

**ADMINISTRATIVE POLICIES OF THE
MILWAUKEE PUBLIC SCHOOLS**

**ADMINISTRATIVE POLICY 4.07
STUDENT NUTRITION & WELLNESS POLICY**

(1) HEALTHY SCHOOL ENVIRONMENT

(a) The following Wellness Policy was developed in response to the passage of Federal Public Law (PL108.265 Section 204) requiring each Local Education Authority (LEA) to have a local wellness policy in place by June 30, 2006. This policy reflects a coordinated effort and commitment from child nutrition professionals, school nurses, parents, school administrators, community representatives and local health department authorities. This policy also recognizes that schools have the unique opportunity to influence the nutritional and physical activity behaviors of the nation's children.

(b) It is the goal of the Milwaukee Public School District to make a significant contribution to the nutritional intake and physical fitness of each student by providing a school environment that enhances learning and development of lifelong wellness practices. At the center of a thriving school is a healthy, resilient, successful learner. The district recognizes that a carefully implemented school wellness policy will improve the health and safety of all members in the school community and improve the academic achievement of students. Schools must actively promote positive, motivating, wellness messages to reinforce the importance of personal health and wellness.

(2) NUTRITION EDUCATION

Nutrition education is fundamental to promoting lifelong healthful eating habits. Students in pre-kindergarten through grade 12 will receive nutrition education that teaches the skills they need to adopt healthy eating behaviors as referenced in Administrative Policy 7.06.

(3) NUTRITION GUIDELINES

During each school day, the food service program shall offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Program. School nutrition programs are proven to improve student performance and assist in closing the achievement gap. Foods offered to students in addition to meals will be of optimal nutrition quality. School nutrition management is outlined in Administrative Policy 4.05.

(4) PHYSICAL ACTIVITY

Every student shall participate in daily physical activity. Daily recess, physical education classes, extracurricular/after-school programs, and movement activities provide students with a physically active and healthful lifestyle. It is recommended that children accumulate at least 60 minutes of moderate to vigorous physical activity on all or most days of the week. This can be accomplished through several short periods of physical activity throughout the day. The guidelines for physical education classes are outlined in Administrative Policy 7.07.

(5) BODY MASS INDEX

(a) Body Mass Indexes (BMIs) will be used for: education (to teach students and parents about health-related fitness); surveillance (to monitor district programming directed at improving nutrition and physical activity); and screening (to inform parents about their children's weight category).

(b) All children in grades four (4) through twelve (12) shall have their height and weight assessed each school year to calculate BMI for age percentile as part of a yearly fitness assessment in physical education class.

(c) Parents of students participating in BMI assessment will receive an opt-out letter prior to height and weight measurement being performed so that they may notify the school if they do not want their children to be measured.

(d) Students have the right to opt out on the day of measurement if they so choose.

- (e) Results of height, weight, and BMI will be sent home to parents.
- (f) Data will be collected for all Milwaukee Public Schools yearly in order to determine trends in BMI among students.

(6) OTHER SCHOOL-BASED ACTIVITIES

After-school programs — including, but not limited to, Community Learning Centers, clubs, camps, day care, tutoring, and recreation activities — will encourage physical activity and healthful habit formation. Local wellness policy goals are also to be considered in planning all school-based activities (such as school events, field trips, fundraisers, dances, and assemblies). Whenever possible, fundraising activities should demonstrate the district’s commitment to promoting healthy behaviors and improving personal wellness. Selling nutritious foods reinforces nutritional messages taught in classrooms and lunchrooms. Support for the health of all students is demonstrated by hosting health clinics and health screenings and helping to enroll eligible children in Medicaid and other state children’s health-insurance programs.

(7) IMPLEMENTATION

(a) The Superintendent or her/his designee is charged with the timely and effective implementation of the wellness policy.

(b) District food service dietitians are charged with maintaining school meal nutritional standards per USDA requirements and will work to improve healthful, fresh menu choices for students.

(c) Principals as leaders of their school environment are expected to promote student nutrition and wellness by promoting a healthful school environment, promoting nutrition education, fully supporting school breakfast and lunch programs, and ensuring adequate physical activities for students. It is the principal’s responsibility to ensure compliance with all federal, state, and local regulations pertaining to the sale of food and beverages in school, including vending machines, fundraisers, and advertising.

(d) Each school is hereby mandated to utilize school governance engagement councils or to establish coordinated school health teams to implement this wellness policy. If creating a coordinated school health team, the principal of each school shall appoint parents, teachers, administrators, and students and shall submit the membership list of the committee to the Superintendent or her/his designee. Each team/council should discuss the wellness policy at least quarterly. The teams/councils will conduct a review of their respective schools to identify areas for improvement in physical education, physical activity, nutrition, and health services. These groups will report their findings to the school principal and develop with him/her a plan of action for improvement. The plan of action will be forwarded to the Superintendent or his/her designee on an annual basis for monitoring the district-wide implementation of the wellness policy.

History:	Adopted 06-29-06; Revised 05-29-14	
Legal Ref.:	PL108.265, Section 204	
Cross Ref.:	Admin. Proc.	4.05 School Nutrition Management
	Admin. Policy	4.06 Vending Machines
	Admin. Proc.	4.07 Student Nutrition & Wellness Procedures
	Admin. Policy	7.06 Health Education
	Admin. Policy	7.07 Physical Education
	Admin. Proc.	7.07 Physical Education
	Admin. Proc.	7.22 School Fund-raising Activities
	Admin. Policy	9.08 Advertising in the Schools
	Admin. Policy	9.11 School Governance Councils

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