

Waupaca School District

The Waupaca School District implemented the “5-2-1-almost none” program to coordinate nutrition education between classroom, food service and parents. The district wellness committee communicated the wellness policy through the district newsletter, website and student and staff handbooks. They also shared the wellness policy at staff meeting and school board meetings, and in the local paper. The principal at each school was given the charge to monitor compliance with the policy at each school.

The wellness policy set goals to limit the sale of food for fundraising, and asked schools to limit celebrations involving food to once per month per class. This was a challenge, and the wellness committee asked the parent school partnership for input on the policy goals. This connection assisted the wellness committee to generate new fundraising ideas and garner parent support for the policy.

The wellness committee identified ways to implement the wellness policy and engage staff and parents. Open gym and family fun nights were held to bring nutrition education to parents and offer activities and games for family participation. Wellness and “Culinary Cuisine” classes were held for staff and guests as part of professional development programming. Local cable access television was used as a way to reach families, and students in grades K through 5 presented skits and infomercials on healthy eating as part of the programming.

The wellness team has identified a need to develop a comprehensive K -12 nutrition education curriculum. They have started looking at portion sizes and alternative food choices as their first message. Students are encouraged to try new foods in the classroom and the lunch room. The taste testing will involve students in polling if they like the food and if they would eat it again. The feedback will be shared with the food services department for future menu development.

Waupaca School District was a recipient of a 2007 Governor’s School Health Award, and the mini-grant activities were prominent on their application.