

WELLNESS

The School District of Beloit promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive lifestyle practices, and provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. Through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children, which optimizes student achievement.

A. GOALS

1. School Environment: The School District of Beloit is committed to providing a school environment that enhances learning and development of lifelong physical and emotional wellness practices. The school environment is safe, caring, comfortable, pleasing and allows reasonable time and space for eating meals.
2. Nutrition Education & Promotion: The School District of Beloit supports and promotes healthy eating choices that improve students' health status and academic performance. The primary goal of nutrition education is to positively influence students' eating behaviors. To reinforce the district's nutrition education policies, foods available in school environments shall be carefully selected so as to contribute to students' nutritional well-being and the prevention of disease. In addition, foods should meet or exceed nutritional and safety standards specified in law or administrative regulation. The School District of Beloit shall provide a consistent nutrition message to students in grades pre-K-12. Food is not be used as a reward or punishment.
3. Physical Activity: The School District of Beloit is committed to providing opportunities for participation in physical activities and education that promotes the development of healthy lifestyles and optimizes student academic performance. The primary goal is to develop the knowledge and skills needed for lifelong physical activity. This includes regular participation in exercise, and understanding the short and long-term benefits of physical activity. Physical activity breaks are encouraged in the classroom. Physical activity is not to be used or withheld as a punishment.

- B. The Superintendent or designee(s) is responsible for ensuring that the school district complies with the wellness policy.

APPROVED: July 26, 2005

REVISED: October 24, 2006
July 22, 2014