

Policy Number:

458

Title: School Wellness, Nutrition and Physical Activity

St. Croix Central School District will promote healthy schools by supporting wellness, good nutrition and regular physical education in K-12 students and employees. SCC encourages a positive school environment through healthy nutritional choices, health education, student physical activity and staff wellness. SCC acknowledges the critical role student health plays in academic performance. This learning is accomplished with the collaboration among school, parents and community.

Nutrition Education Goals - The District will:

1. Support and promote proper dietary habits.
2. Ensure that food sales held during school hours will not conflict with the lunch and breakfast programs. All foods sponsored by the District available prior to the start of the school day and during the instructional day should meet or exceed the current USDA guidelines.
3. Provide nutrition education and encourage a healthy school environment.
4. Strive to involve family members and the community in supporting and reinforcing education on nutrition and the promotion of healthy eating and lifestyles.
5. Encourage classroom snacks and rewards to follow nutritional guidelines.

Food Service Goals - The District will:

1. Provide students access to adequate and healthy food choices on scheduled school days. The District will abide by all rules and regulations applicable to school food service programs and strive to exceed the minimum nutrition guidelines required. Foods should be served with consideration toward variety, appeal, taste, safety and packaging. All food service foods will follow the USDA guidelines.
2. Reinforce messages about healthy eating and ensure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits.
3. Ensure that school vending machines follow USDA standards.

Physical Activity Goals - The District will:

1. Promote physical activity in the school's daily education program from grades pre-K-12. Physical activity should include regular instructional physical education, co-curricular activities and / or recess.
2. Strive to meet Wisconsin's minimum requirements for physical education at all levels.
3. Provide a quality physical education program which helps create healthy habits and instills the value of lifelong physical fitness.
4. Support and promote the engagement of physical activities that are available throughout the community.

5. Encourage all district residents to achieve the nationally recommended amount of daily physical activity.

Policy Implementation and Evaluation

The District will regularly evaluate the effectiveness of this policy and its implementing rules. A Wellness Advisory Committee shall be established for purposes of monitoring implementation of this policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as appropriate to increase its effectiveness.

LEGAL REF: Wisconsin Statutes Sections 118.01, Section 118.12, Section 118.33(1), Section 120.13, Section 121.02(1)

Policy Adopted: March 2, 2015