LOCAL WELLNESS POLICY 2026-2027

Policy Preamble

The School Board of Eastbrook Academy (hereto referred to as the Academy) supports the health and well-being of the Academy's students by promoting nutrition and physical activity at all grade levels. In accordance with federal law, it is the policy of the Board to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; provide nutrition education; and require that all meals served by the Academy meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

Policy Leadership

The designated official for oversight of the wellness policy is Jennifer Dreger. The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

To assist in the creation of a healthy school environment, the Academy shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than once during the school year to implement, assess and review, and make recommendations for changes to the Wellness Policy. The Committee shall consist of at least one DPI approved school food service representative, the DPI Food Service Director, the school Health Coordinator, one parent, and the Director of Administration.

Nutrition Standards for All Foods

Eastbrook Academy is a school that qualifies for the Community Eligible Provision. This allows all students to eat a free lunch without considering the economic disadvantage.The Academy is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. More information can be found on the USDA meal pattern website.

Standards and Guidelines for School Meals

The Academy is committed to ensuring that:

- All schools in the Academy participate in USDA National School Lunch Program
- A meal is accessible to all students.

- Withholding food as a punishment shall be strictly prohibited.
- All meals are served in clean and pleasant settings.
- Drinking water is available for students during mealtimes. When drinking fountains are not present in the cafeteria, water cups/jugs are available.
- Students are provided at least 20 minutes to eat lunch.
- All school campuses are "closed" meaning that students are not permitted to leave the school grounds during the school day to get lunch without a parental chaperone.
- Lunch shall be served between 11:00 am and 1:00pm.
- Menus shall be posted on the student SIS (Blackbaud) Resources Page and will include nutrient content.
- All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.
- All unpaid family balances are kept private and dealt with directly by the Authorized Representative.
- Non USDA approved foods and beverages will not be served during Elementary School parties and celebrations.
- No food and beverages containing large quantities of caffeine are served by the schools on campus.
- The compliant meal includes one milk. Additional milk is available through the A la Carte option.
- Foods and beverages sold after the school day including bake sales and concession stands will be sold at the discretion of the school organization represented.
- Food and beverages will not be served as rewards.
- Free drinking water is available on all floors for students and staff throughout the day.

In addition, the Academy's nutrition services shall notify parents of the availability of lunch.

Foods and Beverages Sold Outside of the School Meals Program

- All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. More information about the Smart Snacks Standards can be found here.
- The Academy adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.
- Eastbrook Academy makes available a la carte food alongside the lunch options during the lunch hour that are Smart Snack certified.

Marketing

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The healthiest choices provided by our food program, such as salads and fruits, will be prominently displayed in the cafeterias to encourage students to make healthy

choices. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product. The only marketing sign on campus related to food is Palermo's score board in the gym, which was directly sponsored by the company. Schools will attempt to limit advertising of unhealthy products in school's publications. All ads should be approved by the Family Engagement Coordinator before being printed or included on the school website.

Foods Provided but Not Sold
All foods and beverages provided by EBA on the school campus during school hours, including those provided at celebrations, parties, or part of classroom snacks, will adhere to the Academy standards. This does not include parental offerings for birthday celebrations.

Nutrition Education

Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors. Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects. Nutrition education shall be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers. Staff shall only use approved nutrition curriculum in the classroom. Some goals include expanding our health class offerings and Hydroponic Farming.

Nutrition Promotion

The Academy is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.

Physical Education

Our physical education program consists of a teacher developed curriculum that promotes a physically active lifestyle based on WI State standards:
Our students in Elementary school attend 90 min of physical education each week.
Our students in Middle School attend 180 min of physical education each week.
Our students in High School attend 270 min of physical education each week.
Our gym teachers have years of experience working to help our community live healthy lifestyles. Schools may not allow students to be exempt from required physical education class time or credit except in the case of a verified medical issue. There will be no substitution allowed for the physical education time requirements.

Physical Activity

The Academy shall provide students with age and grade appropriate opportunities to engage in physical activity.

- Elementary schools shall offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).
- Outdoor recess shall be offered weather permitting. Students will go outside unless it rains or is below 10 degrees or wind chill makes it feel like below degrees.
- Recess monitors/teachers shall encourage students to be active during recess.
- Teachers shall offer short (3-5 minute) activity breaks throughout the school day.
- Opportunities to participate in physical activity shall be promoted throughout the school via email, social media, bulletin boards and word of mouth.
- The Hydroponics Club is teaching students about healthy eating and healthy choices.

All Academy elementary and middle school students in each grade shall receive at least 45 minutes of physical education per week throughout the school year. All Academy high school students are required to receive 1.5 credits of physical education prior to graduation. Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions. In health education classes, the Academy shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities. Additional outdoor or gym time will be granted to students for good behavior occasionally. It is not encouraged for physical activity to be used for or withheld from as punishment. Schools shall provide physical activities opportunities for all students before and after a school. All schools will develop joint-use agreements with our partnering church in order to provide expanded physical activity. Milwaukee county also implements bike lanes and sidewalks for students that commute manually. Schools encourage family engagement in all athletic events, including set up and tear down of equipment.

Other School Based Activities that Promote Wellness

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water. Staff members are strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.

Staff Wellness

The Academy will implement the following activities below to promote healthy eating and physical activity among school staff.

- Establishment of peer support groups for weight management, stress management, tobacco-use cessation, family guidance, and other identified issues.
- Periodic screening at school for blood pressure, blood cholesterol, body mass index, and other health indicators.
- 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.
- Staff are encouraged to reach a step incentive to gain a discount on health insurance.

Community Engagement
The Academy shall actively inform families and the public about the content of and any updates to the policy through the Student/Parent Handbook.

Monitoring and Evaluation

The Academy wellness policy shall be updated as needed based on evaluation results, Academy changes, release of new health science information/technology, and/or issuance of new federal or state guidance. The Wellness Committee met on October 23, 2023 to develop plans for Policy implementation at the school level. We plan to meet twice per school year to make updates as needed. The committee participants include but are not limited to the Authorized Representative, Food Service Director, school Compliance Coordinator, school Nurse and a parent.
The triennial progress report will be posted on the district website. The report will include an assessment on compliance, and progress made in achieving goals.

Wellness Assessment Score

https://drive.google.com/file/d/1B-qqytu-tl6laZYLVrz_ilvEFpgSOiLL/view?usp=share_link