

## School District of Manawa Wellness Policy

The School District of Manawa is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating, physical activity, and a healthy school environment. Therefore, it is the policy of the School District of Manawa that:

- I. The school district will engage students, parents, teachers, board members, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing the district-wide nutrition and physical activity policy and procedures.
- II. All students in grades pre-K through 12 will have opportunity, support, and encouragement to be physically active on a regular basis.
- III. The School District of Manawa supports and promotes a healthy school nutrition environment, which includes the following:
  - a. Quality school meals with an emphasis on nutrient-dense foods.
  - b. Other healthy food choices
  - c. Pleasant eating experience
  - d. Marketing health and nutrition within the community.
- IV. Schools will offer nutrition and physical education to foster lifelong habits of healthy eating and physical activity. Incorporating the teaching of healthy lifestyle habits will be encouraged across the curriculum spectrum
- V. The School District of Manawa assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Wisconsin Department of Public Instruction (which complies with regulations mandated by the U. S. Secretary of Agriculture).
- VI. The district's Wellness Policy Committee will develop and revise an action plan to include goals, strategies, person(s) responsible for implementation and measurements of implementation. The plan will outline interventions for nutrition education, physical activity, actions to maintain and foster a healthy school environment, and other school-based activities that are designed to promote student, staff, and community wellness. The School-Community Health and Safety Council will review this action plan annually.

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