

**NUTRITION/FITNESS**

The School District of West Allis - West Milwaukee, et al. promotes healthy schools, minds, bodies, and habits by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in good nutrition and fitness. Improved health optimizes student achievement factors such as readiness to learn, instructional effort and successful performance. Decisions made in all school programming need to reflect and encourage positive nutrition messages, healthy food choices, and lifetime fitness activities.

The Board specifically adopts the following nutrition/fitness goals and directs the Administration to prepare Guidelines which, at a minimum, incorporate the following elements into the total learning environment:

- Provide education regarding the role nutrition and physical activity play in promoting healthy lifestyles.
- Implement nutrition guidelines for foods available on school campus which contribute to a healthy lifestyle.
- Increase awareness of physical activity opportunities in school and the community that promote healthy lifestyles.
- Provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidelines issued by the U. S. Secretary of Agriculture, as applicable to schools.
- Monitor the implementation of the Nutrition/Fitness policy to ensure an ongoing healthy school environment.

LEGAL REF.: 2004 Reauthorization of the Child Nutrition Act

APPROVED: April 24, 2006