

WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Mequon – Thiensville School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's physical and mental health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. Nutrition Education:

1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
2. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
3. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
4. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria. In addition, the District is committed to promotion of nutrition in a proactive media format K-12.

5. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate. The District shall de-emphasize the use of diet to address weight control.
 6. Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.
 7. The District shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.
- B. Physical Education and Activity:
1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.
 2. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social interactions.
 3. The K-12 program shall include instruction in physical education as well as opportunities to participate in individual and team sports to encourage lifelong physical activity.
 4. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
 5. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.

6. Planned instruction in physical education shall be presented in an environment with an attempt to minimize embarrassment, humiliation, shaming, taunting, or harassment of any kind.
 7. Planned instruction in physical education shall include cooperative as well as competitive games.
 8. Planned instruction in physical education shall take into account gender and cultural differences.
 9. Schools shall encourage families to provide daily physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
 10. The school shall provide information to families to encourage them in their efforts to incorporate physical activity into their children's daily lives.
- C. Other School-based Activities:
1. The school shall provide attractive, clean environments in which the students eat.
 2. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
 3. Schools may limit the number of celebrations involving serving food during the school day.
 4. Subject to the District's Facility Use Policy, students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.

5. Schools in our system shall utilize electronic identification and payment systems to help eliminate any stigma or identification of students eligible to receive free and/or reduced meals.
6. Students shall be discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

Furthermore, with the objectives of enhancing student health and well being and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals should be consistent with the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. The food service program will provide all students affordable access to the varied and nutritious foods and beverages they need to be healthy and to learn well.
- D. Beginning with 2006 - 2007 school year, all foods available to students on campus during the school day during school food service hours shall comply with the current USDA Dietary Guidelines for Americans. It is strongly recommended foods available to students as classroom snacks, from vending machines for fund raisers, or for classroom parties also comply with USDA Dietary Guidelines for Americans.
- E. The school food service program may involve students, parents, staff, and school officials in the selection of food items to be sold in the schools.

- F. All foods available to students in District programs shall be served with consideration for promoting student health and well-being.
- G. The school shall prepare and distribute to staff, parents, and after-school program personnel a list of snack items that comply with the current USDA Dietary Guidelines for Americans.
- H. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

The Board designates the District Administrator as the individual charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The District Administrator shall develop administrative guidelines necessary to implement this policy.

The District Administrator shall report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every two (2) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee may provide the Board with any recommended changes to this policy.

42 U.S.C. 1751, Sec. 204
42 U.S.C. 1771

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