

BOARD POLICY 458

458 - Health and Wellness Promotion

The Board of Education recognizes that good nutrition and regular physical activity affect the health and well-being of the students of the School District of Fort Atkinson. Furthermore, research suggests that there is a positive correlation between a student's health & well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the District's meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school. The School District of Fort Atkinson demonstrates this by:

- Supporting and promoting dietary habits, which contribute to student health and academic performance.
- Providing meals that meet or exceed federal and state standards.
- Providing opportunities for physical activity in school programs from Early Childhood through 12th Grade.
- Collaborating with parents and the community to support and promote nutrition and lifelong wellness habits.
- Supporting and promoting mental health awareness through collaboration with community partners
- Encouraging abstinence from the use of alcohol, tobacco, and other illegal drugs.
- Evaluating the effectiveness of the policy in promoting wellness and healthy eating and updating and revising the policy as needed.

Legal Ref: Child Nutrition and Women, Infants and Children Reauthorization Act of 2004

Cross Ref: AR458 – Health and Wellness Promotion

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