

DISTRICT WELLNESS POLICY

The Three Lakes School District recognizes its responsibility to promote a healthy learning environment by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. This policy supports the district's mission of teaching students to be productive citizens by promoting life-long wellness behaviors. Research demonstrates that healthy nutrition and regular physical activity are essential for students to achieve their full potential. Therefore, the following minimal requirements will be followed in the development and maintenance of the district's wellness policy.

1. Policy development advisory committee:

The district administrator will appoint a multi-disciplinary advisory committee to review the design and implementation of the district's wellness policy, and make recommendations to the Board. This advisory committee will include parents and students; representatives of the school nutrition program, administration, teachers, and school board; a district medical advisor; and other public professionals as deemed appropriate.

2. Goals for nutrition education, physical activity, and other school-based activities:

- a) Nutrition education goals: Implement nutrition education from preschool through secondary school as part of a sequential, comprehensive school health education curriculum designed to help students adopt healthy eating behaviors. Teachers shall integrate nutrition education into other subject areas.
- b) Physical activity goals: A quality physical education program is an essential component for all students to learn about and participate in physical activity. In addition to regular physical education, physical activity will be integrated across curricula and throughout the school day.
- c) Other school-based activities: Wellness policy goals should be considered in planning all school-based activities (such as school events, field trips, SCO/PTO functions, dances, social events, and fund-raising activities).
- d) The food service program will promote nutrition by utilizing a variety of Smarter Lunchroom techniques each year. During the annual school open house, information on nutrition and activity will be made available.

3. **Nutrition Guidelines:** Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices. Nutrition guidelines will be made available for all foods available on each school campus in the district during the school day, with the objective of promoting student health and reducing childhood obesity.
 - All foods and beverages sold outside of the school meal program shall meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.
 - The district encourages food offered on the school campus meet or exceed the USDA's Smart Snack nutrition standards including those provided at celebrations and parties and classroom snacks.
 - The district will limit marketing of products, during the school day, to those that meet the Smart Snacks rule.
4. **Assurance for reimbursable school meals:** The district assures that guidelines for reimbursable school meals shall comply with or exceed the regulations and guidance included in the Healthy Hunger-free Kids Act of 2010 and issued by the U.S. Secretary of Agriculture
5. **Implementation and revision:** This policy will be reviewed by the advisory committee annually to ensure its effectiveness and full implementation, as well as make recommendations for improvement to the Board. Principals will monitor the implementation of the wellness plan in their respective buildings, and report back to the advisory committee and school board.
6. The district will inform families and the public about the content of any updates to the district policy utilizing the district website.