

## **Menominee Tribal School Wellness Policy**

### **School Wellness**

The Menominee Tribal School shall promote school wellness, including good nutrition and physical activity in the schools educational programs, school activities and meal programs. This Policy shall be consistent with the Child Nutrition and WIC Reauthorization Act of 2004.

### **Goals for Nutrition Education**

The goals for addressing nutrition education include the following:

- The Menominee Tribal School will support and promote good nutrition.
- The Menominee Tribal School will promote the positive relationship between good nutrition, physical activity, and the capacity of all to develop and learn.
- The Menominee Tribal School will incorporate nutrition education in the classroom and health education curriculum.

### **Goals for Physical Activity**

The goals for addressing physical activity include the following:

\*Menominee Tribal School will support and promote an active lifestyle for all.

\*Physical education will be taught in all grades and shall include a developmentally planned curriculum that promotes the development of movement skills, enhances health related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.

\*The curriculum will be consistent with Wisconsin State Standards.

\*All students will participate in Physical education classes, except those that have a written excuse from a doctor.

\*Physical Education **will** be available to all students. Those students who do not have their gym clothes, shoes, and homework done **will participate** in gym classes, something else will have to be used as a negative consequence.

### **Nutrition Guidelines for Foods Available in Schools During the School Day**

Students and staff will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food guidance System published jointly by the U.S. Department of Agriculture. In addition, the Menominee Tribal School will establish procedures to control food sales that compete with the schools non-profit food service in compliance with the Child Nutrition Act. Food service rules shall restrict the sale of foods of minimal nutritional value as defined by the U.S. Department of Agriculture in the food service areas during the meals periods or before lunch is served.

## STUDENT NUTRITION

The Menominee Tribal School promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The School supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, the school will contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

**A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.**

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.

**B. Support and promote proper dietary habits contributing to students' health status and academic performance.**

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the Tribal Schools Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals.

**C. Increase the amount of time students are engaged in physical activity.**

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades K-8. Physical activity should include regular instructional physical education, co-curricular activities, and recess. Substituting any one of these components for the others is not appropriate.

- ❖ The Federal government mandates that students in grades K-5 have 60 minutes weekly.
- ❖ The Federal government mandates that students in grades 6-8 have 75 minutes weekly.
- ❖ The Federal government mandates that **all** students participate in Physical Education classes.

### Fundraising:

- All fundraising projects are encouraged to follow the Menominee Tribal Schools Nutrition Standards.
- All fundraising projects for sale and consumption within and prior to the instructional day will be expected to make every effort to follow the District's Nutrition Standards when determining the items being sold.
  - ❖ Items being sold that do not meet the Menominee Tribal School Nutrition Standards may be acceptable for student consumption within moderation (i.e. limit quantity sold to an individual student).
  - ❖ Items being sold that do not meet the Menominee Tribal School Nutrition Standards may be acceptable when offered on an intermittent basis.
  - ❖ Any Fundraiser selling food, will occur after lunches have been served.
  - ❖ A handout of Healthy Snacks will be given out to staff and parents.

### Teacher-to-Student Incentive:

Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the Menominee Tribal School Nutrition Standards.

- ❖ Some food incentives could be animal, fish and oyster crackers.
- ❖ All teachers will wait until lunches are served, to have classroom parties.
- ❖ Other suggestions:
  - Small toys
  - Pencils
  - Erasers

### Student Nutrition Education:

The Menominee Tribal School has a comprehensive curriculum approach to nutrition in kindergarten through eighth grade. Beginning with the 2006-2007 school year, all instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

- |                                   |                              |
|-----------------------------------|------------------------------|
| ▪ Knowledge of food guide pyramid | Healthy diet                 |
| ▪ Healthy heart choices           | Food labels                  |
| ▪ Sources and variety of foods    | Major nutrients              |
| ▪ Guide to a healthy diet         | Multicultural influences     |
| ▪ Diet and disease                | Serving sizes                |
| ▪ Understanding calories          | Proper sanitation            |
| ▪ Healthy snacks                  | Identify and limit junk food |
| ▪ Healthy breakfast               |                              |

The Menominee Tribal School Nutrition Policy reinforces nutrition education to help students practice these themes in a supportive school environment.

## Menominee Tribal School Nutrition Standards

The Menominee Tribal School strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the School has adopted the following Nutrition Standard governing the sale of food, beverage, and candy on school grounds. The Menominee Tribal School will follow these standards and develop building policy using the following Tribal School Nutrition Standards as minimal guidelines.

### Food:

- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol.
- It is recognized that there may be rare special occasions when the School Administrator or Dean may allow a school group to deviate from these guidelines.
- Encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits, and vegetables.

### Candy:

- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will be permitted at the conclusion of the instructional day.
- Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), syrup) listed as one of the first two ingredients.

### Beverages:

- Vending sales of pop or artificially sweetened drinks will not be permitted on school grounds.
- The non-vending sale of pop or artificially sweetened drinks will not be permitted on school grounds both prior to the start of the school day and throughout the instructional day, but will be permitted at those special school events that begin after the conclusion of the instructional day.
- The vending sale of beverages, other than soda, with less than 10% fruit juice may begin at the conclusion of the instructional day.
- Milk, water, and 100% fruit juices may be sold on school ground both prior to and throughout the instructional day. This standard will be phased-in over the next three school years in the following manner: