

**SCHOOL WELLNESS**

The policy supports the mission of the Dodgeland School District: *Providing the environment that cultivates maximum student potential.* To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This district-wide wellness policy encourages all members of the school community to create an environment that supports lifelong regular physical activity and healthy eating habits. Since nutrition influences a child's development, health, well-being and potential for learning, decisions made in all school programming shall reflect and encourage positive nutrition messages and healthy food choices. Healthy eating patterns and regular physical activity are essential for students to achieve their full academic and life potential.

**Physical Activity Goals:**

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, physical activity will be integrated across curricula and throughout the school day.

Elementary students (kindergarten through grade 5) will be provided with an average of 30 minutes of daily physical activity during recess time.

The District provides additional opportunities for physical development and fitness through extra-curricular activities.

The District works cooperatively with Dodgeland community park and recreation departments to provide additional programming. The District will inform students and parents/guardians of such available community activities and programs.

**Nutrition Education Goals:**

Nutrition themes will be integrated into lessons 4K-I2 within a variety of cross curricular subjects. Opportunities will be available for students to practice these themes in a supportive school environment.

Students will be taught the curriculum standards and student outcomes that emphasize good nutrition and healthy lifestyles within the health education curriculum.

Additional nutrition education may be provided to students and parents/guardians in the form of handouts, articles in the district newsletter or postings on the District website.

**Nutrition Promotion Goals:**

**Vending Machines:** Food items of minimal nutritional value may not be sold in student vending machines or other outlets such as a school store. During the school day, all student beverage vending machines in school buildings will be limited to water, milk and flavored milk, and juice products meeting district nutritional guidelines based on the USDA nutritional guidelines.

**Concession Sales:** Food items of minimal nutritional value including, but not limited to, soda and artificially sweetened drinks and candy will only be available in school facilities during concession sales at public events such as athletic contests, catered events, and non-school events held outside of school hours.

**Other Fundraising:** Any fundraising requires administrative approval. To create a school environment that supports the promotion of healthy food and beverage choices for students, it is important to consider all venues where food and beverages are consumed or sold. The following recommendations are made to



850, Public Sales and Solicitations on School Premises  
851, Advertising in the Schools  
881, Relations with Parent-School Support Organizations

Approved: July 24, 2006  
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