

Book	POLICY MANUAL
Section	400 STUDENTS
Title	School Wellness
Code	458
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The School Board of the West Bend School District (hereto referred to as 'District') supports the health and well-being of the district's students by promoting nutrition and physical activity at all grade levels. In accordance with federal law, it is the policy of the board to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; provide nutrition education; and require that all meals served by the district meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

Nutrition and physical activity are known to influence a child's development, potential for learning, overall sense of well-being, and risk of illness through adulthood. Students who practice good nutrition and engage in daily physical activity attend school with bodies and minds ready to take advantage of the learning environment. The District, therefore, encourages all members of the community to help create and support a school environment that emphasizes healthy, life-long habits of good nutrition and physical activity.

The District shall also maintain, implement, and inform the school community and general public about a local school wellness policy that meets the requirements of federal law. The local school wellness policy required by federal law (hereinafter referred to as the District's "Wellness Plan") is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available to students on the school campus during the school day are consistent with applicable minimum nutritional guidelines and standards.

Various stakeholders will be given the opportunity to participate in the development, implementation, and periodic review and updating of the District's Wellness Plan. However, the content of the plan is subject to the School Board's review and approval, and the Board retains authority to modify the specific content of the Wellness Plan and to accept, reject, or modify recommendations for updates and other changes.

The Board delegates primary administrative oversight of this policy and the District's local Wellness Plan to the Superintendent who shall:

1. Direct and monitor the District-wide implementation of the District's Wellness Plan and related nutrition guidelines, including monitoring school-level compliance with the Plan;
2. Oversee the periodic evaluation of the Wellness Plan and its implementation at least as often as such formal assessments are required under applicable regulations, including having primary responsibility for ensuring the timely preparation of a written report following each such assessment;
3. Ensure opportunities for stakeholder group involvement in the development, implementation, and periodic review and updating of the District's Wellness Plan in a manner that is consistent with the requirements of applicable federal regulations and the specific content of the Wellness Plan;
4. Keep the Board and the broader community informed of the Wellness Plan, the District's and each applicable school's progress toward achieving Wellness Plan goals, and any recommendations for changes and improvements to the Plan, including any changes that are based on the results of a formal assessment; and

5. Establish recordkeeping procedures that are consistent with applicable federal regulations and any Department of Public Instruction (DPI) guidelines.

Leadership

The District shall convene a Wellness Committee that meets annually to establish goals and oversee school health policies and programs, including recommendations for the development, implementation, and periodic review and update of this Wellness Policy. The Committee shall include a diverse group of stakeholders which may include: students, staff, families, and community organizations or residents. The Superintendent or designee will ensure annual convening of this committee.

Nutrition Standards

School meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. Decisions regarding food and beverage choices offered during the school day and after school activities shall encourage nutrition and choices for students.

Nutrition guidelines for reimbursable school meals shall not exceed regulations and guidance issued by the U.S. Department of Agriculture.

Nutrition Education Goals

The District aims to teach, model, encourage, and support healthy eating by providing nutrition education. Nutrition education shall be implemented in a sequential, comprehensive physical education and health education curriculum that is designed to help students adopt healthy eating behaviors to promote a healthy lifestyle.

Physical Education and Activity

The District shall provide students with age and grade appropriate opportunities to engage in physical activity. In addition to physical education, lifelong activity shall be promoted through curricular and co-curricular opportunities.

Monitoring and Evaluation

The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.

Nothing in this policy or in the District's formal Wellness Plan shall be construed to prohibit District schools from undertaking additional school-level wellness initiatives, provided that such initiatives (1) do not either conflict with the formal Wellness Plan or unilaterally supplant or replace portions of the Plan; and (2) have otherwise been properly authorized within the District. However, the Board strongly encourages the administration and staff at individual schools to coordinate their student wellness initiatives with the formal Wellness Plan for the benefit of documenting such efforts and sharing ideas across the entire District.

NOTICE: The United States Department of Agriculture is an equal opportunity provider and employer. The West Bend School District is also an equal opportunity provider and employer.

Legal

[Section 118.01\(2\)\(d\)2 \[instructional program goals related to nutrition and physical education\]](#)

[Section 118.12 \[sales and promotions on school premises, including the sale of milk and other beverages\]](#)

[Section 118.33 \[high school graduation requirements, including physical education\]](#)

[Section 120.13\(17\) \[school board power to authorize the temporary use of school facilities, including the recreational use of school facilities\]](#)

[Section 120.13\(19\) \[school board power to provide community programs\]](#)

[Section 121.02\(1\)\(f\) \[school district standard; minimum hours of direct student instruction\]](#)

[Section 121.02\(1\)\(j\) \[school district standard; health and physical education\]](#)

[PI 8.01\(2\)\(j\)2 \[physical education rules\]](#)

[42 U.S.C. §1758b \[school wellness policy requirements\]](#)

[42 U.S.C. Chapter 13 \[National School Lunch Act provisions, generally\]](#)

[7 C.F.R. Part 210 \[USDA regulations implementing the National School Lunch Act as amended, including the local school wellness policy regulations\]](#)

[7 C.F.R. Part 220 \[USDA regulations implementing the School Breakfast Program under the Child Nutrition Act, as amended\]](#)