

## SCHOOL WELLNESS

Good nutrition and physical activity are known to influence a child's development, potential for learning, overall sense of well-being, and risk of illness through adulthood. Students who practice good nutrition and engage in daily physical activity attend school with bodies and minds ready to take advantage of the learning environment. The District, therefore, encourages all members of the community to help create and support a school environment that emphasizes healthy, life-long habits of good nutrition and physical activity.

The District shall also maintain, implement, and inform the school community and general public about a local school wellness policy that meets the requirements of federal law. The local school wellness policy required by federal law (hereinafter referred to as the District's "Wellness Plan") is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available to students on the school campus during the school day are consistent with applicable minimum nutritional guidelines and standards.

Various stakeholders will be given the opportunity to participate in the development, implementation, and periodic review and updating of the District's Wellness Plan. However, the content of the Plan is subject to the Board of Education's review and approval, and the Board of Education retains authority to modify the specific content of the Wellness Plan and to accept, reject, or modify recommendations for updates and other changes.

The Board of Education designates primary administrative oversight of this policy and the District's local Wellness Plan to the Director of Special Education and Pupil Services who shall:

1. Direct and monitor the District-wide implementation of the District's Wellness Plan and related nutrition guidelines, including monitoring school-level compliance with the Plan;
2. Oversee the periodic evaluation of the Wellness Plan and its implementation at least as often as such formal assessments are required under applicable regulation, including having primary responsibility for ensuring the timely preparation and written report following each such assessment;
3. Ensure opportunities for stakeholder group involvement in the development, implementation, and periodic review and updating of the District's Wellness Plan in a manner that is consistent with the requirements of applicable federal regulations and the specific content of the Wellness Plan;
4. Keep the Board of Education and the broader community informed of the Wellness Plan, the District's and each applicable school's progress toward achieving Wellness Plan goals, and any recommendations for changes and improvements to the Plan, including any changes that are based on the results of a formal assessment. The wellness team will

meet annually in the spring and report to the Board of Education in the fall; and

5. Establish recordkeeping procedures that are consistent with applicable federal regulations and any Department of Public Instruction (DPI) guidelines.

Each district school covered by the Wellness Plan shall have a designated school wellness coordinator. The school-level coordinator shall be the building principal or another staff member who has been recommended by the principal and approved by the primary district-level wellness leader, as identified above. Acting in coordination with district-level leadership, each school wellness coordinator shares responsibility for contributing to the development of the plan, ensuring school-level compliance with the plan, and ensuring appropriate assessment and reporting of school-level progress.

Nothing in this policy or in the District's formal Wellness Plan shall be construed to prohibit District schools from undertaking additional school-level wellness initiatives, provided that such initiatives (1) do not either conflict with the formal Wellness Plan or unilaterally supplant or replace portions of the Plan; and (2) have otherwise been properly authorized within the District. However, the Board of Education strongly encourages the administration and staff at individual schools to coordinate their student wellness initiatives with the formal Wellness Plan for the benefit of documenting such efforts and sharing ideas across the entire District.

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It is the policy of the Rice Lake Area School District, pursuant to s. 118.13 of Wisconsin Statutes, and Chapter PI 9 of the Wisconsin Administrative Code, that no person may be denied admission to any school or be denied participation in, be denied the benefits of, or be discriminated against in any curricular, extracurricular, pupil services, recreational, or other program or activity on the basis of the protected classes of race, color, religion, national origin, ancestry, creed, pregnancy, marital status, parental status, sexual orientation, sex, or physical, mental, emotional, or learning disability.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

[http://www.ascr.usda.gov/complaint\\_filing\\_custom.html](http://www.ascr.usda.gov/complaint_filing_custom.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form.

To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture/Office of the Assistant Secretary for Civil Rights/1400 Independence Avenue , SW/Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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Legal Ref: Wis. Stat.: 93.49; 118.01(2)(d)2; 118.12; 118.33; 120.13(17); 120.13(19); 121.02(1)(f); 121.02(1)(j); WAC PI 8.01(2)(j)2; Federal: 42 U.S.C. §1758b; 42 U.S.C. Ch. 13; 7 C.F.R. Part 210; 7 C.F.R. Part 220

Cross Ref: 341.21 Rule 1, School Nutrition Standards; 341.21 Rule 2 Physical Activity;

Adopted: 06/15/06

Revised: 05/23/11  
10/23/17  
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