

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.

WELLNESS POLICY

Darlington Community School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

School Meals

The district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. All schools within the District will participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) by the year 20-21. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- All school meals are accessible to all students;
- The District offers reimbursable school meals that meet [USDA nutrition standards](#).
- Drinking water will be available to all students throughout the school day and throughout every school campus, including during mealtimes.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they receive their meal and are seated.
- Grades K-4 lunch will follow a recess period to better support learning and healthy eating.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements on the USDA professional standards for child nutrition professionals.

Other food available at school

- The foods and beverages sold outside of the school meal programs (i.e. "competitive" foods and beverages) will meet USDA Smart Snacks in School nutrition standards, at a minimum.
- **All food offered** on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Exceptions may be allowed at the discretion of the school principal, but shall not exceed more than one exemption per class.
 - The District will provide a list of healthy party ideas and snacks to parents and teachers including non-food celebrations ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
 - The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.

- The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#).
- Each school will implement at least one of the following Farm to School activities:
 - Local and/or regional products are incorporated into the school meal program;
 - Schools host a school garden;
 - School hosts field trips to local farms; and
 - School utilizes promotions or special events, such as tastings, that highlight the local/regional products.

Any foods and beverages marketed or promoted to students on the school campus (during the school day) will meet or exceed the USDA Smart Snacks in School Nutrition Standards. Food and beverage advertising and marketing often include, but are not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will include enjoyable, developmentally-appropriate, culturally –relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.
- Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the Wisconsin Model Academic Standards for Nutrition. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social science, and elective subjects.
- The district teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. The District will include in the Health education curriculum the following essential topics on healthy eating:

- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Balancing food intake and physical activity
- Food Safety
- Social influences on healthy eating, including media, family, peers, and culture.
- How to find valid information or services related to nutrition and dietary behavior
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or avocation for others' healthy dietary behavior

Physical Education/Health Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

- All district students will participate in physical education that meets or exceeds state standards.
 - All District elementary students in each grade will receive physical education for at least 60 minutes per week throughout the school year.
 - All District middle school students are required to take physical education in each grade level.
 - All District High School students are required to take the equivalent of one and a half academic years of physical education.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
 - All physical education classes in the District are taught by licensed teachers who are certified or endorsed to teach physical education.
 - Waivers, exemptions, or substitutions for required physical education classes are not granted.

Physical Activity

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

- The District will continue relationships with community partners including our local hospital, universities/colleges, local businesses, and UW- Extension in support of this wellness policy's implementation.
- The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

- The District will promote staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.
- When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.
- Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason (This does not include participation on sports teams that have specific academic requirements). The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

Leadership

- The Superintendent or designee(s) will convene the District Wellness Committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.
- Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy in the perspective school.
- The school nurse in collaboration with the District Wellness Committee will be responsible for the triennial assessment of the District Wellness Policy.

Policy Monitoring/Implementation

- The District will convene a District Wellness Committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness.
- The wellness committee will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers, students; representatives of the school nutrition program (e.g., school nutrition Director) ; physical education teachers; health education teachers; school health professionals; school administrators, school board members; health professionals and the general public. The district will compile and publish an annual report to share basic information about wellness policy and report on the progress of the schools within the district meeting wellness goals.
- The District will actively notify households/families of the availability of the annual report through the District newsletter and website.
- The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal and state guidance standards are issued. The wellness policy will be assessed and updated as indicated at least yearly.

Approved: May 7, 2018

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