

**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 the Child Nutrition and WIC Reauthorization Act of 2004 (PL108.-265, Section 204)~~ requiring each Local Education Authority Agency (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, and 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) This policy is intended to reflect the district's adherence to the nutritional guidelines implemented by the ~~U.S. Food and Drug Administration United States Department of Agriculture (USDA), pursuant to the Healthy, Hunger-Free Kids Act of 2010, as they relate to the National School Lunch Program, the School Breakfast Program, and all foods sold in schools. 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.~~

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(2) DEFINITIONS

This policy and its accompanying procedure shall use the following definitions:

(a) School day: The period from the midnight before to 30 minutes after the end of the instructional school day.

(b) School campus: All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

(c) Competitive foods: All foods and beverages sold to students on the school campus during the school day, other than reimbursable meals.

(d) Clean label foods: Foods free of all trans fats and hydrogenated oils, high fructose corn syrup, hormones and antibiotics, processed and artificial sweeteners, artificial colors and flavors, artificial preservatives and bleached flour.

(23) NUTRITION EDUCATION

The district recognizes that Nutrition education is fundamental to promoting lifelong healthful eating habits. All Sstudents in pre-kindergarten through grade 12 will shall receive standards-based nutrition and health education, including age-appropriate nutrition instruction. Nutrition education will that teaches the skills students they need to adopt healthy eating behaviors throughout their life cycle as referenced in Administrative Policy 7.06.

(34) NUTRITION GUIDELINES FOR USDA CHILD NUTRITION PROGRAMS AND SCHOOL MEALS

(a) During each school day, the food service program the Department of Nutrition Services shall offer breakfast and lunch under the nutritional guidelines of USDA's child nutrition programs School Breakfast Program and National School Lunch and Breakfast Program respectively. The district shall protect the privacy of all students regardless of their eligibility status under these programs, be it free or reduced-priced meals. The Sschool nutrition program shall enhance programs are proven to improve student performance and assist in closing the academic 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.

(b) Students in pre-kindergarten through grade 12 are not permitted to leave school during the lunch period with the exception of students in work-study programs.

(c) School Food Service are- The Department of Nutrition Services shall is required to have documentation on file signed by a medical authority for students with dietary restrictions for whom they are making menu modifications according to USDA's meal pattern requirements. The Special Dietary Needs form shall be available on the school nutrition website in English, and Spanish and additional languages.

(d) Annual professional development training shall be provided for the food and nutrition services staff in accordance with USDA Professional Standards.

(e) All menus and carbohydrate counts for school meals shall be available to students, staff, and parents on the school nutrition website. Additional information (e.g. calories, saturated fat, sodium, sugar) shall be available upon request.

(f) Portable drinking water shall be provided to all students at no charge in the cafeteria during the meal service, with considerations to USDA and local health department requirements.

(5) Clean Label Initiative

(a) The district is committed to serving wholesome, clean food to students of MPS

(b) New menu items shall be free of all trans fats and & hydrogenated oils, high fructose corn syrup, hormones and /antibiotics, processed and artificial sweeteners, artificial colors and flavors, artificial preservatives, and bleached flour.

(6) NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES (SMART SNACKS)

(a) All foods and beverages sold to students on the entire school campus throughout the school day will comply with the USDA's Smart Snacks SMART SNACKS: "All Foods Sold in Schools" Standards. Individual schools are strongly encouraged to use nonfood-related incentive programs, and/or food items consistent with the SMART SNACKS Standards, as referenced in Administrative Procedure 4.07.

(b) Schools are strongly encouraged to follow the USDA Smart Snacks SMART SNACKS standards for all foods and beverages provided in before- and after-school activities.

(c) Schools are strongly encouraged to follow the USDA Smart Snacks SMART SNACKS standards for all foods and beverages provided in class activities (e.g. parties, PBIS, special events)

(d) Schools are strongly encouraged to follow the USDA SMART SNACKS standards for all foods and beverages provided during the extended school day (e.g. after school programming, clubs)

~~(d-e) All schools high school students must comply with the USDA SMART SNACKS standards for all foods and beverages sold in schools. See Administrative Procedure 4.07. for beverage standards.~~

(4-7) PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

~~To meet the recommended 60 minutes of daily physical activity for children all MPS schools will provide every student, on a daily basis, with multiple opportunities to be physically active. These opportunities will include: Every student shall participate in daily physical activity, such as:~~

- ~~• Daily recess, (recommended 20 minutes before lunch)~~
- ~~• Physical education classes,~~
- ~~• Extracurricular/before- and after-school programs, and~~
 - ~~○ Camps~~
 - ~~○ Day Care Centers~~
 - ~~○ Community Learning Centers (CLC)~~
 - ~~○ Recreation Activities~~
- ~~• Brain breaks (movement activities) in the classroom~~

~~All these activities provide students with physically active and healthful behavioral habits. 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. Family and community engagement in physical activity opportunities is provided through MPS community and recreation programs including MPS C.A.R.E.S., and annual Run Back to School event. There are no physical education exemptions for K-12 students. Physical education waivers are addressed in Administrative Policy 7.37. All physical education teachers for grades K-12 meet the qualifications set forth by the Wisconsin Department of Public Instruction and receive ongoing professional development training. 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) BMI Data will be collected for all Milwaukee Public Schools annually 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, daycare, tutoring, and recreation activities – will encourage physical activity and healthful habit formation. Local School 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 screening and helping to enroll eligible children in Medicaid and other state children's health insurance programs.

(109) WELLNESS PROMOTION AND MARKETING ACTIVITIES

(a) This Policy is also to be considered followed in planning all school-based activities (such as school events, field trips, fundraisers, dances, and student-assemblies) on the school campus throughout the school day.

(b) Schools will restrict food and beverage marketing to only those foods and beverages that meeting the nutrition standards set forth by USDA's Nutrition Standards for all "Foods Sold in Schools".

(c) In the presence of students all school staff will model healthy, and not model unhealthy, eating and drinking behaviors throughout the school day, especially during the meal service.

(d) All school staff shall not use Food and/or physical activity shall not be used as a reward or punishment by any school staff members.

(e) All schools will be encouraged to promote healthy food and beverage choices as well as physical activity. Examples may include bulletin boards, posters, vending machine wraps, cafeteria banners, parent newsletters, school websites, health fairs, and/or family related food and fitness activities.

(11710) IMPLEMENTATION

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

(b) ~~District food service~~ The Department of Nutrition Services School Supervising Dietitians are is charged with monitoring and 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~~ School leaders 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 school leader's ~~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 according to the nutrition standards described ~~. The nutrition standards of Smart Snacks: All Foods Sold in Schools is referenced in~~ Administrative Procedure 4.07.

(d) Each school is hereby mandated to establish a school health and wellness team ~~utilize school governance councils or to establish coordinated school health teams~~ to implement this wellness policy. If

1. When creating a coordinated school health and wellness team, the school leader ~~principal of each school~~ shall appoint an administrator, teachers, support staff, parents, community representatives, local health department authorities and students. ~~and~~ Students The school leader shall submit the membership list of the committee to the Superintendent or her/his designee.
2. Each school health and wellness team council ~~should~~ will discuss the wellness policy at least quarterly. The school health and wellness 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.
3. 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.

(e) The district will evaluate the Wellness Policy no less than once every three years. The Administration shall present a report to the Board on ~~to determine~~ the extent to which the district is in compliance with the policy, progress made in attaining goals of the policy, and how the policy compares to a model policy.

(f) The Milwaukee Board of School Directors shall serve appropriate notice to the public if it intends to consider revisions to this policy. The current version of Administrative Policy 4.07 is ~~will be~~ available to

the public on the district's website. The district will actively inform the public about the content of and any updates to the policy through the Board of Education Meetings.

History: Adopted 06-29-06; Revised 05-29-14

Legal Ref.: PL108.265, Section 204
Healthy, Hunger-Free Kids Act of 2010
7 CFR Section. 210.11

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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