

CHIPPEWA FALLS BOARD OF EDUCATION POLICY MANUAL

SCHOOL WELLNESS POLICY

The Chippewa Falls School District recognizes its responsibility to promote a healthy learning environment by supporting wellness, good nutrition and regular physical activity. This policy supports the mission of the District as it promotes life-long wellness behaviors and links healthy nutrition and exercise to a student's overall physical well-being, growth, development, scholastic performance and readiness to learn. Healthy eating patterns and regular physical activity are essential for students to achieve their full academic and life potential.

Nutrition Education Nutrition education shall be implemented from preschool through high school as part of a sequential, comprehensive school health education curriculum designed to help students adopt healthy eating behaviors, in accordance with the Dietary Guidelines for Americans and state and national standards.

Physical Activity and Education A quality physical education program is an essential component for all students to learn about and participate in physical activity. In addition to regular physical education, staff shall be encouraged to promote physical activity across curricula and throughout the school day. Physical education curriculum shall align with state standards, which includes emphasis on health-related physical fitness and lifetime activities. Other activity during the school day (including recess) is not a substitute for physical education components.

Other School Based Activities The district wellness policy action plan shall be considered in planning all school based activities (such as school events, field trips, PTA functions, dances, social events and fund raising activities). All elementary schools shall schedule daily recess to encourage activity.

Nutrition Guidelines School environments shall reflect district commitment to student and staff wellness. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices. Nutrition guidelines shall be made available for all foods available in each school building during the school day, with the objective of promoting student health and reducing childhood obesity. Foods of minimal nutritional value shall not be served or sold to students during the school day.

Employee's health and wellness are promoted by the district. The district provides wellness programs and healthy work environments to encourage employee health and well-being. Staff shall serve as role models for students promoting healthy lifestyle.

All district schools participate in federal child nutrition programs and guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of Agriculture.

Monitoring Monitoring and implementation of the policy and action plan is the responsibility of building administrators, the food service director, wellness coordinator and the curriculum director.

Advisory Committee Any school district participating in USDA school meal programs is required to have a wellness committee which is designed to create, implement, evaluate and report information related to the wellness policy to the district and public. A district wellness advisory committee shall be maintained for the purpose of developing an annual action plan to comply with the above policies. The committee shall meet a minimum of once per year and shall minimally include the food service director, curriculum director, business manager, school board member, principal, physical education teacher, health teacher, school nurse, parent and student. The committee shall have representation from the elementary, middle and high school.

The school board shall receive and review a progress report of the District Wellness Action Plan on an annual basis.

Board Policy 8510

Legal Ref: Section 204 of Federal Public Law 108-265

Cross Ref: Wellness Policy Action Plan