



LEAD. ENGAGE. DISCOVER

BOSCOBEL AREA SCHOOLS

District Office: 1110 Park Street, Boscobel, WI 53805
608-375-4164

August 15, 2024

Dear Boscobel Area School District Families,

As part of our commitment to the health and well-being of our students, we want to take a moment to discuss our Wellness Policy 8510 and how it guides our efforts in promoting good nutrition and physical activity within our schools.

Understanding Wellness Policy 8510

Our Wellness Policy 8510 is designed to ensure that every student has access to the resources and support needed to make healthy choices. Research consistently shows a strong link between a student's health and their academic performance. Therefore, it is crucial that we work together—schools, parents, and the community—to foster an environment that supports and encourages healthy behaviors.

Key Goals of Our Wellness Policy

Our policy sets forth several important goals:

1. **Nutrition Education:** We aim to enhance students' understanding of healthy eating practices and improve their overall health.
2. **Healthy Eating Environment:** By increasing the consumption of nutritious foods and creating supportive eating environments, we strive to reinforce good eating habits.
3. **Nutrition Guidelines and Food Safety:** We adhere to rigorous standards for nutrition and food safety on our campuses to support student health.
4. **Physical Activity:** We provide opportunities for students to engage in various physical activities, helping them maintain physical fitness and appreciate the benefits of an active lifestyle.
5. **Overall Wellness:** We promote health and wellness through various school-based activities.

Nutrition and Snack Guidelines

In alignment with the Healthy Hunger-Free Kids Act of 2010, all meals served in our schools meet or exceed the established nutrition requirements. Additionally, any foods offered on school grounds, including those brought for celebrations and parties, must meet the USDA Smart Snacks in School nutrition standards.

Classroom Celebrations, Snacks, Birthday Treats, Etc

We believe that creating a healthier environment is a collaborative effort. We ask you to support our wellness initiatives by incorporating these smart snack ideas into your child's school celebrations and snacks. Your involvement not only reinforces the importance of healthy choices but also helps to model these behaviors for our students. **If you send treats/snacks for your child's birthday or classroom celebrations the USDA Smart Snack guidelines must be followed.** <https://www.fns.usda.gov/tn/guide-smart-snacks-school>. Ideas for Smart Snacks can be found on our school website at boscobel.k12.wi.us, under the Families Tab or at this link [Smart Snack Idea List](#)

Homemade foods, cakes, cupcakes, desserts, candy, or high sugar/fat content items and the sort will not be accepted based on food safety, sanitation, student food allergies and USDA Smart Snack regulations. If these items are sent with students, it will not be served and will be sent back home.

Please be mindful that snacktime is short and all snacks should be prepped and ready to be served before sending them to school. If the snack requires plates, spoons, etc. please include with your snack item.

Quick Smart Snack Ideas for Classrooms

To help make healthier choices easier, here are some Smart Snack options that align with our wellness policy.

Healthy Dairy Snack Ideas

- String Cheese
- Cottage Cheese
- Fat-Free or 1% White, Chocolate, or Flavored Milk
- Low Fat Yogurt Single Serve Cups or Tubes
- Low-Fat Dips, flavored cream cheese

Healthy Fruit and Vegetable Snack Ideas

- Raw Vegetables with Low-Fat Yogurt Dip, Cottage Cheese, or Hummus
- Baby Carrots
- Celery Sticks
- Cucumber Slices
- Fresh Fruit
- Frozen Fruit Bars
- Sugar Free Fruit Cups
- Fruit Snacks/Fruit Rolls Ups Reduced Sugar
- 100% Fruit Juice Box

Healthy Grain Snack Ideas

- Whole-Grain Crackers
- Whole-Grain Cereal Bars
- 100 Calorie Nabisco Snack Bags
- Flavored Rice Cakes
- Baked Potato Chips or Tortilla Chips with Salsa
- Popcorn (Air-Popped)
- Pretzels
- Vanilla Wafers, Gingersnaps, Graham Crackers, Animal Crackers, Fig Bars, or Raisins
- Baked Whole-Grain Chips
- Chex Mix
- Low-Fat Pop Tarts, Mini bagels

Thank you for your continued support and dedication to the health and well-being of our students. Together, we can ensure that our children develop lifelong healthy habits and reach their full potential.

Respectfully,

Lisa Wallin-Kapinus

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DISTRICT ADMINISTRATOR



Boscobel Area Schools

P: 608-375-4164, ext. 2511

Fax: 608-375-2378

lisa@boscobel.k12.wi.us