
STUDENT AFFAIRS

POLICY

No. 5500.11

WELLNESS POLICY

The Pewaukee School District recognizes that schools play a critical role in creating a healthy environment for addressing the increasing problems associated with poor nutrition and physical inactivity. The Pewaukee School District Wellness Policy is a long-range initiative to improve the health and fitness of the students and school community. The District will support and promote life-long wellness through healthy nutrition and increased physical activities as a part of the learning environment. Improved wellness optimizes student performance and readiness to learn. Wellness is essential for students to achieve their full academic potential and for members of the school community to develop life-long wellness behaviors to reach their optimum life potential.

It is the policy of the Pewaukee School District that:

A. District Wellness Advisory Committee

The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members to act as a Wellness Advisory Committee to assist in implementing, monitoring and reviewing district-wide nutrition and physical activity policies. Wellness subcommittees will be formed to serve as resources to individual schools for implementing wellness policies and guidelines.

B. Nutrition Standards of Foods and Beverages

1. Foods and beverages sold or served at school will meet or exceed the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*. Nutritional guidelines will be made available for all foods provided by the District with the objective of promoting healthy choices and life-style behaviors and decreasing obesity. The District policy and goals should be considered when planning school-based activities such as school events, field trips, celebrations, PTO/Booster Club functions, dances and fund raising activities including ala carte items, school store, vending machines and other school-sponsored fund-raisers.
2. Decisions made in school programming will reflect and encourage consistent positive nutrition messages and healthy food choices. Qualified food service staff with the assistance of a nutrition professional will plan and provide students with a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings and adequate time for students to eat. Reimbursable school meals will meet all applicable state and federal regulations including standards.

C. Nutrition and Physical Education/Activity Promotion

1. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs with related community services. Schools will implement nutrition and quality physical education programs as a part of a sequential, comprehensive school health curriculum. Healthy nutrition and physical activity will be integrated across curricula and encouraged as a life-long behavior for the school community.
2. All students, staff and members of the school community are encouraged to model healthy eating and regular physical activity as a valuable part of daily life.

D. Physical Activity Opportunities and Physical Education

All students will have opportunities, support and encouragement to be physically active on a regular basis. Students will be taught the short- and long-term benefits of being physically active and living healthful lifestyles. The District will provide opportunities for students to develop the knowledge and skills for physical activities to maintain students' physical fitness. Physical education will meet or exceed state mandates for physical education.

E. Monitoring and Review

The Superintendent will designate a Wellness Advisory Committee to assist in implementing, monitoring, and reviewing district-wide nutrition and physical activity policies. In each school, the principal or designee will ensure implementation of the policies and develop a plan for measuring the effectiveness and compliance of the District Wellness Policies by working with District staff, the District Wellness Advisory Committee and the Wellness subcommittee for each school. A yearly compliance report will be submitted to the Superintendent and Board of Education who, collectively with the Wellness Advisory Committee, will revise the wellness policy as deemed necessary.

PROPOSED: **February 27, 2006**
REVIEWED: **April 24, 2006**
ADOPTED: **May 8, 2006**

Reference: Section 204 of Public Law 108.265 of the child Nutrition and WIC Reauthorization Act of 2004.