



## Wellness Policy

The Cyberschool plays a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. Our *Wellness Policy* encourages students to be physically active every day, eat a nutritious diet, get preventive screenings, and make healthy choices.

The Cyberschool's *Wellness Policy* sets goals for nutrition education, physical activity, campus food provision, and other school-based activities designed to promote student wellness. A broad group of Cyberschool community members were involved in developing this policy as well as the plan for measuring its implementation. The Cyberschool shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy.

### **SETTING PHYSICAL EDUCATION ACTIVITY GOALS**

Regular physical activity is important for children's overall health and well-being. Being active for at least 60 minutes per day helps build strength and fitness, relax and reduce stress, gain more energy, and improve sleep. These benefits all add up to decreasing the risk of heart disease and other conditions, such as colon cancer, diabetes, osteoporosis, and high blood pressure.

The Cyberschool provides health and physical education curricula and programs to all students. Students in pre-kindergarten through grade 8 are provided with a minimum of 30-60 minutes of structured physical education classes twice a week. The physical education curriculum offers a progressive, skill based scope and sequence of activities. A lifetime of activity begins at the primary level and continues to develop more advanced skills throughout the middle school years. Physical Education at the Cyberschool is dedicated to providing the opportunity for students to acquire the necessary knowledge and skills so that they can make informed healthy choices for a lifetime of enjoyable activities. The curriculum is aligned to the Wisconsin State Standards for physical education at all levels. The Cyberschool continues to provide additional opportunities for physical development and active participation in daily recess and after-school CLC (21<sup>st</sup> Century Community Learning Center), as well as co-curricular and intramural sports.

### **SETTING NUTRITION EDUCATION GOALS**

In the classroom, nutrition education is provided in PreK-8 during daily Morning Meetings to teach skills for healthy eating behaviors. Nutrition education is fundamental to promoting lifelong healthful eating habits. In addition, to assist students in making healthy choices the food service management team provides information for students, staff, and parents through *Monday Folder* flyers, health fairs and food committees to help educate them about good nutrition. Displays, posters and other visual material are used to promote healthy choices. The Food Service Management Supervisor makes current wellness/nutrition resources and

materials available for all teachers and staff for use in their classrooms. The Parent Coordinator collaborates with local nutrition organizations to educate parents on healthy food choices, the need for daily physical activity and the growing obesity trends in children.

### **ESTABLISHING NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON SCHOOL CAMPUS DURING THE SCHOOL DAY**

Cyberschool students are encouraged to eat a healthy diet by choosing a variety of fruits and vegetables, and avoiding fats, added sugars, and salt. Students learn better and feel better when they eat right, and it's important for reducing their risk for diseases like heart disease, certain cancers, diabetes, stroke, and osteoporosis.

The Cyberschool supports and promotes a healthy learning environment during the instructional day by reducing the sale or distribution of foods of minimal nutritional value. All foods served, sold or distributed at school during the instructional day are approved by the Cyberschool's administration. Foods are served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals.

To promote the health and well being of all students, the Cyberschool ensures the integrity of the school meals program by prohibiting food and beverage sales for students that are in direct competition with the National School Lunch or Breakfast programs and prohibits the sale of food of minimal nutritional value as defined by federal guidelines to students until the end of the school day. The sale of candy is only permitted outside of instructional hours. The Cyberschool also reserves the right to limit quantities and exercise portion control on any food/beverage item offered at school.

The Cyberschool takes a lead in limiting access to unhealthy snacks and beverages. Student do not have access to soda or vending machines on school property.

The Cyberschool encourages foods offered to 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 and a list of ideas will be made available to staff and family members. When using food as a part of class or student incentive programs, staff and students are encouraged to utilize healthy choices. Strong consideration is given to non-food items as part of any teacher-to-student incentive programs.

The Cyberschool's *Wellness Policy* goals are also considered in planning all school-based activities (such as school events, field trips, fundraisers, dances, and assemblies). Whenever possible, fundraising activities demonstrate the Cyberschool's commitment to promoting healthy behaviors and improving personal wellness. Selling nutritious foods reinforces nutrition messages taught in classrooms and lunchrooms.

Professional development training opportunities for staff are provided. Food service management staff responsible for nutrition education participate in professional development activities to effectively deliver the nutrition education program as planned. Nutrition and food service staff participate in professional development activities that address strategies for promoting healthy eating behavior, food safety, maintaining safe, orderly and pleasant eating environments, and other topics directly relevant to the employee's job duties. The food service

management company (FSMC) ensures such training is made available including, but not limited to the following: personnel management, financial management and record keeping, cost- and labor-efficient food purchasing and preparation, sanitation and safe food handling, preparation and storage, planning menus for students with special needs and students of diverse cultural backgrounds, customer service and student and family involvement, marketing healthy meals, principles of nutrition education, including selected curriculum content and innovative nutrition teaching strategies, and assessment by staff of their own eating practices and increased awareness of behavioral messages staff provide as role models.

### **SETTING GOALS IN THE SCHOOL MEALS PROGRAM**

The Cyberschool provides a clean and pleasant eating environment for students and staff, with adequate space and time for eating. With the assistance and support of school administrators, the Cyberschool provides a positive environment in the school's cafeteria, with 30 minutes for lunch in the middle of the school day. Hot breakfast is served daily to all Cyberschool students, free of charge, during the first 20 minutes of the school day.

All Cyberschool meals must meet or exceed current nutrition requirements established under the Healthy-Hunger free Kids Act of 2010. Food and beverages sold or served as part of federally reimbursed meal programs must meet the nutrition recommendations of the current United States Dietary Guidelines for Americans. Meals served through the Child Nutrition Programs should: be appealing and attractive to children of various ages and diverse backgrounds, be served in clean, safe, and pleasant settings, strive to offer fresh fruit and vegetables daily in each meal, with a variety of choices that, when practical, are from local sources, offer whole grains whenever possible and introduce new whole grain products as they become available, and include food items selected by students and parents through taste testings and/or surveys. School meals should aim for the daily Wisconsin DPI menu-planning target levels for sodium, fiber, and cholesterol.

All Cyberschool students have access to school meals for free. The Cyberschool ensures that:

1. no student in the Cyberschool is hungry;
2. a healthy and nutritious breakfast, lunch and after school snack is available to every student so that students are prepared to learn to their fullest potential;
3. all children are eligible for free meals, and;
4. there is maximum participation in the school meal programs by developing a coordinated, comprehensive outreach and promotion plan for the school meal programs.

### **SETTING GOALS FOR OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS**

A variety of stakeholders and community members participated in the development of this policy, which reflects a coordinated effort and commitment from child nutrition professionals, parents, school administrators, and community representatives. This policy also recognizes that the Cyberschool has the unique opportunity to influence the nutritional and physical activity behaviors of our enrolled children.

Family members and the community are involved in supporting nutrition education and healthy lifestyles. Collaboration with community agencies enhances opportunities for physical activities outside of school, and opportunities for families to promote physical activity are encouraged. To involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles, the Cyberschool collaborates with community agencies and resources to enhance opportunities available to students, staff, parents, and community members for physical activities during out-of-school time, and encourages opportunities to implement family activities that promote physical activity.

The Cyberschool's after-school CLC encourages physical activity and healthy habit formation as well.