

SCHOOL DISTRICT OF MONDOVI

8510 – WELLNESS POLICY

The School District of Mondovi recognizes its responsibility to promote a healthy learning environment by supporting wellness, good nutrition, and regular physical activity as a part of the total learning experience in order for students to achieve their full academic and life potential.

In order to create and maintain an environment which supports lifelong wellness behaviors, the School Board, Administration, Food Service Department, Family and Consumer Science Education, Health Education, and the Physical Education Departments, along with the entire staff will work together to teach and promote healthy lifestyle behaviors to its students.

SCHOOL BOARD AND ADMINISTRATION

The School Board and Administration will take a lead in promoting wellness through the following guidelines:

- A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom or lunchroom, will be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition, physical activity, and healthy lifestyle behaviors.
- B. Support and promote proper dietary habits contributing to students' health status and academic performance.
 - 1. Provide students access to adequate and healthy food choices on scheduled school days at reasonable prices.
 - 2. All foods available prior to the start of the school day and during the instructional day should meet or exceed the District's nutritional standards.
 - 3. Candy, soda, and other food items of minimal nutritional value will only be sold in school facilities after the conclusion of the instructional day.
 - 4. Parents will be encouraged to provide healthy snacks and treats for student celebrations and other events.
 - 5. Students and staff will be provided with adequate time for eating as recommended by the American Food Service Association.
- C. Require an adequate amount of time students are engaged in physical activity.

1. Physical activity should include regular instructional physical education, co-curricular activities and recess.
 2. Elementary students in K through Grade 5 should be provided with an average of at least forty-five (45) minutes of physical activity daily; students will not lose more than two (2) recess periods in a week due to incomplete class work.
 3. Additional opportunities for physical development and fitness will be provided 6-12 students through open gyms, summer school programs, sports camps, and supervised weight-room sessions.
- D. Consider the special needs and diversity of the student population (ea. economic, religious, cultural, and medical) and ensure all students' needs are being met so that no child is left behind.
- E. Regularly evaluate the effectiveness of the Wellness Policy, and revise as appropriate.
1. A District Wellness Committee will monitor the implementation of the district's wellness policies and recommend policy revisions as necessary.
 2. The District Wellness Committee will meet annually and include the District Administrators, Supervisor of Food Services, building principals, school nurse, a School Board member, instructors from the Family and Consumer Education, Physical Education, and Health Departments, and a parent representative.
- F. Involve family members and the community in supporting and promoting healthy eating, regular physical activity, and wellness lifestyles.

Nutrition education may be provided to parents in the form of handouts, District website newsletters, or presentations that focus on nutritional value and healthy lifestyle choices.

FOOD SERVICE DEPARTMENT

The Food Service Department will promote healthy meals and meal alternatives as part of the educational learning environment.

- A. Ensure all meals offered through the National School Breakfast and Lunch Programs meet and follow all US Government Nutritional Standards.
- B. Encourage and promote healthy living lifestyles by implementing nutritional educational materials into the meal program.

- C. Make every effort to follow the District's Nutrition standards when determining the items available for a la carte sale during school meal service hours.
- D. With the support of the Administration, provide access to hand washing facilities before meals and adequate space and time for students to eat meals.
- E. Encourage children bringing cold lunch to have one that consists of healthy and nutritious choices.

FAMILY AND CONSUMER SCIENCE EDUCATION

The Family and Consumer Science curriculum will provide students with knowledge and skills necessary for them to make healthy nutritional choices.

- A. Family and Consumer Science instruction will address the Wisconsin Academic Standards for Health and Family Consumer Science Education.
- B. The Family and Consumer Science instructor will help students understand concepts related to the Food Guide Pyramid and the importance of a balanced diet.
- C. The Family and Consumer Science instructor will emphasize the importance of good nutrition by providing healthy alternatives to recipes to make prepared foods more nutritious.

HEALTH EDUCATION DEPARTMENT

The Health Education curriculum will provide students with the opportunity to gain knowledge, attitudes, skills and behaviors needed for making positive, healthy lifestyle decisions in order to improve the quality of their lives.

- A. Health instruction will address the Wisconsin Academic Standards for Health Education.
- B. The Health curriculum supports the philosophy that the quality of life is dependent upon the student's interaction with their total environment which includes their physical, mental, and social well-being.
- C. Health instructors will emphasize the importance of good nutrition, physical activity and responsible lifestyle choices as essential for a person's overall wellness.

PHYSICAL EDUCATION DEPARTMENT

The Physical Education Department will teach students the importance of physical fitness and expose them to a wide range of physical activity so that they develop knowledge and skills to maintain an active lifestyle throughout their lives.

- A. Physical Education instruction will address the Wisconsin Academic Standards for Physical Education.
- B. The curriculum will stress health-related components of fitness; cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition as they relate to a healthy active lifestyle.
- C. Physical Education instructors will promote lifelong physical activity along with the importance of healthy eating in order to maintain a healthy level of physical fitness.
- D. Licensed Physical Education instructors will provide instruction to students in all grades 5K through 12, including the developmentally disabled.
- E. One and one half (1 1/2) credits of Physical Education will be required for graduation from high school.

STAFF WELLNESS

The School District of Mondovi highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle as well as set a healthy example for their students in the classroom.

- A. The District will support staff wellness with ongoing in-service training and wellness activities that focus on maintaining healthy lifestyles.
- B. It is highly encouraged that staff members use discretion when consuming soda and caffeinated products such as coffee, espresso, latte, etc. in the presence of students.
- C. Coffee makers and soda machines for staff only may be located in designated faculty areas.
- D. Staff members should not provide soda and caffeinated beverages to students in their classrooms during the school day.
- E. When using food as a part of a class or student incentive program, staff is encouraged to utilize healthy nutritional choices or non-food alternatives. When curricular-based food experiences are planned (field trips, dances, etc.), staff and students are encouraged to seek out healthy nutritional choices whenever appropriate.