

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 the Child Nutrition and WIC Reauthorization Act of 2004 (PL108.265 Section 204), that requires each Local Education 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. 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 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.

(c) 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) 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, 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.

(3) NUTRITION EDUCATION

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

(4) NUTRITION GUIDELINES FOR USDA NUTRITION PROGRAMS AND SCHOOL MEALS

(a) During each school day, the Department of Nutrition Services shall offer breakfast and lunch under the nutritional guidelines of the USDA's child nutrition programs. 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 school nutrition program shall enhance student performance and assist in closing the academic achievement gap.

(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) The Department of Nutrition Services shall 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, Spanish and additional languages.

(d) Annual professional development 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) Potable 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: "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 standards for all foods and beverages provided in before- and after-school activities.

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

(7) 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:

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

(8) 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. 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 programs.

(9) WELLNESS PROMOTION AND MARKETING ACTIVITIES

(a) This Policy is to be followed in planning all school-based activities (such as school events, field trips, fundraisers, 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 meet 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, eating and drinking behaviors, especially during the meal service.

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

(e) All schools will 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.

(10) IMPLEMENTATION

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

(b) The Department of Nutrition Services 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) 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 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 standards described in Administrative Procedure 4.07.

(d) Each school is hereby mandated to establish a school health and wellness team to implement this wellness policy.

1. When creating a school health and wellness team, the school leader shall appoint an administrator, teachers, support staff, parents community representatives 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 will discuss the wellness policy quarterly. The school health and wellness teams 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 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 available to the public on the district's website.

History: Adopted 06-29-06; Revised 05-29-14; 10-26-17; 6-24-21

Legal Ref. Child Nutrition and WIC Reauthorization Act of 2004 - 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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