

POLICY JHK

WELLNESS

Adopted by the School Board: August 14, 2006

Reaffirmed by the School Board: July 23, 2007; June 9, 2008; June 22, 2009

Revised by the School Board: June 25, 2012; February 27, 2023

Reaffirmed by the School Board: June 10, 2013

LEGAL REF.: Sections 118.01(2), 118.12, 118.33(1), 121.02(1)(j) & (k) Wis. Stats.; 8.01(2) (j) & (k), Healthy Hunger Free Kids Act 2010 (Child Nutrition Reauthorization 2010), PL 111-296

CROSS REF.:BA, Mission and Goals; EB, Safety Program; EF, School Nutrition Program; EF-R, Procedures for Dealing with Special Dietary Needs of Students; IKF, Graduation Requirements; JH, Student Health and Welfare; JHK-R, Wellness Policy Implementation; KG, Public Use of School Facilities; KJ, Advertising in the Schools; KMB, Relations with Extracurricular Booster Organizations
Employee Handbook, Section 1–3.37 Employee Wellness
Student Handbooks

The Sun Prairie Area School District recognizes its responsibility to provide a healthy learning environment by supporting wellness, good nutrition and regular physical activity. This policy promotes life-long wellness behaviors, and links healthy nutrition and exercise to students' overall physical well-being. Healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential.

The District also supports employee life-long wellness behaviors, linking healthy nutrition and exercise to overall health, job performance and a positive work environment. Specifically, the District shall strive to accomplish the following physical activity, nutrition education, nutrition goals, and wellness goals:

Student Wellness

1. Physical Education

The physical education curriculum shall teach students the importance of physical fitness and expose students to a wide variety of physical activities so students develop the concepts and skills necessary to be active for life. The physical education curriculum shall meet or exceed state standards, including emphasis on health-related physical fitness and lifetime activities.

2. Recess and Other Physical Activities

All elementary schools shall schedule daily recess for students and encourage students in active play. All district schools shall offer a range of activities for all students, including students with disabilities and students with special health care needs, as additional ways to be physically active.

3. Health Education

The health education curriculum shall teach students the concepts, attitudes, skills and behavior for life-long healthy eating habits and physical activity. The

District supports curriculum standards and student outcomes for health education that include an emphasis on good nutrition, disease prevention and healthy lifestyles.

4. Nutrition Education

The nutrition education curriculum shall emphasize the knowledge and skills for a lifetime of healthy eating behaviors and be consistent with state and national standards and guidelines, such as the Dietary Guidelines for Americans.

5. School Nutrition Programs

The School Nutrition Department shall promote healthy meals and healthy meal alternatives as part of the educational learning environment to promote a healthy lifestyle and reduce the incidence of childhood obesity. Students shall receive the same quality school lunch and/or breakfast regardless of eligibility status, under all circumstances. All district schools shall participate in federal child nutrition programs (National school lunch and breakfast). The district shall comply with federal program guidelines and applicable laws and regulations of the State of Wisconsin. Food safety will be a major part of the school nutrition program.

6. Nutrition and Wellness Promotion in the School Environment

The entire school environment shall reflect the District's commitment to student and staff wellness. All food and beverage vending machines accessible to students on school campus shall be limited to products meeting USDA nutritional guidelines. Foods of minimal nutritional value shall not be sold/served/provided to students during school hours. The exception to this is celebration foods. Celebration foods that are less nutritious should be limited to occasionally (suggested no more than twice a month) and not served prior to lunch. Lists of acceptable snack foods are included in student handbooks. Staff shall serve as role models for students. Parents are encouraged to provide nutritional foods for lunches and snacks.

7. Employee Wellness Committee

Please view [Employee Wellness Policy GBEA](#)

8. Student Wellness Committee

All school districts participating in the USDA school meals program are required to establish a wellness committee to formulate, implement, evaluate a district wellness policy and report information annually on the school nutrition environment, for all schools in the district, to the public.

The Wellness Committee shall meet at least quarterly to review policy implementation, progress made on attainment of goals, nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements. In addition, the district wellness policy (JHK) and corresponding procedure (JHK-R) will be reviewed annually, and recommendations for changes or additions will be sent to the School Board

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for approval. The Wellness Committee will assess compliance of the Wellness Policy a minimum of every three (3) years by completing the Triennial Assessment. The district will actively notify households/families of the availability of the annual report, any Wellness Policy changes, the Triennial Assessment Report and the Student Wellness Committee meeting minutes through multiple ways such as the Nutrition Program webpage, district communications and the school district website. All USDA recordkeeping requirements will be followed.

9. Wellness Policy Implementation and Enforcement

All building administrators are responsible for implementing and enforcing the wellness policy at their building. All district employees are responsible for implementing and complying with this policy while in the workplace in the presence of students.