

## WELLNESS POLICY

In the Child Nutrition and WIC Reauthorization Act of 2004, the U.S. Congress established a new requirement. This requirement states that all school districts with a federally funded school meals program develop and implement wellness policies that address physical activity and nutrition. The wellness policy must be in place by the beginning of the 2006-2007 school year.

The Wauwatosa Wellness Policy Committee is striving to develop a policy. The focus will be on health, wellness, and nutrition. Playing a major role in the development of this policy are students, parents, teachers, staff, administrators, community members, and area businesses. The Wauwatosa Health Department is collaborating with the school district in the development and implementation of this policy. Our goal is to address the needs of our school community, on an individual basis and as a whole. With this in mind, the committee will look at all aspects of health, wellness and nutrition and create a policy that will have a lasting affect in the Wauwatosa School District community.

We choose to:

- Promote physical activity!
- Promote nutritionally balanced food and beverage choices during the school day and assists children in making healthy choices.
- Recognize that restricting, or limiting foods in the daily diet does not promote healthy eating habits.
- Help establish interests in physical activity that will last into adulthood.
- Provide parents with tools to help their children make healthy choices.
- Provide all teachers with educational tools to teach, encourage, and support healthy eating and physical activity in their students. Nutrition education will be incorporated into daily lessons, across all grade levels.
- Implement activities and policies that support personal efforts, by school district staff, to achieve and maintain a healthy lifestyle.

The Wellness Policy Committee welcomes comments and constructive criticism. If you have questions about the ongoing development of the policy or would like to serve on a committee please contact:

Wauwatosa School District Communication Office – 773-1020  
Wauwatosa Health Department - 479-8939