

<b>Series</b>	<b>400</b>	<b>Students</b>
<b>Section</b>	<b>450</b>	<b>Student Health and Welfare</b>
<b>Policy</b>	<b>450.1</b>	<b>Healthy Lifestyles</b>

It is the belief of the Kewaskum School District to strive to make a significant contribution to the general well being, mental and physical capacity, and learning ability of each student which in turn will afford them the opportunity to fully participate in the education process. The Kewaskum School District promotes a healthy school by supporting wellness, good nutrition and regular physical activity as a part of the total learning and participates in positive dietary and lifestyles practices. Our District contributes to the basic health status of children optimizing student performance potential.

Healthy eating and regular physical activity is demonstrably linked to reduce risk for mortality and development of many chronic diseases. To promote the health and well being of all students, it is the policy of the Kewaskum School Board to:

1. Provide a positive environment, as it relates to physical activities and nutritional choices.
2. Direct all staff to promote proper nutritional habits contributing to students' health status and academic performance.
3. Provide time and a wide array of opportunities so that all students can partake in physical activity.
4. Provide information to staff and community that supports the promotion of healthy eating and a physically active lifestyle.
5. Regularly evaluate the effectiveness of this policy.

**Legal Reference:**

**Cross Reference:**

**Approved: March 13, 2006**

**Revised:**