

## **SCHOOL WELLNESS**

The Swallow School District recognizes that proper nutrition is related to students' physical well-being, growth, development, and readiness to learn. A healthy school environment gives students consistent, reliable health information and ample opportunity to use it.

The Board of Education supports and promotes a healthy school nutrition environment, which includes the following:

1. Quality school meals with emphasis on nutrient dense foods
2. Other healthy food choices
3. Pleasant eating experience
4. Nutrition education

The district is committed to providing opportunities for quality physical activity within the school day to help develop the knowledge, attitudes, skills, behaviors and confidence needed to be physically active for life.

The district will promote knowledge and behavior that improves health, intellectual development, and the overall quality of life. Students, parents, teachers, support staff, and school officials must be involved in ensuring that the school environment practices and promotes good health. The district encourages local community and business leaders to do their part in ensuring a healthy school environment, as well.

The district's Nutrition-Fitness Committee will develop an Action Plan to include:

1. Goals
2. Strategies
3. Person(s) responsible for implementation

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4. Measurements of implementation
5. Nutrition education
6. Physical activity
7. Other school-based activities designed to promote student, staff and school community wellness.

The Action Plan will be reviewed annually prior to the start of the new school year.

All food and beverages available on school property should contribute toward eating patterns that are consistent with the Dietary Guidelines for Americans.

The Swallow School District assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of Agriculture, as applicable to schools. All food items offered through the district food service program will meet federal nutrition standards.

References:           Wisconsin Statute 115.35, 118.019, 118.12

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**ADOPTED:**           May 17, 2006  
**EDITED:**            November 14, 2007, May 16, 2012  
**REVIEWED:**        April 23, 2010

Confirmed by: \_\_\_\_\_, President

\_\_\_\_\_, Clerk