

## SCHOOL WELLNESS

The School District of New Berlin recognizes its responsibility to provide a healthy school environment by promoting wellness, good nutrition and regular physical activity as part of the total learning experience. The achievement of this goal shall be a coordinated effort by the entire community, which includes parents, students, school administrators, teachers, school board members, school nurse, school nutrition professionals and the business community.

A School Wellness Committee shall coordinate activities for and evaluate the effectiveness of the District's wellness programs for students. The Committee shall be chaired by the Wellness Coordinator and shall include student representatives from each school, teachers of physical education, the school nurse, Director of Food and Nutrition Services and school administrators. Representatives from each school and teachers of physical education may be served by the same person.

Notice of committee meetings shall be posted on the District's web site and provided to members of the public that have requested such notice.

The District Wellness Coordinator will assure this School Wellness policy is reviewed annually with a formal evaluation of the policy and program not less than every three years. The annual review will be conducted by the School Wellness Committee and the Directors of Elementary and Secondary Education. The triannual evaluation shall include the participation of students, parents, medical / health care professional and community members. The School Wellness Committee and Directors of Elementary and Secondary Education shall establish specific 3-year goals to achieve the strategic goals of:

1. Nutrition Education - Provide students in pre-kindergarten through grade 12 with behavior focused nutrition education integrated into the curriculum that is interactive and teaches the skills they need to develop healthy nutrition habits.
2. Nutrition Promotion – Promote healthy eating and nutrition in health education classes, on the District's web site and through other means as approved by the Wellness Committee and Superintendent, or designee.
3. Physical Activity - Provide age-appropriate and culturally sensitive instruction that helps students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy a physically active lifestyle. Time allotted for physical activity will be consistent with research, national and state standards and will include recess and before and after school programs
4. Other School Based Activities - Promote foods and beverages available during the school day that contribute to making nutritious food choices.

Meals sold in schools that participate in the National School Lunch Program (NSLP) will meet or exceed nutrition requirements established by the United States Department of Agriculture (USDA) and the Wisconsin Department of Public Instruction. The sale of food outside the NSLP shall not be permitted during the lunch period or in the established cafeteria most closely located to the National School Lunch Program's primary serving area.

All foods and beverages sold or marketed to students during the school day shall meet the standards of USDA "Smart Snacks" requirements. Each school may allow no more than two exception per school year per student organization to this requirement. The Superintendent, or designee, shall require accurate records of such exceptions.

The district encourages parents, students and others that provide (not sell) food to students (e.g. celebrations, parties, school snacks, rewards) during the school day to meet the USDA "Smart Snacks in School" nutrition standards. The Director of Food and Nutrition Services will provide each school with information about "Smart Snack" to be shared with students and parents.

Changes and updates to this policy shall be communicated to the public on the district's website and through posting of agendas and minutes of Board of Education meetings.

Adopted: 6/19/06  
Revised: 6/27/11  
2/13/12  
6/26/17