

Teaching by Example...  
How School Staff can Influence  
Student Wellness Choices



*March 27, 2007*



This presentation was made possible through funding by a USDA Team Nutrition Grant and support from the Wisconsin Department of Public Instruction

*March 27, 2007*

# What is Staff Wellness???



# Staff Wellness

---

Staff Wellness Staff Wellness promotes the health, safety, and well-being of school staff; provides the necessary support that maximizes the talents of all individuals; and creates an equitable, accessible, and productive work environment.

## Staff Wellness is a component of School Wellness Policies:

- **Goal:** Promote school/community environments that support staff wellness (including emotional, social, physical, intellectual, and spiritual) through planned efforts, that advance knowledge, skills, and personal commitment to the staff's own health and that of their students.

## **Staff Wellness is a component of School Wellness Policies:**

- Community members understand the primary goals of the school/district and work with school staff to plan and implement school wellness policies

# Ideas for Staff Wellness:

---

- Educational activities for school staff members on healthy lifestyle behaviors, eating, physical activity, and injury prevention
- Installation of convenient walking tracks and fitness equipment, or making arrangements for staff use of public programs and incentives to encourage their use
- Offer exercise classes/equipment on site
- Encourage an exercise buddy

# Ideas for Staff Wellness:

---

- Application of nutritional standards for foods and beverages in vending machines available to staff members
- Offer/provide nutritious food choices at meetings and events
- Policies to prohibit all tobacco use on school grounds by students, staff members, and school visitors

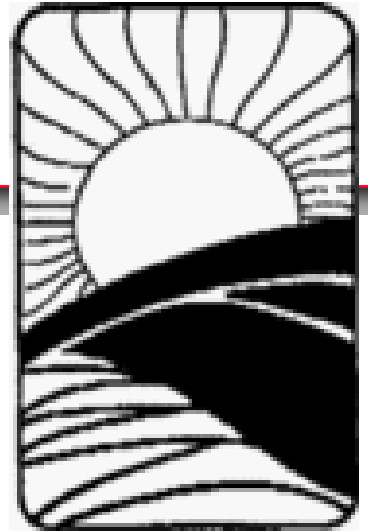
# Ideas for Staff Wellness:

- Establishment of peer support groups for weight management, stress management, tobacco-use cessation, family guidance, and other identified issues
- Time during the school day, such as “early release time,” during which teachers and other staff members can participate in health-promoting activities
- Administration of flu shots at school
- Periodic screening at school for blood pressure, blood cholesterol, body mass index, and other health indicators

# Ideas for Staff Wellness:

- Annual administration of individual health-risk appraisals to help staff members establish personal health-improvement goals.
- Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.
- Linkages to established Employee Assistance Programs.
- An ongoing assessment process to update and improve the effectiveness of the staff wellness plan.

# Putting it to Practice



**Staff Wellness**

**at the**

**Sun Prairie Area School District:**

**Renee Slotten Beauchamp**

# MARKETING

*The School Nutrition Department  
welcomes you back to school.*

Our food and beverage distributors donated many of the items being served to you today. We hope you enjoy the new entrée wraps, as they will be a featured menu item for our student and staff customers. This year you will find more fresh fruits and vegetables being offered on our menus. Our meals meet the required 40% or less calories coming from fat and 10% or less calories from saturated fat.

*The School Nutrition Staff hopes you have a very healthy  
year!*

# Implementing the District Wellness Policy

## Talking Points

- Why do we need a wellness policy?
- Section 204 of the Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004 established the Local Wellness Policy requirement. It required each school district participating in the national School Lunch Program and/or School Breakfast Program to develop a local wellness policy that promotes the health of students and addresses the growing problem of childhood obesity by July 1, 2006.

# Who developed the policy?

- The School Board authorized the Wellness Committee to develop the policy and present it to the School Board. The committee consisted of building principals, teachers, school nutrition staff, administrators, parents and school board members of the community. It also had student input.

# What had to be in the policy?

---

The policy had to include:

- Goals for nutrition education, physical activity and other school-based activities that promoted student wellness.

# What had to be in the policy?

The policy had to include:

- Nutrition guidelines for all foods available on school campus during the school day with the objectives of promoting student health and reducing childhood obesity.

# What had to be in the policy?

The policy had to include:

- Assurances that guidelines issued by USDA for reimbursable school meals would not be less restrictive than the USDA regulation.

## What had to be in the policy?

The policy had to include:

- A plan for measuring implementation of the wellness policy. Each school has operational responsibility for ensuring that the school meets the local wellness policy.

# What had to be in the policy?

The policy had to include:

- Parents, school board members, administrators, the public and students are included in the development of the policy.

# What does our district policy address?

There are five areas in our wellness policy:

- Physical Education
- Health Education
- School Nutrition Programs
- School Environment
- Employee Wellness.

# What does our district policy address?

Under the School Environment what is meant by foods of minimal nutritional value?

- Foods of minimal nutritional value are defined as foods that provide less than five percent of the Reference Daily Intake (RDI) of eight specified nutrients per serving. Soda water, water ices, chewing gum and candies (hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, candy-coated popcorn) and any other food USDA may determine to be of minimal nutritional value.

# What does our district policy address?

Under the School Environment what is meant by foods of minimal nutritional value?

- Soda is prohibited, Popsicles that do not contain fruit or fruit juice are prohibited, and food products that are predominantly form sugar and corn syrup are prohibited.

## What is Nutrition Integrity?

---

A guaranteed level of performance that assures that all foods available in schools for children are consistent with recommended dietary allowances and dietary guidelines and when consumed contribute to the development of lifelong, healthy eating habits.

# What is Nutrition Integrity?

School Districts that participate in federal Child Nutrition Programs must agree to:

- Prohibit the sale of foods in the categories of minimal nutritional value. They must also control the sale of any competitive foods during the designated meal periods. Competitive foods mean any foods sold in competition with the child nutrition program.

# What is Nutrition Integrity?

School Districts that participate in federal Child Nutrition Programs must agree to:

- USDA guidelines state that the availability of foods sold in competition with school meals jeopardizes the nutritional programs and may be a contributor in the trend of unhealthy eating practices among children and subsequent health risks.

# What can we do?

- Through clear and consistent messages that are continually reinforced, students will be motivated to develop and maintain healthy habits and to make desired behavior changes.
- Encourage healthy snacks be brought into the classroom. Be a role model and give the students consistent healthful messages in both eating and physical activity messages.

# Who is responsible for implementing this policy?

- The Education and Policy Committee will evaluate this policy and changes shall be brought forward to the School Board. All employees of the Sun Prairie School District are responsible for implementing this policy.

# Employee Wellness

- Encourage healthy behaviors by providing wellness programs, educational opportunities and a healthy work environment.
- Create awareness and attentiveness to personal health risk factors by encouraging employees to have an open relationship with their physician(s) to discuss and monitor health risk factors.

# Employee Wellness

---

- Model wellness among employees. Peer modeling and mentoring will be recognized with attention, praise or rewards.
- Create a wellness award recognizing staff that implement or model healthy practices.

# EDUCATE

---

- **Opportunity**
- **Perception**

# The SPARK

---

September 2006

The *SPARK* (September 2006 edition, Volume 2, Issue 1) is the official quarterly publication of the SPARK Project PEP Grant, which serves students and families from the Sun Prairie Area School District. Membership is voluntary. We are located at 501 South Bird Street, Sun Prairie, WI 53590.

# SPASD WELLNESS POLICY

## PHYSICAL EDUCATION

- Students shall spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
- All students in grades K-12, including students with disabilities, special health-care needs, or in alternative educational settings, shall meet the following requirements for PE
- K-5: 90 minutes/week
- 6-8: 5 PE classes per two weeks
- 9-12: 1.5 credits PE

## HEALTH EDUCATION

Health education shall be offered at each grade level from 1<sup>st</sup>-5<sup>th</sup> and in grades 6<sup>th</sup>, 8<sup>th</sup> and 10<sup>th</sup>. These programs shall be part of a sequential, comprehensive standards based program designed to provide students with the knowledge and skill necessary to promote and protect their health.

# Suggested foods for classroom activities:

Low-fat milk/flavored milk

100% fruit juice

Fresh fruit assortment

Fruit and cheese kabobs

Vegetable tray with dip

Cheese-cubes and string cheese

Popcorn

Angel food cake with unsweetened fruit

Graham crackers

Low-fat pudding



# Suggested foods for classroom activities:

Yogurt parfaits

Quesadillas with salsa

Pizza

Low sugar breakfast or granola bars

Trail/cereal mixes

Whole grain cereals

Cheese & Cracker packages

Small box of raisins or nuts

Low-fat quick bread and muffins (such as pumpkin, zucchini, banana or bran)



# EMPLOYEE WELLNESS

---

- **Birthday Cards**
- **Resources/Tips via e-mail**
- **Encourage Exercise**
  - Walking Buddies
  - Exercise Equipment

# MEETING GOALS

---

- **Staff Development**
- **Treats**
- **Model Behavior**
- **Develop Relationships**

# ADMINISTRATIVE APPROACH

- **Create Awareness**
- **Inservice**
- **Reward**
- **Celebrate**

# SPASD APPROACH

- **INTRODUCE**
- **MARKET**
- **EDUCATE**
- **ENCOURAGE**
- **AWARENESS**
- **MODEL**
- **REWARD**
- **CELEBRATE**

# Prairie View Middle School

---

- **Deb Thiry, RD, CD**
- **Prairie View Mini Grant Recipient**

**Role model with team of students  
promoting health awareness to teachers  
and staff.**

# Catch the Vibe!

- **Be Vibrant – Eat Healthy, Live Well T-shirts**
- **Catch the Vibe is school wide theme this year, tailored message to promote wellness to staff and students**
- **Infomercial video with staff and students**
- **Nutrition Smarts Game**
  - All teachers contacted and invited to play the game
  - Teachers give tickets to students to play the game
  - Display board at school for students and teacher education
  - Fruits and vegetables poster to encourage eating more



Promoting healthy eating and increased physical activity

## Movin' and Munchin' Schools

A program of the Wisconsin Department of Public Instruction



Movin' and Munchin' Schools encourages schools to develop creative strategies to promote healthy eating and increased physical activity among students and their families. Individuals earn "Movin' and Munchin' Miles" for various physical activities and wise nutrition choices.

All schools that participate will be considered for awards of up to \$500 to use for improving their nutrition and physical education programs.

If your district has a WEA Trust health plan, you are eligible for an additional benefit. If at least 50% of your staff also participates in Movin' and Munchin' Schools, the WEA Trust will match awards given by DPI. The award must be used to encourage other physical activity or healthy eating among your staff and students.

# Resources for Action

- [http://trustswl.com/index.php/wellness\\_resources/forms/](http://trustswl.com/index.php/wellness_resources/forms/)
- [http://trustswl.com/index.php/success\\_stories/](http://trustswl.com/index.php/success_stories/)
- <http://www.schoolwellnesspolicies.org/resources/SchoolStaffWellness.pdf>
- [www.prevent.org/publications/Healthy\\_Workforce\\_2010.pdf](http://www.prevent.org/publications/Healthy_Workforce_2010.pdf)
- [www.welcoa.org/wellworkplace/index.php?category=7](http://www.welcoa.org/wellworkplace/index.php?category=7)
- [www.movinandmunchin.com](http://www.movinandmunchin.com)

# Questions?

---

- **Phones will be unmuted for questions.**
- **Please keep background discussions and noise to a minimum so all can clearly hear the questions.**

# Upcoming WisLine Webs

**April 24, 2007**

**Where no wellness policy has gone before -Taking your wellness policy into the future**

**All sessions are 3:00 –4:00 PM**

**Register at <http://www.uwex.edu/ics/wlwreg/wlwwelcome.cfmand> select Family Living as the sponsoring organization.**

*Funded by Team Nutrition/USDA and Funded by Team Nutrition/USDA and Wisconsin DPI Wisconsin DPI*

# Thank you for attending.

**For more information:**

**Jill Camber Davidson**

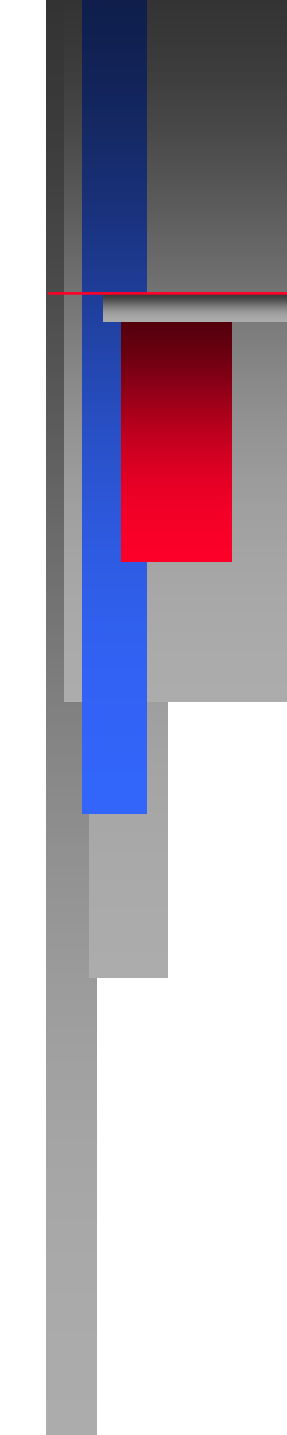
**608-264-6700**

**[jill.camberdavidson@dpi.state.wi.us](mailto:jill.camberdavidson@dpi.state.wi.us)**

**Renee Slotten-Beauchamp**

**608-834-6527**

**[rabeauc@spasd.k12.wi.us](mailto:rabeauc@spasd.k12.wi.us)**



---

**The Wisconsin Department of Public Instruction does not discriminate on the basis of sex, race, religion, age, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional or learning disabilities.**

**In accordance with Federal laws and U.S. department of Agriculture policy, the sponsors are prohibited from discriminating on the basis of race, color, national origin, sex, origin or disability.**

**To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW., Washington DC 20250-940 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.**