

STUDENT, SCHOOL, STAFF, AND COMMUNITY WELLNESS

The District shall 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 a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

Wellness Philosophy

The link between good nutrition, adequate physical activity, and student achievement is clearly demonstrated by better attendance, higher test scores, and fewer behavior problems in school.

Healthy School Nutrition School Environment

To promote a healthy school nutrition environment and the well being of students, staff, and community members, the Oconto Falls Board of Education shall:

1. Ensure that all students have access to adequate and healthy food and beverage choices:
 - which meet the guidelines for reimbursable school meals,
 - which shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of Agriculture,
 - as applicable to schools on school days,
 - at reasonable prices.
2. Ensure the integrity of the school meals program by prohibiting food and beverage sales for students that are in direct competition with the National School Lunch or Breakfast program.
3. Ensure a lunchroom environment that provides a relaxed, enjoyable climate.
4. Limit the sale of high fat, low nutrient foods, as defined by federal dietary guidelines.
5. Equip all students with the knowledge and skills necessary to make nutritious food and activity choices for a lifetime.
6. Encourage teachers to consider non-food items as a teacher-to-student incentive. Should teachers decide to use food items as an incentive, they are encouraged to adhere to these guidelines.
7. Authorize building administrator approval for all fundraising projects.
8. Expect all fundraising projects to make every effort to follow the district nutritional standards. Items being sold must not interfere or compete with the National School Lunch and Breakfast Program.

Physical Activity

The district shall maintain a physical education curriculum from Grades Pre-K through 12 that:

1. Teaches the importance of regular physical activity to health and well-being.
2. Exposes students to a wide range of physical activities that are appropriate for lifelong participation.
3. Provides instruction and practice in five components of fitness, including:
 - a. Cardiovascular endurance
 - b. Muscular endurance
 - c. Muscular strength

- d. Flexibility
 - e. Body composition
4. Promotes lifelong physical activity, fitness, and healthy diet.

Staff and Community Wellness

The district shall provide encouragement and incentives for all district personnel to serve as positive role models of healthy lifestyles and to be advocates of healthy lifestyles for students.

The district shall educate and involve families of school-age children and community members at large in supporting and reinforcing concepts of a healthy lifestyle including proper diet and nutrition, adequate physical activity, and reducing/managing stress. A variety of methods will be used to increase awareness of several aspects of a healthy lifestyle.

District Wellness Policy Committee

The district's Wellness Policy Committee will develop an Action Plan to include goals, strategies, person(s) responsible for implementation and measurements of implementation. The plan will include nutrition education, physical activity, and other school-based activities that are designed to promote student, staff, and community wellness. This action plan will be reviewed annually under the direction of the Assistant Superintendent.

ADOPTED: March 13, 2006