



Luck School District Wellness Policy

Luck School District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

Policy Monitoring/Implementation - The District will convene a District Wellness Committee that meets at least one time per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness. The Wellness Committee members will represent all school levels.

Luck School District Committee Members are:

- District Administrator
- School Principal
- School Board Member
- Food Service Director
- School Counselor
- Physical Education Staff
- School Nurse
- Parent
- Student Representative

Luck School Wellness Policy will include the following components:

- 1) Specific goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness
- 2) Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with minimum federal requirements
- 3) Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., food incentives, class parties, etc.)
- 4) Provisions addressing food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the federal Smart Snacks in School (i.e., “competitive food”) nutrition standards
- 5) A description of the plan for providing opportunities for stakeholder involvement
- 6) A description of the plan for measuring the implementation of the wellness policy and for reporting wellness policy content and implementation status to the public
- 7) Identification of the position title(s) of the designated school official(s) who have responsibility for the implementation and oversight of the Wellness Policy

The District will compile and publish a triennial assessment and report to share basic information about the Wellness Policy and report on the progress of the schools within the district in meeting wellness goals. The District will actively notify households/families of the availability of the report through the District newsletter and website. The wellness committee will update or modify the Wellness Policy based on the results of the progress reports, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or State guidance or standards are issued. The Wellness Policy will be assessed and updated as indicated at least every three years.

Luck School District Wellness Regulation

This Policy/Regulation has been developed to meet both the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, Healthy Hunger-Free Act of 2010 and to support the school district’s desire to have a positive impact on student learning and health. Good nutrition habits have a direct impact on a child’s development, health, well being and potential for learning. Students must also attend school with minds and bodies that are fully ready to take advantage of their learning environment. This district-wide wellness policy encourages all members of the school community to create an environment that supports physical activity and healthy eating habits.

Wellness Policy Leadership:

District Superintendent shall implement and ensure compliance with the policy by leading the review, update and evaluation of the policy.

*Cory Hinkel – Luck School District Administrator
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To assist in the creation of a healthy school environment, the District shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than one time during the school year to implement, assess, review and make recommendations for changes to the Wellness Policy.

The District shall invite a diverse group of stakeholders to participate in the development, implementation and periodic review and update of the Wellness Policy.

Wellness Policy Committee Members:

Cory Hinkel	District Administrator
Jason Harelson	School Principal
Todd Roehm	School Board Member
Beth Lemieux	Food Service Director
Korbyn Angstman	School Counselor
Kyle Johnson	Physical Education
Christina Jensen, RN	School Nurse
April Herschfield-Johnson	Parent
Emma Jensen	Student Representative

District Nutrition Standards:

The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

School Meal Programs:

The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer’s specification); and to meet the nutrition needs of school children within their calorie requirements. Our School District participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). We are committed to offering school meals through the NSLP and SBP programs.

- District meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/sites/default/files/dietaryspecs.pdf).
- All School meals are accessible to all students.
- Withholding food as a punishment is strictly prohibited.
- All meals are appealing and attractive and served in clean and pleasant settings.
- Students have convenient access to hand washing facilities before meals.
- Drinking water is available to all students throughout the school day, including during mealtimes.
- Students are allowed at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Luck School Campus is “closed” meaning that students are not permitted to leave the school grounds during the school day.
- Lunch will be served between the hours of 10:50 AM - 1:00 PM daily.
- Breakfast and lunch menus are posted on the District website and throughout the school building and also sent home with K-5 students for parents to follow.

All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA Professional Standards for Child Nutrition Professionals.

Luck School Day Care will be following State Regulations as a separate identity for Luck School District.

School Meal Program Participation:

- Students who have not been qualified for the Free/Reduced Breakfast and Lunch Program but are not able to secure the dollars necessary to purchase food will be provided the option of fruit & milk for breakfast and a peanut butter sandwich, milk and a fruit or vegetable for lunch.
- The District notifies parents through mailings and on the Luck School District Website of the availability of the breakfast, lunch and summer food programs and encourages parents to determine eligibility for reduced and free meals.
- The District allows students the opportunity to provide input on menu items. The Food Service Director goes to invited classrooms to talk to students about nutrition and the importance of Offer vs Serve, and that class is invited to plan a menu day of their liking for the next calendar month, following all guidelines.
- The District restricts the scheduling of club/organizational meetings during the breakfast or lunch periods unless students are allowed to purchase breakfast or lunch to be consumed during the meetings.
- The District provides a “Grab ‘n Go” breakfast before the start of school day in the cafeteria, and in the upper hallway between the hours of 8:40 and 9:15 AM to increase participation (additional time for students to purchase a healthy breakfast)

Negative Food Service Accounts:

The District will use a computerized accounting system for all payments to and purchases from the NSLP and SBP Programs. An account is established for each family in the District, and a positive balance is expected to be maintained. In the instance of a negative balance, a phone call is automatically generated and made to each family, including cell and home phone number, if applicable, and an email sent if an email address is on file. In the event that the negative balance reaches \$20 or more, the Food Service Director calls directly to the household and asks for payment. If not received within the time frame indicated, a letter is sent home giving them notice to pay balance, call with payment plan or send a lunch with their child/children the following day.

Summer Food Program:

The District runs an annual Summer School Program with breakfast and lunch served daily. This is served in our cafeteria at designated times. This program is free to all children ages 0-18 years of age. An individual does not need to be in our School District to participate. Anyone, from anywhere, can come during our hours of operation to join in.

Food and Beverages sold outside of School Meals:

The foods and beverages sold outside of the school meal programs (i.e., “competitive” foods and beverages) shall at a minimum meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at

<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.

- All food and beverages sold to students during before and after school academic programs will meet the USDA Smart Snack Nutrition standards.
- Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day limited to two per group per year.

Foods Offered/Provided but Not Sold / Student Incentives:

The District encourages foods offered on the School Campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.

- Non-food celebrations will be promoted.
- Teachers will be encouraged to give non-food rewards.
- When food rewards are used, they will meet the District Nutrition Standards.
- Soda will not be given during the school day as a part of any reward.

Fundraising:

- The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school year.
- All other fundraisers sold during the school day (8 AM - 3:30 PM) will meet the Smart Snacks nutrition standards.
- No restrictions are placed on the sale of food/beverage items sold outside of the school day.
- Fundraising by any adult or student must be pre-approved. Unapproved activities are subject to school discipline.

Marketing:

The District 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 (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

Nutrition Education:

The District's primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education, will be offered every year to all students of the District. The District aims to teach, model, encourage, and support healthy eating by providing nutrition education. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.
- Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the Wisconsin Model Academic Standards for Nutrition. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.

- The District teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. The District will include in the health education curriculum the following essential topics on healthy eating:
 - Food guidance from MyPlate
 - Reading and using USDA's food labels
 - Balancing food intake and physical activity
 - Food safety
 - Social influences on healthy eating, including media, family, peers, and culture
 - How to find valid information or services related to nutrition and dietary behavior
 - Resisting peer pressure related to unhealthy dietary behavior
 - Influencing, supporting, or advocating for others' healthy diet

Nutrition Promotion:

Students and staff will receive consistent nutrition messages throughout classrooms, gymnasiums and cafeterias. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

- Promote healthy food and beverage choices using Smarter Lunchroom techniques.
- The District will implement:
 - School hosts a school garden
 - School hosts field trip to local farms (2nd grade field trip)
- Minimum of two annual participation events, contests, promotions with a goal of 100% participation for a week at a time.
- Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. (See above for specific definition of marketing)

Water Consumption:

Staff Members will encourage students to consume water throughout the day, especially on hot days or during physical activity.

Physical Activity:

Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

- The elementary school will offer at least 20 minutes of recess for each student on all or most days during the year.
 - Outdoor recess will be offered when weather is feasible for outdoor play.
 - Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures; and provide group games led by staff
 - In the event that the school or district must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable
- The District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. Activity break ideas are available through [Active Schools WI](#).
- The District offers opportunities (e.g., activity clubs, open gym, intramurals and varsity sports) for students to participate in physical activity before and/or after the school day.
- The District will support active transport to and from school, such as walking or biking.

Physical Education:

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

- All district students will participate in physical education that meets or exceeds state standards:
 - All **elementary students** receive physical education for at least 60 minutes per week throughout the school year
 - All **middle school students** are required to take physical education in all grade levels
 - All **high school students** are required to take 2 credits of Physical Education to graduate
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.

Other Activities that Promote Student Wellness:

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

- The District will continue relationships with its community partners, including UW-Extension and our local hospital, in support of this wellness policy's implementation.
- The District will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year.
- Families will be invited to participate in school-sponsored events and will receive information about health promotion.
- The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.
- When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.
- Specific District-sponsored activities that promote student wellness:
 - **Jump Rope for Heart** ~ Jump Rope for Heart (JRFH) is a fundraiser the elementary school does every year in February for the American Heart Association. Grades K-6 get pledges from family, friends, and community members. The amount they raise will allow them to get different prizes for incentives. The more money they raise, the more prizes they get! After pledges are collected, we host our event in the big gym over two days during their lunch recess time where there are multiple jump rope activity stations for them to come and be active in
 - **Lucky Loops** ~ Lucky Loops is an annual fundraiser for our wellness program. All proceeds help fund continued programming of special day events (walk to school day, day of play, etc.), new and improved summer program, physical education and health curriculum improvement and continued enhancement of our school nutrition. (All contributions are tax-deductible.) Students collect pledges to be turned in the day of our event. The Lucky Loops event is school wide and takes place in the second half of the school day. There is water and fruit provided for snacks while students are working on getting laps completed around the track or the "horn". After a number of laps are completed, elementary students have the opportunity to go into the middle of the track and play at different stations of games that are run by our junior class

- o **Mental Health Mini-Week** ~ New during the 2017-2018 school year was the Mental Health Mini-Week. We expect to continue this great event intermittently, as we are able to do so. During the first week of the second semester, presenters and activities were organized for K-12 students in order to promote wellness and to teach students how to “Maintain Your Brain!” The week included educational opportunities to learn about mental health and wellness as well as skills and take-home activities to help have a healthy mind and happy life. Examples of presenters include: Question, Persuade, Refer Training by Polk County Health Dept., Breaking the Stigmas of Mental Health by Positive Alternatives, Male/Female Empowerment discussion by a local Social Worker, Dose of Reality Campaign by Polk County Health Dept., and Climb Theater presentations on resilience and bullying
- o **Mileage Club** ~ The Luck School Mileage Club is an easy way to get students moving even more during recess time. Students are able to walk or run a selected path on the school playground during their scheduled recess times. Each lap is recorded on a special card back in their classrooms. When students have walked 20 laps, they get a toe token as a reward which can be worn in a necklace or on their shoelace. A card with 20 completed laps is equal to walking 5 miles. For the younger K-2 students, a shorter course is laid out on their playground. When their card is full, it equals about 10 miles. Students can participate in special themed “challenges” during the year in which they can earn special shaped tokens, certificates, and special prizes
- o **Walk/Bike to School Day** ~ There are two days during the school year that the school (K-12) participates in the national walk/bike to school days. Information about the event is sent home with the kids a few days prior. Busses and parents drop kids off at a local store (Jensen Furniture) where staff and students meet together. As a group we make the 0.8 mile walk to the school to start the day off with some physical activity

Staff Wellness:

All staff within the District of Luck are expected to be wellness role models. Students are always watching and staff must be mindful of their words, actions, and attitudes, and how they may be perceived by students, families and the community. Staff must model appropriate behavior throughout the school day and at school sponsored events. This includes appropriate use of technology, maintaining a positive attitude and open communication.

The District of Luck encourages all staff to participate in a variety of wellness challenges that are offered throughout the school year. The challenges are organized in calendar form, usually spanning a week or more. At the beginning of each challenge, staff will sign up to participate. At the end of the weekly challenge, the staff that completed that week’s challenge will be able to enter their name into the drawing for the large prize. At the end of the weekly challenges, the large items/prizes are raffled off.

- Staff Wellness Challenges may include:
 - Get 10,000 steps each day
 - Drink at least 64 ounces of water per day
 - Don't touch your phone after 8pm every night
 - Spend 30 minutes working out at least 4 times during the week
 - Practice a 3 minute breathing exercise/meditation each day
 - Play at least one "brain game" a day (e.g. sudoku, word search, logic puzzles, etc.)
 - Add a vegetable to at least one of your meals every day

Community Engagement:

The community of Luck is heavily involved in the events taking place at the school. A particularly well attended event is the annual open house at the beginning of each school year. The community is invited to come and eat a free meal and to get information from the local healthcare providers, the school insurance company promoting health and wellness, and other various entities. Another opportunity for the community to be involved is during Lucky Loops. Local businesses donate items for the event and community members are invited to participate in the activities during this special day.

Monitoring and Evaluation:

At a minimum, our District will conduct an assessment of the wellness policy every three years, report to the public the finding of the evaluation, and update the policy as appropriate.

- The District will convene a District Wellness Committee that meets at least once per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness.
- The District will actively notify households/families of updates to the Wellness Policy through the District newsletter and website.
- The wellness committee membership will represent the Luck School District and include (to the extent possible), but not be limited to: parent, student representative, representative of the school nutrition program, physical education/health education teacher, school administrators, school board member, school counselor and school nurse
- The Wellness Committee will update or modify the Wellness Policy based on the results of the progress reports, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or State guidance or standards are issued.
- **The Wellness Policy will be assessed and updated as indicated at least every three years.**