

## **HEALTHY LIFESTYLES**

It is the belief of the Granton Area School District to strive to make a significant contribution to the general well being, mental and physical capacity and learning ability of each student and afford them the opportunity to fully participate in the education process. The Granton Area School District promotes a healthy school 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 dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our school contributes to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

Healthy eating is demonstrably linked to reduced risk of mortality and development of many chronic diseases as adults. To ensure the health and well being of all students, it is the policy of the Granton Area School Board of Education to:

1. Ensure that all children have access to adequate and healthy food choices on scheduled school days at reasonable prices.
2. Ensure that food sales/parties for students are held during hours that will not conflict with the lunch and breakfast programs. The Granton Area School District operates under the National School Lunch and National School Breakfast program regulations.
3. Support and promote proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school sponsored activities during the instructional day should meet or exceed the district nutrition guidelines. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals. Encourage all staff to focus on the Dietary Guidelines for Americans.
4. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.
5. Coordinate school food service with the healthy lifestyles policy to reinforce messages about healthy eating and to insure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits.
6. Provide school staff involved in nutrition education and in supporting a healthy school environment, with adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change.

7. Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.
8. Regularly evaluate the effectiveness of the healthy lifestyles policy in promoting healthy eating and change the program as appropriate to increase its effectiveness.

Adopted: June 12, 2006  
Revised: April 14, 2014

Legal Administrative Code:  
References: Wisconsin Statutes: 115.35;