

WELLNESS POLICY

The mission of the School District is to make a significant contribution to the general well-being, mental and physical capacity and learning ability of each student, affording them the opportunity to fully participate in the education process. Therefore, it is the policy of the West Salem School District to provide school environments that promote nutritious food choices and physical activity.

To ensure the health and well being of all students, it is the policy to:

1. Ensure that on scheduled school hours, all students have access to nutritious food choices at reasonable prices. All snack and beverage items sold on campus (except nuts and seeds) must be in single serving size and contain no more than 150 calories. No candy or carbonated beverages will be used as a teaching tool or sold during the school day (with the exception of a specific IEP) Snacks offered with elementary milk break should be limited to one serving (no candy). All student vending machines will be limited to diet soda, 100% juice, low fat milk and sport drinks. Calorie free water may be sold anytime in any size. Food will not be used as a reward or punishment.
2. Ensure the integrity of the school meals program by prohibiting food sales for students that are in direct conflict with the National School Lunch and Breakfast programs.
 - When possible, encourage collaboration with local farmers and growers through the farm to school program to increase the consumption of locally grown and produced foods.
 - When possible, participation in the farm to school program will be accompanied by educational activities in the classroom, cafeteria and any other school sponsored events.
3. Incorporate nutrition education at all grade levels, consistent with the current Dietary Guidelines for Americans.

4. Ensure that the physical education curriculum maximizes the time students spend moving their bodies and developing the knowledge and skills to be physically active for life.
 - When possible, schools will encourage students to actively commute to and from school, and when not possible, encourage physical activity before, during and after school.
 - The district will continue to collaborate with the Village of West Salem and the La Crosse County Health Department to explore the availability of Federal Safe Routes to School funds to continue the Walking School Bus Programs and other Safe Routes to Schools activities.
 - Participation in the Safe Routes to Schools program will be accompanied by educational activities in classroom, at family education nights, and any other school sponsored events when possible.
5. Encourage stretch breaks during the day and limit inside recess.
6. Encourage staff to role model healthy lifestyle habits.
7. Encourage staff to explore non-food incentives and rewards and promote physical activity.
8. Encourage snacks that students with food allergies and chronic diseases, such as diabetes, can enjoy with their classmates.

The superintendent will appoint an annual ad hoc committee to review the wellness policy practices annually.

Note: Birthday treats and holiday parties are not part of this policy, although it is recommended that teachers encourage healthy snacks.

APPROVED: September 11, 2006

REVISED: January 28, 2008

August 27, 2012