

**HAMILTON SCHOOL DISTRICT  
Sussex, WI**

**SCHOOL WELLNESS**

Children's health influences learning and achievement. The Hamilton School District supports the adoption and implementation of a comprehensive school health program to improve the health and achievement of students.

The school health and wellness program shall incorporate the following components which are further defined in the guidelines implementing this policy.

1. Nutrition education goals
2. Physical activity goals
3. Nutrition guidelines for all foods available on school campus during the school day
4. School based activities designated to promote student wellness
5. Regulations of the School Lunch Act
6. Measurement and evaluation
7. Access to the Public

LEGAL REF.:           Sections       118.01 (2) Wisconsin Statutes  
  118.12  
  118.33 (1)  
  120.13  
  121.02 (1)(j) and (k)  
  PI 8.01 (2) (2) (j), Wisconsin Administrative Code  
  Child Nutrition and WI Reauthorization Act of 2004  
  Healthy, Hunger-Free Kids Act of 2010

CROSS REF.:           113, Renewal and School-Centered Decision Making  
  113-Rule, Guidelines for Renewal and School Centered  
  Decision Making  
  310, Instructional Goals and Expectations  
  330, Curriculum Review and Development  
  341.10, Fitness Education Program  
  341.41, Human Growth and Development  
  374, Fund Raising Activities  
  376, Intramural Program

377, Interscholastic Athletics  
457, Student Assistance Program  
523.2, Employee Assistance Program  
710, Support Service Goals  
720, Safety Program  
760, Food Service Management  
761, Vending Machines  
811, Participation by the Public  
830-Rule 1, Use of School Facilities Regulations  
836, Use of Fitness Center Facility  
Health Education Curriculum  
Fitness Education Curriculum

APPROVED: June 19, 2006

REVISED: June 15, 2015  
June 19, 2017

**HAMILTON SCHOOL DISTRICT  
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**SCHOOL WELLNESS GUIDELINES**

**Nutrition Education Goals**

1. School programs should ensure that students in grades 4K through 12 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles.
2. Nutrition concepts should be reinforced and fitness education integrated into appropriate subject areas.
3. Nutrition education should include reinforcement of the importance of physical activity and the health risks associated with a sedentary lifestyle.
4. Educational information which encourages healthy eating and physical activity for families, both within the home and outside the home should be provided.
5. Family members should be encouraged to be an integral partner in teaching children about health and nutrition.

**Physical Activity Goals**

Student wellness shall be promoted through the following initiatives:

1. The fitness curriculum identifies standards and activities that promote physical activity and a healthy lifestyle. Fitness education will be provided as developmentally appropriate for children grades 4K through 12.
2. The fitness education curriculum coordinates with the health education curriculum which includes nutrition.
3. Elementary and middle school recess and middle school and high school co-curricular activities provide physical activity for students.
4. Schools should provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.

**Hamilton School District  
School Wellness Guidelines****Nutrition Guidelines for Schools**

1. Foods and beverages offered within the district food service program over the course of a school week should be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
2. Foods and beverages available during the school day should include a variety of healthy choices.
3. A la carte foods should include a variety of nutritious choices.
4. School lunches will meet the U.S. Department of Agriculture dietary guidelines which recommend that no more than 30% of an individual's meal calories come from fat, and less than 10% from saturated fat.
5. School lunches will meet the USDA regulations regarding providing one-third of the recommended dietary allowances of protein, vitamins A and C, iron, calcium and calories.
6. School lunches will meet the USDA meal portion guidelines.
7. Carbonated beverages will not be sold to elementary, middle, or high school students before or during the school day.
8. Carbonated beverages will only be sold after school in the middle and high school where a full array of milk, juice, water, and other products are available.
9. Classroom snacks should reinforce the importance of healthy choices.
10. Fundraising groups shall follow the USDA "smart snacks" nutrition rule.
11. Vending machine use will not conflict with federal meal program.

**School Based Activities Designed to Promote Student Wellness**

1. Fitness education will incorporate instruction in healthy lifestyles.
2. Physical fitness will be emphasized through extra and co-curricular activities.
3. Fitness tips should be communicated to parents via newsletters, parent meetings, or other media.
4. School fitness facilities may be available for community use per Board policy, i.e., fitness center, walking, tennis courts, etc.
5. The district will encourage and support healthy lifestyles through use of facilities, EAP, insurance partnership, etc.

## **Hamilton School District School Wellness Guidelines**

### **Measurement and Evaluation**

The Hamilton School District will monitor and evaluate school district policies to ensure implementation and assess progress in student nutrition and fitness.

1. Board policy update
2. Curriculum review and update process
3. Student surveys
4. Student fitness assessments

Implementation of the School Wellness policies will be monitored by the District Administration, Supervisor of Instructional Services, Building Administration, and Manager of Food Services as appropriate.

### **Access to the Public**

The public shall have access to Hamilton School District School Wellness policies in accordance with state and federal laws and established procedures.

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CROSS REF.:           113, Renewal and School-Centered Decision Making  
   113-Rule, Guidelines for Renewal and School-Centered  
   Decision Making  
   151.1, Policy Adoption  
   310, Instructional Goals and Expectations  
   330, Curriculum Review and Development  
   341.10, Fitness Education Program  
   341.41, Human Growth and Development  
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School Wellness Guidelines**

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