

DEERFIELD COMMUNITY

CODE: 458

SCHOOL DISTRICT

DATE OF ADOPTION: 05-15-2006

REVISED: 03-19-2007

District Wellness

The Deerfield Community School District promotes a healthy school environment for students and staff through education and awareness, and by providing and promoting healthy options and opportunities.

1. The Deerfield Community School District will provide organized health and physical education curricula and related programs.

The physical education curriculum teaches children the importance of physical exercise and exposes students to a wide range of physical activities so that students develop the knowledge and skills to be physically active for life. The district has adopted a curriculum that is aligned to the Wisconsin State Standards for physical education that include an emphasis on physical fitness and lifetime activities. State licensed physical education teachers teach physical education at all levels. High school students are required to have one and one-half credits in physical education for graduation.

The health curriculum will educate students to develop the knowledge, attitudes, and skills for healthy behavior including, but not limited to life long healthy eating habits and physical activity. The district has adopted a curriculum that is aligned to the Wisconsin State Standards for health education that include an emphasis on good nutrition, disease prevention and healthy lifestyles. Healthy lifestyle topics are taught at each grade level, preschool through grade eight. High school students are required to have one credit of health for graduation.

Elementary students (kindergarten through grade 6) will be provided with an average of at least 45 minutes of physical activity daily.

The district provides additional opportunities for physical development and fitness through co-curricular and after-school activities, health and wellness fairs, and will work cooperatively with other agencies such as the Deerfield Community Center to provide additional programming.

2. The Deerfield Community School District will practice and promote good nutrition within the school setting.

The district food service program will provide a quality lunch program for students and staff. Three goals of the food service program are:

Goal 1: To provide students with well-balanced nutritional choices of food and beverages. To meet this goal, the district continually expands and explores menu offerings based on nutritional content and student preferences. The food service program strives to exceed the minimum nutrition guidelines required by the National School Lunch Program.

Goal 2: To assist students in making healthy choices. The district will take a lead in limiting student access to unhealthy snacks and beverages. The food service program will work with students, staff, and parents to educate consumers about proper nutrition. The food service program will offer, promote and display food items deemed high in nutritional value. The program will not offer candy, food or beverages of minimal nutritional value.

Goal 3: To encourage and promote participation in the school lunch program. The food service program will work with school administration, staff, parents and students to provide information and incentives to promote participation in school lunch. The district will provide a clean and pleasant eating environment for students and staff, with adequate space and appropriate time for eating (recommended 20 minutes minimum for student lunch).

3. The total school environment will reflect the Deerfield Community School District's commitment to student and staff wellness.

Beginning in September, 2006 all beverage vending machines accessible to students on school property will be limited to water, milk and flavored milk, sports drinks and juice products meeting district nutritional guidelines. Soda can be sold at school sponsored events including concession sales provided additional healthy beverage choices such as water are also offered.

Clubs and other organizations at school sponsored events are strongly encouraged to provide a balanced variety of healthy food items in addition to candy and other food items of minimal nutritional value during concession sales and catered events. Beginning September 1, 2006, candy and other food items of minimal nutritional value intended for student consumption may not be sold during the school day.

Parents are strongly encouraged to provide healthy snacks and treats for student celebrations and other events. To reduce the risk to students who have food allergies, parents are encouraged to provide fresh fruit or vegetables, or food items that are commercially prepared.

Strong consideration should be given to non-food items (i.e. stickers, gym time, extra recess, etc.) as part of any teacher-to-student incentive program. Any food items used as an incentive should adhere to district nutrition standards.

Candy, food items of minimal nutritional value, and healthy snacks intended to replace those items will be defined in a document available upon request.

4. The district will maintain a Comprehensive School Health Advisory Committee with the purpose of monitoring the implementation of the district's wellness policies, evaluating the progress of related goals, serve as a resource to school sites, plan special events and incentives, and recommend policy revisions as necessary. The committee will include a Board Member, Business Manager/Food Service Supervisor, an administrator, school nurse, a student, parent, and staff member(s). This committee is a permanent Board of Education Committee and will be chaired by a Board of Education member.