

HEALTH EXAMINATIONS

- A. All students entering kindergarten are recommended to have physical examination report on file in the school office by the start of the school year.
- B. Students entering from other school systems are recommended to have a medical examination on file at the school office within thirty (30) days after entering school. A recent medical examination for the previous school district will meet this recommendation.
- C. It is to be recommended to parents/guardians that every student receive an annual dental examination from the family dentist.

Revised: January 13, 2014

EMERGENCIES AND FIRST AID

- A. Parents/guardians of students who may require special care because of health conditions are expected to provide emergency instructions. This information is to be kept in a convenient place in the office and all teachers in the building are to be notified by the principal of the situation and location of the instructions.
- B. A written report of all accidents shall be submitted to the principal's office. The superintendent's office must be notified immediately in the event any District employee or student meets with a serious accident. A written report shall also be submitted by the principal to the superintendent within twenty-four hours of the accident.
- C. An adult is to remain with an injured student until the parents/guardians arrive or until appropriate action is taken.
- D. Students who become ill while in school will not be sent home alone. The parents/guardians or someone designated by the parents/guardians must come to school to take home the ill student.
- E. Procedures for first aid are subject to change per Lafayette County Health Department recommendations.

MEDICATION

- A. Pupils requiring medication at school shall be identified by parents/guardian to the building principal. The principal, in turn, shall direct authority involving the school nurse in the instructing, directing and administration of the medication. This does not prohibit the pupil from assuming the responsibility oneself with the approval of parents/guardians and physician.
- B. After identification of the pupil, the properly appointed representative for the school shall make a parental/guardian contact to identify the type, dosage, and purpose of said medication. If appropriate information is not submitted upon delivery of the medication to the school, the medication may not be administered.
- C. Written statement shall be required of:
 - 1. The parents/guardian, who shall request and authorize the designated school personnel to give medication in the dosage prescribed by the physician.
 - 2. If more knowledge is needed by the school authorities to exercise prudent judgment for the safety and protection of the pupil on medication, permission should be obtained from the parents/guardian to contact the physician directly.
- D. The physician or pharmacist shall be requested by the parents/guardian to supply a properly labeled bottle of medication for the school authorities. The prescribed medication shall be kept in a locked cubicle or other safe place at school. The label on the bottle shall contain the name and telephone number of the pharmacy, the pupil's identification, name of the physician, name of the drug, and the dosage to be given. Taking the medication shall be supervised by the school nurse or other designated school personnel at a time conforming with the physician's order.

Revised: August 6, 2012

Revised: January 13, 2014

COMMUNICABLE DISEASE CONTROL

- A. Regulations as they appear in the Wisconsin State Statutes are to be followed in regard to communicable diseases.
- B. Teachers shall observe students daily for signs of illness. Anyone suspected of having a communicable disease should be sent home from school. Notification shall be given to the Health Department.
- C. Upon reporting to school after an illness, the student will present a written statement signed by the parent/guardian indicating the reason for the absence. Students who have been absent five (5) days or more will be required to have a written statement from the doctor attesting to their fitness to return to school.
- D. Students returning to school should show evidence of fitness to return to school.

Revised: January 13, 2014

IMMUNIZATIONS AND PREVENTIVE MEASURES

- A. The School District will participate in and cooperate with the immunization clinics offered by the Health Department.
- B. Parental permission for immunization will be obtained in accord with prevailing legislation and law.

Revised: January 13, 2014

VISION SCREENING

- A. Elementary students will be vision screened annually per Prevent Blindness Wisconsin guidelines.
- B. Any student will be screened upon parental/guardian request.
- C. The Snellen eye chart is used for the first screening by the School Nurse. The second screening before referral will be done by the School Nurse.

Revised: January 13, 2014

HEARING SCREENING

- A. Hearing screening will be done under the supervision of the Health Department.
- B. Elementary children will be screened each year, per current Wisconsin Department of Health guidelines.
- C. Pupils who fail the first screening test will be retested by the School Nurse. Should a referral be required, the School Nurse will so recommend to the parent/guardian.

Revised: January 13, 2014

HEALTH RECORDS

- A. The school shall maintain health records on each student.
- B. These records will be kept and maintained in the building office in accord with directives from the administration and the School Nurse.

Revised: January 13, 2014

STATE GUIDELINES

The District assures it will comply with prevailing legislation and law as it mandates provision of services for students.

STUDENT NUTRITION AND PHYSICAL ACTIVITY

Darlington Area Schools promote healthy students 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. The District will:

- A. 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 student 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.
- B. 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 will meet or exceed the District Nutrition Standards (see pages 2 and 3). Emphasis will be placed on foods that are nutrient dense per calorie. Foods will be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals.
- C. 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/or recess.
- D. The District is committed to improving academic performance in high-risk groups. 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.

DISTRICT NUTRITION STANDARDS

Darlington Area Schools strongly encourages the sale or distribution of nutrient dense foods for 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.

In an effort to support the consumption of nutrient dense foods in the school setting, the District has adopted the following Nutrition Standards governing the sale of food, beverages and candy on school grounds during the school day. Sites are encouraged to study these standards and develop building policy using the following District Nutrition Standards as minimal guidelines:

A. Food

1. Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 35% of its total calories derived from fat.
2. Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.
3. Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.
4. There may be rare special occasions when the building principal may allow a school group to deviate from these guidelines.
5. Encourage the consumption of nutrient dense foods, i.e., whole grains, fresh fruits and vegetables.

B. Beverages

1. Vending sales of pop or artificially sweetened drinks will not be on sale during the school day.
2. The non-vending sale of pop or artificially sweetened drinks will not be permitted on school grounds both prior to the start of the school day and throughout the instructional day, but will be permitted at those special school events that begin after the conclusion of the instructional day.
3. The vending sale of beverages, other than soda, with less than 10% fruit juice may begin at the conclusion of the instructional day.
4. Milk, water and 100% fruit juices may be sold on school grounds both prior to and throughout the instructional day.

C. Candy

1. Vending sales of candy will not be on sale during the school day.
2. Non-vending sales of candy will be permitted at those special school events that begin after the conclusion of the instructional day.
3. Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose {dextrose}, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar {sucrose}, syrup) listed as one of the first two ingredients.

STUDENT NUTRITION PROCEDURES

A. Hot Lunch Program

1. The full meal program will continue to follow the U.S. Government's Nutrition Standards.
2. The Hot Lunch provider will be expected to make every effort to follow the District Nutrition Standards when determining the items in a la carte sales.
 - a. Ala carte items 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).
 - b. Ala carte items that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

B. Lunchroom Climate

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

C. Teacher-to-Student Incentive

1. Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs.
2. Should teachers feel compelled to utilize food items as an incentive, they will adhere to the District Nutritional Standards. Food items that do not meet the District Nutritional Standards may be acceptable for student consumption within moderation and when offered on an intermittent basis.

D. Fundraising

1. All fundraising projects will follow the District Nutrition Standards.
2. All fundraising projects for sale and consumption within and prior to the instructional day will be expected to follow the District Nutrition Standards when determining the items being sold.
3. 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).

4. Items being sold that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

E. Student Nutrition Education

1. The District has a comprehensive curriculum approach to nutrition in pre-school through twelfth grade. Beginning with the 2006-07 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 food guide pyramid
 - *Healthy heart choices
 - *Sources and variety of foods
 - *Guide to a healthy diet
 - *Diet and disease
 - *Understanding calories
 - *Healthy snacks
 - *Healthy breakfast
 - *Healthy diet
 - *Food labels
 - *Major nutrients
 - *Multicultural influences
 - *Serving sizes
 - *Proper sanitation
 - *Identify and limit junk food
2. The District nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

F. Parent/Guardian Nutrition Education

1. Nutrition education will be provided to parents/guardians beginning at the elementary level. The goal will be to continue to educate parents/guardians throughout the middle and high school levels.
2. Nutrition education may be provided in the form of handouts, postings on the District website, or presentations that focus on nutritional value and healthy lifestyles.

G. District Nutrition Committee

District Administrator
Head of Food Service
High School Principal
Elementary / Middle School Principal
High School Teacher
Elementary / Middle School PE/Health Teacher
Two High School Student (recommended by H.S. Principal)
Two Elementary/Middle School Student (recommended by DEMS Principal)
Elementary / Middle School Parent/Guardian (recommended by DEMS Principal)
High School Parent/Guardian (recommended by H.S. Principal)
School Nurse

Approved: April 20, 2005
Revised: January 13, 2014

BLOODBORNE PATHOGENS & INFECTION CONTROL POLICY

The District assures it will comply with prevailing Lafayette County Health Department Infection mandates for Bloodborne Pathogen & MRSA Control Policy.

Approved: December 16, 2008