published annually in March. A Tri-annual assessment of this policy will be completed in 2024.