

**School District of Cassville  
Board of Education Policy**

**Policy Code: JHK**

**SCHOOL WELLNESS**

The School District of Cassville promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The district 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, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

1. 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.
2. 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 District Nutrition Standards outlined later in this policy. 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.
3. 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 pre-K through 12. Physical activity should include regular instructional physical education, co-curricular activities and recess. Substituting any one of these components for the other is not appropriate.
4. The School District of Cassville is committed to improving academic performance in high-risk groups so that no child is left behind. Educators, administrators, parents, health practitioners and communities must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. Research highlighting the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn should be highlighted to ensure widespread understanding of the benefits to healthy school environments. The diversity of the student population (e.g., economic, religious, minority, cultural and medical) should be considered at all times to ensure that all student needs are being met so that no child is left behind.

CROSS REFERENCE: GBEE, IGAF, JHKA

Board Approved: August 7, 2006

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Board of Education Policy**

**Policy Code: JHK – Guidelines**

**STUDENT NUTRITION**

The School District of Cassville promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The district 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, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

Hot Lunch/Breakfast Program

- The full meal program will continue to follow the U.S. Government's Nutrition Standards. These standards will be assessable through the school district website.

Lunchroom Climate

- A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
- The lunch room environment should be a place where students have:
  - Adequate space to eat and pleasant surroundings;
  - Adequate time for meals (The American Food Service Association recommends at least 20 minutes for lunch from the time they are seated); and
  - Convenient access to hand-washing facilities before meals.

Fundraising

- All fundraising projects will need prior approval from administration and are encouraged to follow the District Nutrition Standards.
  - Items being sold that do not meet the District 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 District Nutritional Standards may be acceptable when offered on an intermittent basis.
- Organizations will be provided with a list of suggested fundraising ideas that promote healthy choices for children and adults.

Classroom Incentives

- When using food as a part of a class or student incentive programs, staff and students are encouraged to utilize healthy choices.
- Organizations will be provided with a list of suggested ideas that promote healthy choices for children and adults.

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Board Approved: August 7, 2006

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**DISTRICT NUTRITION STANDARDS**

The School District of Cassville strongly encourages the sale or distribution of nutrient dense foods that are low in saturated fat, sodium and “empty calories” at 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.

**SCHOOL DISTRICT OF CASSVILLE  
SCHOOL NUTRITION IMPLEMENTATION SCHEDULE**

School Year 2006 – 2007	<b>IN-SCHOOL FOCUS</b> <ul style="list-style-type: none"><li>• Healthy snacks that meet District Nutrition Standards</li><li>• Healthy rewards that meet District Nutrition Standards</li><li>• Beverage and vending guidelines: No soda- regular and diet</li><li>• Begin process for setting outside “school fundraising procedures”</li><li>• Classroom parties will include no more than one food or beverage that doesn’t meet District Nutrition Standards</li></ul>
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**Board Approved: August 7, 2006**

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## **NUTRITION EDUCATION**

### Goal and Rationale

The goal of the Cassville Nutrition Education program is to develop lifelong healthy eating patterns. Nutrition education is essential for children because their diet directly affects their growth and development, and because childhood is the time eating patterns which extend into adulthood are established. Good nutrition is not only important for physical health, but also is a factor in cognitive development and academic success. Research shows that children do not automatically select healthy foods. Schools thus have an important role in providing nutrition education. The school environment can be a positive influence, through role-modeling provided by staff, healthy choices available in the cafeteria and classroom, and exposure to positive peer habits. Nutrition education has an impact on these environmental factors and helps students learn to select healthy diets.

### Student Nutrition Education

The School District of Cassville 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 MyPyramid
- Sources and variety of foods
- Guide to a healthy diet
- Diet and disease
- Healthy snacks
- Healthy breakfast
- Healthy diet
- Food labels
- Major nutrients
- Multicultural influences
- Serving sizes
- Proper sanitation
- Identify and limit junk food
- Impact of physical activity on health and nutrition

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The district wellness policy reinforces nutrition education to help students practice these themes in a supportive school environment.

Parent Nutrition Education

Nutrition education corresponding with the nutritional themes presented to students will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels. Nutrition education may be provided through newsletters, handouts, posting on the district website and presentations that focus on nutritional value and healthy lifestyles. The school district will partner with local parent educators and service agencies to provide nutrition education in a variety of formats to a variety of audiences.

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Board Approved: August 7, 2006

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**WEEKEND AND WEDNESDAY EVENING EVENT AND PRACTICE**

In recognition that the School District of Cassville is part of a diverse community that includes families, religious and civic groups, the following policy will guide the scheduling of school-related events and practices with the consideration of all to ensure a good working relationship with the citizens we serve.

1. Single special events such as the annual School Musical and Prom clean-up may remain on Sundays.
2. Sunday practices are allowed after 6:00 p.m. if there is a game Monday or a holiday.
3. All Wednesday events or practices must end by 7:00 p.m. unless a waiver is granted by the district administrator by the authority of the District of Cassville School Board. (See #5 and #6 for additional information.)
4. A District of Cassville School sponsored event or practice is one which is under the direction of the School District of Cassville administrator and/or activities director. The coach/director/sponsor of the event or practice is a board approved paid School District of Cassville coach/director/sponsor or a board approved volunteer coach/director/sponsor.
5. An event is where the community is invited to watch the game/performance.
  - A. The game/performance must be scheduled through the building secretary and activities director. Sunday and Wednesday evening events must be approved by the school board.
6. A practice is when a coach, director, or sponsor uses the building in order to improve the performance of his/her team/club/organization. It is not a performance/game for the public.
  - A. Every effort should be made to schedule practices on days other than Sundays and Wednesday evenings.
  - B. All practices must be scheduled through the building secretary and activities director by the person who will be in charge of the practice. Sunday and Wednesday evening practices must be approved by the school board before beginning.
  - C. The coach/director/sponsor will be responsible to open and lock the facility.
7. This policy is to be used in conjunction with the rules as stated by the Wisconsin Interscholastic Athletic Association.

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8. There will be no practices or games on holidays, Christmas Eve Day, and New Year's Eve Day.
9. If school is called off or let out early because of inclement weather, there will be no practice or game unless overruled by the WIAA Tournament.
10. Youth basketball or volleyball (Grades 5-8) can have volleyball or basketball games on Sunday afternoons as we are still part of the Catholic League for the purpose of scheduling games.

Board Approved: November 15, 2010  
Amended: April 15, 2013