

It is the goal of the School District of Neillsville to make a significant contribution to the general well-being, mental and physical capacity and learning ability of each student, and to afford them the opportunity to fully participate in the education process. The School District of Neillsville promotes a healthy school by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our school contributes to the basic health status of students. Improved health optimizes student performance.

Healthy eating and an active lifestyle are linked to reducing the risk of early mortality and the development of many chronic diseases. To ensure the health and well-being of all students, it is the policy of the School District of Neillsville to:

1. Ensure that all students have access to adequate and healthy food choices at reasonable prices.
2. Create a total school environment that is conducive to being physically active.
3. Ensure that food sales/parties for students are limited during hours that will conflict with the district food program.
4. Support and promote proper dietary habits contributing to students' health status and academic performance. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals. Encourage all staff to comply with the USDA Dietary Guidelines for Americans.
5. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular activity.
6. Coordinate school food service with the wellness policy to reinforce messages about healthy eating and to insure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits.
7. Provide school staff involved in nutrition education and in supporting a healthy school environment, with adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change.
8. Involve family members and the community in supporting and reinforcing nutrition education and the promotion of health eating and lifestyles.

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