

The North Lake School District promotes a healthy school environment for students and staff through education and awareness, and by providing and promoting healthy options and opportunities.

1. Wellness Goals for the North Lake School District
 - A. Improve student wellness by providing a healthy choice hot lunch program and encouraging healthy snacks at school.
 - B. The district will provide a consistent comprehensive education in grades K-8 regarding nutrition, healthy food choices, and overall health and wellness issues.
 - C. Increase the amount of physical activity students engage in throughout the week by teaching high-interest games that could be participated in during recess.
 - D. Encourage staff to integrate healthy food choices and activities into their classroom and curriculum.
 - E. Promote staff wellness through education and availability of time and resources.
 - F. The district shall establish and maintain a district wellness committee that includes the health teacher, the food service director, and school staff. The committee shall develop, promote, and oversee a multi-faceted plan to promote health and wellness for students and staff.
2. Wellness Plan for the North Lake School District: Nutrition
 - A. Meals will:
 1. be appealing and attractive to children
 2. be served in clean and pleasant settings
 3. exceed nutrition requirements established by local, state, and federal statutes and regulations
 4. offer a variety of fruits and vegetables
 5. serve only dairy and nutritionally-equivalent non-dairy alternatives
 6. ensure that whole grain products are available
 - B. The district will engage students, through taste-tests of new entrees and surveys, in selecting foods sold through the lunch program in order to identify new, healthful, and appealing food choices.
 - C. Meal times and scheduling:
 1. Students will be provided with adequate time to eat
 2. Lunch periods will be scheduled at appropriate times
 3. Students will be provided access to hand washing and will be encouraged to wash their hands before meals/snacks and upon returning from recess
 4. Peanut free tables will be provided

- D. To support children’s health and school nutrition-education efforts, school fundraising activities will take into consideration the wellness policy of the North Lake School District. The district will encourage fundraising activities that promote physical activity.
 - E. Snacks consumed during the school day will make a positive contribution to the health and diet of all students. The district will assess if and when to offer snacks based on timing of school lunch, children’s nutritional needs, children’s ages, and other considerations such as food allergies, medical conditions, etc.
 - F. The wellness policy of the North Lake School District will be taken into consideration when rewards are provided for academic performance or good behavior. The wellness policy should also be considered when having celebrations that involve food during the school day.
 - 1. Rewards will not consist of candy, soda, chips, or other “junk foods”
 - 2. Birthday recognitions will occur one time a month through the hot lunch program
 - 3. Any and all birthday treats that are brought to school to be shared need to be of a healthy nature and will be distributed during a non-academic period. Healthy treats need to be portion controlled and low in fat and sugar content. Examples include: fruit, vegetables, whole grain snacks, lowfat yogurt, etc. Non-food alternative birthday treats are also acceptable including a book for the classroom library, pencils, erasers, stickers, etc.
 - G. Vending machines will offer healthy food choices and will only be open to students at posted times. All vending machines will be put in one location so students can consider all choices before making a selection. A refrigerated vending machine will be stocked with healthy food choices.
3. Wellness Plan for the North Lake School District: Education
- A. Nutrition Education Promotion: The district aims to teach, encourage, and support healthy eating by students. The district will provide nutrition education and engage in nutrition promotion that:
 - 1. is part of the middle school health class, as well as classroom instruction in other required subjects or elective subjects
 - 2. promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
4. Wellness Plan for the North Lake School District: Physical Activity, Social Wellness, and Physical Education
- A. For students to receive the nationally-recommended amount of daily physical activity, and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

1. Staff will be encouraged to provide opportunities for physical activity in other subject lessons
 2. Classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate
 3. Students will be encouraged to participate in high-interest activities and games at recess
- B. All students in grades K-8 will receive physical education based on the Wisconsin state requirements.
- C. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which moderate to vigorous physical activity will be encouraged. Extended periods of inactivity will be discouraged. Periodic breaks will be given when necessary and some kind of physical activity will be encouraged.
5. Wellness Plan for the North Lake School District: Staff Wellness
- A. The North Lake School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The plan will be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

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