

The School District of Slinger is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of the learning environment. This district-wide wellness policy encourages all members of the school community to create an environment that supports lifelong healthy choices. School programming decisions ought to reflect and encourage positive nutrition messages and healthy food choices. This wellness policy also aims to provide students the opportunity to develop the knowledge and skills for a variety of physical activities, maintain physical fitness, and understand the benefits of a physically active and healthy lifestyle.

The goals of the School District of Slinger's Wellness Policy are to:

1. Provide a positive environment and appropriate knowledge regarding nutrition.

- Ensure that all students will have access to healthy food choices during the school day.
- Provide a clean and pleasant eating environment for students and staff.
- Allow a minimum of 20 minutes for students to eat lunch and socialize in the designated cafeteria area.
- Enable all students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.
  - o The health curriculum will educate students to develop the knowledge, attitudes, skills and behavior for life long healthy eating habits and physical activity. Within this curriculum students will learn appropriate eating habits to help build and maintain a healthy lifestyle.
  - o Topics in the Science, Health and Family/Consumer Education curricula will include: eating habits, nutrients, dietary guidelines,

serving sizes, labeling, weight problems, eating disorders, fad dieting, food safety, food allergies and food sensitivities.

o Students in grade 6 will be required to complete a 6 week health unit. In high school (grades 9-12), students will be required to pass .5 credits of health.

2. Encourage staff and students to utilize healthy, nutritious food choices or non-food items for class or student incentives.

3. Encourage staff and students to seek out healthy choices, when appropriate, in planned curricular-based food experiences.

4. Encourage families to consider the District's nutrition policy when providing treats or snacks for their child's classroom.

5. Reduce student access to foods of minimal nutritional value.

- In keeping with the contractual obligations to the National School Lunch/Breakfast programs including the "Smarter Snack" rule, ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the lunch/breakfast.

- The Food Service Program will continually expand and explore menu offerings based on nutritional content and student preferences by:

- o Striving to exceed the minimum nutrition guidelines required by the National School Lunch Program.

- o Offering, promoting and displaying food items deemed high in nutritional value.

- o Assisting students in making healthy choices and educating them on proper nutrition.

6. Provide time for students to engage in age appropriate physical activities. A quality physical education program is an essential component for all students to learn about and participate in physical activity.

- Physical education will be included in a school's education program from grades K through 12.

- In grades 1-5, physical education will be provided, on average, 2 times a week.
- The physical education curriculum will teach children the importance of physical exercise and expose students to a wide range of physical activities, so that students develop the knowledge and skills to be physically active for life.
- Physical education will include regular instructional physical education, co-curricular activities and recess at the appropriate grade levels.
- Students in middle school will have exposure to regularly scheduled physical education and in high school they must earn 1.5 credits of physical education.
- Building administrators and staff will be encouraged to seek ways to improve student fitness through existing physical activities including recesses and/or developing new age appropriate voluntary physical activities.

7. The development of a district staff wellness committee is encouraged.

- The committee's responsibility will be to develop, promote, and oversee activities geared to assist with staff health and wellness.
- Each school and district site shall be in compliance with drug, alcohol and tobacco free policies.

### **Legal References:**

### **Cross References:**

**Adoption Date:** 8/21/17