

Pecatonica CUSD #321

Wellness Policy

Charge Statement: The Pecatonica School District promotes wellness education, 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.

1. Total Wellness - 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 physical, mental, and social health.

a. Goal

- i. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

b. Action Items

- i. Education of Students
 1. Work total wellness concept into curriculum
 2. Jazz-up lunch rooms
 - Posters
 - Bulletin boards
 - Current events
 3. Include total health concepts in P.E. district wide
 4. Nurse and other health care professionals provides lessons on total wellness
 5. Farm to School/School garden
 - FFA/Agriculture classes using the school field grow watermelons, squash, cantaloupes, cucumbers, etc.
 - Elementary garden grows vegetables and provides students opportunities for tasting of different vegetables
 6. Pecatonica Pacers running club
- ii. Education of Community/Parents via district website, home communicators, and social media
 1. BMI- current
 2. Nutrition information
 3. Body shapes
 4. Alternative treat options (snack time, health snack rules)
 5. Website links, social media posts
 6. Exercise information
 7. Sleep information
 8. Places to Exercise
 - Summit Fitness (membership required)
 - J and J Tumbling (swimming, cost related)
 - High School track during non-school hours
 - High School open for morning walkers
 9. Family activities
 10. Fun ways to encourage good hygiene, hand washing, covering a cough

11. Concussions and Sports related injuries

iii. Education of Staff

1. Health Insurance Wellness Blasts
2. Creation of wellness Team
3. Wellness team newsletter...provided by Health Insurance co.
4. Weight room available to staff
5. Walking (mornings and track during non-school hours)
6. Finding revenue source for entry payments in running/walking races
7. Weight loss competition
8. Building walking teams

c. **Follow Up**

- i. Wellness Committee reconvenes annually
- ii. Monitor and evaluate