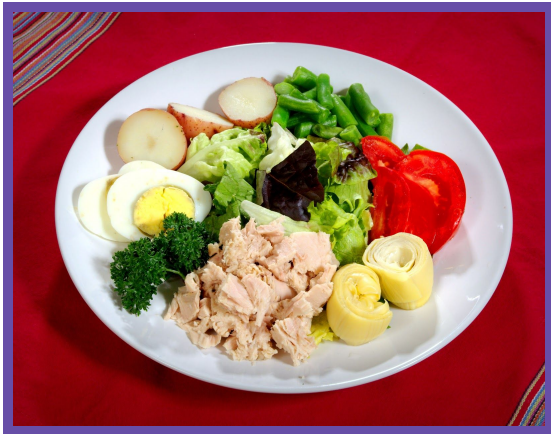


SCHOOL DISTRICT OF WESTFIELD



WELLNESS PLAN

Nutrition Education

Nutrition Education is designed to help students:

- Improve health literacy, by learning about essential nutrients, the benefits of healthy eating and safe food preparations
- Gain nutrition-related skills such as understanding food labels, comprehending nutrition information, and evaluation of commercial food advertising
- Assess personal eating habits by using food guidance systems such as MyPlate and the 2010 Dietary Guidelines for Americans



GOAL: The School District of Westfield will provide nutrition education that will teach, encourage and support healthy behaviors.

Students in grades K - 6 will receive at least five hours of nutrition education per year.

Action	Responsibility	Timeline	Monitoring
Incorporate nutrition topics into required health and science courses.	Principal Classroom Teachers	September - June	Yearly review of Health and Science lesson plans.

U W Extension also works with 3rd and 4th grade on nutrition and healthy snacks. They come into these classrooms a couple of times a year. They also provide workshops at summer school for our food classes.

Students in grades 7 & 8 will receive nutrition education in one class required to complete middle school.

Action	Responsibility	Timeline	Monitoring
Incorporate nutrition topics into required health courses.	Principal Health Teachers	September - June	Yearly review of Health Class lesson plans.

Nutrition is part of the curriculum for Health 7, Health 8, FACE 7, FACE 8, Ag 7 and Ag 8.

Students in grades 9 – 12 will receive nutrition education in a minimum of 4 class offerings.

Action	Responsibility	Timeline	Monitoring
Incorporate nutrition curriculum into Food Technology, Family Food, Career Foods, and Culinary Arts classes	Principal Ag Teacher FACE Teacher	September - June	Yearly review of lesson plans for listed class offerings.

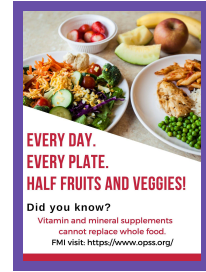
Health Education is part of the curriculum in the following semester long classes: Career Foods, Family Foods, Food Technology and Culinary Arts

Health Education Curriculum at all grade levels includes healthy eating and healthy lifestyles.

Healthy Pantry, Get Up and Go, Activity and Nutrition Tracker, Recipes That Score, and A Healthy Start in School pamphlets are sent home in weekly folders to education students and parents on nutrition and physical activity.

Nutrition Promotion

GOAL: The School District of Westfield will engage in a farm to school program to help students eat more nutritious food, promote healthier eating patterns, and support local farmers.



The Food Service Program will menu at least one local food per month.

Action	Responsibility	Timeline	Monitoring
Create menus that incorporate locally grown fruits or vegetables.	Food Service Director	Ongoing throughout the year	Monthly review of menus and invoices.

The food service program is part of a USDA – Pilot Program to use local fruits and vegetables.

The school staff shall integrate three farm to school activities into existing curriculum during elementary school.

Action	Responsibility	Timeline	Monitoring
Plan field trips to local dairy farm, local produce farm, and local seasonal farm event.	Principal Classroom Teacher	Fall and Spring activities	Annual review of farm to school activities.

1. Produce Auction House – Field Trips
2. Annual Farm Day for 4th graders
3. Flyte Family Farms – Field Trips
4. Nelson Pade - Aqua Farm - Field Trips
5. Dairy Farm Bureau visit – 2nd graders

GOAL: The School District of Westfield will support practices that promote good nutrition choices.

The school staff will use alternatives to food as rewards for positive student behavior.

Action	Responsibility	Timeline	Monitoring
School Staff is prohibited from using food as a reward. Non-food rewards could include extra recess time, listen to music, no homework pass, computer time, sit by a friend, a trip to a reward bin with non-food items.	Principals Teachers	Ongoing throughout the year	Yearly review of rewards offered during a school staff meeting.

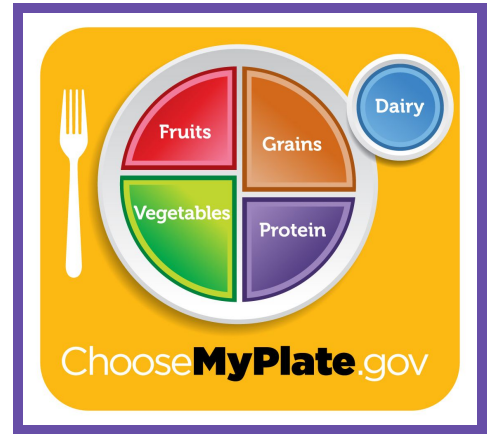
Staff has significantly reduced the number of food related treats and is focusing on other types of rewards.

Nutrition Guidelines

Nutrition Standards for Foods:

Any food sold in school must:

- Be a whole grain-rich product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value of calcium, potassium, vitamin D, or dietary fiber.



In addition, food items must meet the following requirements:

- Calorie limits: snack item <200 calories entrée item <350 calories
- Sodium limits: snack item <230 mg entrée item <480 mg
- Fat limits: total fat <35% of calories saturated fat <10% of calories trans fat zero grams
- Sugar limits: <35% of weight from total sugars in foods

GOAL: The School District of Westfield will regulate vending machines available to students and staff throughout the school day.

Vending machines available to students will be turned off during the school day unless they meet the approved nutrition standards. All vending machines will be turned off during meal periods.

Action	Responsibility	Timeline	Monitoring
Establish timers on all vending machines.	Principal Custodian Food Service Director	Ongoing throughout the year	Daily check of machines to guarantee they are only operating when appropriate.

Vending machines are turned off during the school day and only the High School machines with healthy offerings are available to students during the school day.

Vending machines available to staff will contain at least 50 percent healthy choices.

Action	Responsibility	Timeline	Monitoring
Work with vendors to include healthy offerings in vending machines in staff lounges.	Principal or designated building representative	Ongoing throughout the year	Monthly checks of machines to determine that 50 percent of the offerings are healthy choices.

Vendors are working with staff to offer popular healthy alternatives in the staff vending machines.

GOAL: The School District of Westfield will comply with USDA nutrition standards for school meals.

Action	Responsibility	Timeline	Monitoring
Established USDA standards will be	Food Service Director	September - June	Daily review/reporting of fruits, vegetables,

followed for each meal at each school.			grains, meats, milk, calories, fat and sodium.
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The food service program complies fully with USDA standards and passed the Food Service Audit nutrition standards.

GOAL: The School District of Westfield will share nutrition guidelines with fundraising groups and concession groups.

Action	Responsibility	Timeline	Monitoring
Post nutrition guidelines in all concession areas and email guidelines to all class advisors who oversee fundraising.	Food Service Director	Annually at the beginning of each school year	Monthly check that guidelines are still posted in concession areas. Annually email fundraising advisors.

Nutrition Guidelines are posted in all concession rooms.

Any food sold in school must:

- Be a whole grain-rich product; or
- Have as the first ingredient a fruit, vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value of calcium, potassium, vitamin D, or dietary fiber.

In addition, food items must meet the following requirements:

- **Calorie limits:** snack item <200 calories entrée item <350 calories
- **Sodium limits:** snack item <230 mg entrée item <480 mg
- **Fat limits:** total fat <35% of calories saturated fat <10% of calories trans fat zero grams
- **Sugar limits:** <35% of weight from total sugars in foods

Physical Education

We believe—and research shows—PE benefits students by:

- Providing an opportunity to help children discover the strength and possibilities of their bodies.
- Helping children to engage in positive social skills through sportsmanship and team play.
- Teaching physical literacy and healthy habits that lead to lifelong wellness.
- Improving classroom behavior and learning by keeping both the body and mind active.
- Contributing to the education of the whole child.



When PE is implemented well, it is taught by certified and well-trained teachers; it is more positive and inclusive; it focuses on more than just rote skills, times, and laps; and it is fun and adaptive.

GOAL: The School District of Westfield will provide physical education to all students in grades K-12 and ensure that at least 50% of this time is participating in moderate to vigorous physical activity.

Students in grades K - 6 will receive at least 45 minutes of instructional physical education each week.

Action	Responsibility	Timeline	Monitoring
Create lesson plans that include no more than 50% of the time as instructional time and at least 50% of the time in active learning.	Principal Physical Ed Teachers	Ongoing throughout the year	Yearly review of Physical Ed lesson plans.

Elementary schedules include a minimum of 45 minute of physical education each week.

Students in grades 7 & 8 will receive at least 225 minutes of instructional physical education each week.

Action	Responsibility	Timeline	Monitoring
Create lesson plans that include no more than 50% of the time as instructional time and at least 50% of the time in active learning.	Principal Physical Ed Teachers	Ongoing throughout the year	Yearly review of Physical Ed lesson plans.

Students in grades 7 & 8 have the following courses: Adaptive PE 7, Adaptive PE 8, PE 7 and PE 8.

Students in grades 9 – 12 will be required to participate in physical education classes for the first three years and will have electives available for their senior year in physical education.

Action	Responsibility	Timeline	Monitoring
Create lesson plans that include no more than 50% of the time as instructional time and at least 50% of the time in active learning for PE 9/12, PE 11/12, SST, Lifetime Fitness & Recreation, and Outdoor Education	Principal Physical Ed Teachers	Ongoing throughout the year	Yearly review of Physical Ed lesson plans.

High School students have the following classes: Adaptive PE, PE 9 & 10, PE 11 & 12, and Lifetime Fitness

All students in all grades are receiving 30% instruction time and 70% active learning in physical education classes and related curriculum offerings.

Physical Activity

GOAL: The School District of Westfield will provide physical activity options to all students in grades K-12 through recess, intramurals, and other recreational endeavors.



Action	Responsibility	Timeline	Monitoring
Recess time will be scheduled for all elementary students.	Principal	Ongoing throughout the year	Yearly review of class schedule.

Elementary students have recess time available for 20 minutes before school and 30 minutes at lunch time.

Action	Responsibility	Timeline	Monitoring
The district will work with local parent organization to support youth programs for football, basketball, wrestling, soccer, etc.	Principal Athletic Director	Ongoing throughout the year	Yearly review of youth program activities and participation.

The district works with the youth sports programs for basketball, wrestling, football, soccer, baseball and softball to help students stay active.

Action	Responsibility	Timeline	Monitoring
Create before or after school physical activities, open gyms, and active classrooms to encourage students to increase physical activity.	Principal Teachers	Ongoing throughout the year	Yearly review of programs and participation.

All schools offer some open gyms to encourage student activity.

The middle/high school is exploring the concept of gym time during the lunch period for students for the 2019-2020 school year.

Employee Wellness

GOAL: The School District of Westfield will offer employee wellness programs based on the results of an annual Employee Wellness Interest Survey.



The district will annually send all employees a Wellness Interest Survey.

Action	Responsibility	Timeline	Monitoring
Develop an annual survey addressing fitness activities, nutrition programs, health screenings, and assistance programs.	Wellness Committee	August	Yearly review of interest survey and programs and activities held based on that interest and participation.

A staff wellness survey was done in August of 2019. 96 employees participate in the survey.

<u>Program</u>	<u>Likely to Participate</u>	<u>Extremely Likely to Participate</u>
Physical Fitness	45.8%	17.7%
Healthy Eating	44.8%	10.4%
Biometrics	43.8%	31.3%
Ergonomics	36.5%	9.4%
Weight Management	42.7%	16.7%
Heart Health	37.5%	10.4%
Self Care	38.5%	13.5%
Stress Management	35.4%	9.4%
Tobacco Cessation	5.2%	3.1%

Time of Program Participation

Before Work	22.9%	7.3%
During Work	37.5%	6.3%
After Work	34.4%	5.2%

The district will annually offer employee health screening and assessments.

Action	Responsibility	Timeline	Monitoring
Establish time during August In-Service for employees to participate.	Finance/HR Assistant	August	Yearly review of participation and aggregate results.

On August 27th and 29th the district had health screenings available to all employees who have the district health insurance plan. Employees were encouraged to participate with a \$100 monthly premium savings for both single and family plans. 100% of eligible employees participated in the screening. Nicotine free employees also received a \$50 monthly premium savings on the plans. 91% of employees received the savings for being nicotine free.

The district will provide fitness activities during the school year.

Action	Responsibility	Timeline	Monitoring
Establish a Fall, Winter and Spring activity.	Wellness Committee Physical Ed Teachers	March	Participation and participant feedback.

- **AM/PM walking groups: High School /Elementary school hallways before and/or after school**
- **Staff pick-up basketball/volleyball (AM, Wed nights, or weekends)**
- **Zumba videos that can be used in a group setting.**
- **Weight room activities to anyone who would like to use the equipment; there is a variety of free weights and cardio equipment.**

The district contacted TNT Fitness Spa and receives a discounted monthly fitness membership for all employees.

The district will provide a fitness activity during in-service days.

Action	Responsibility	Timeline	Monitoring
Establish a fitness activity for each day.	Wellness Committee Curriculum Director	May	Participant feedback after each activity.

In-Service Wellness activities: Walking, Stretching, Frisbee Golf, Weight Room/Gym Activities, and Floor Hockey

The district will provide nutrition programs during the school year.

Action	Responsibility	Timeline	Monitoring
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Establish two nutrition programs like healthy recipe swap, fruit & veggie challenge, etc.	Wellness Committee Food Service Director	April	Participant feedback after each program.
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Nutrition Nuggets, Best Recipes, Eat & Learn Together, and Fitness Fun were put on the Wellness Link of the district web page are updated as each new publication is available.

The **Whipping Up Wellness** Cookbook was shared with all staff. This is a recipe book from student teams across the state that meets nutrition and taste guidelines using Wisconsin fruits, veggies, and dairy products.

Monitoring/Evaluation/ Reporting/Plan Revisions



GOAL: The School District Wellness Committee will be responsible for implementing and monitoring the school wellness plan, evaluation and revisions of the plan and annually reporting the results.

One person per school will be designated to ensure implementation and monitor results.

Action	Responsibility	Timeline	Monitoring
Select a person from each building to help with implementation and monitoring of the activities of the Wellness Plan.	Wellness Committee	April	Periodic contact with designee by members of the Wellness Committee for feedback and monitoring results.

The Wellness committee membership is made up of staff from each school, students and community members .

The Wellness Summit was attended by staff members in November and ideas from that were shared with the committee.

The Wellness Committee will meet a minimum of 3 times per year to evaluate the goals of the wellness plan.

Action	Responsibility	Timeline	Monitoring
Evaluation of activities and needs assessment will be done annually of the Wellness Plan.	Wellness Committee	Ongoing throughout the year	Results will be compiled and the committee will meet to review recent activities and goals.

The Wellness Committee met in September, December, and April.

The Wellness Committee will, after evaluating the Wellness Plan, report results to the public.

Action	Responsibility	Timeline	Monitoring
Report the results from the evaluation.	Wellness Committee	April	Annual report will be available on the district website.

After the April meeting, the evaluation results were compiled and available on the School District website.