

## THE VIEW FROM HERE

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Is it possible for a person to be happy for more than a moment? If we are asked how we feel, we usually are able to come up with a litany of aches and pains. What are the keys to happiness? Children seem to be the most consistently happy people that we know, or at least as long as they are allowed to be children..

Parents make many sacrifices on behalf of their children. Regardless of how we feel about our lifestyle, we want the lifestyle of our children to be better than ours. The quality of life, or lifestyle, truly is subjective. I may wish to possess few material goods but place great value on my health. Another person may care less about health but places great importance on accumulating wealth even if it puts health in jeopardy.

By the time children become adults we attempt to understand them by judging their *character*. Statements such as “*Mary is a fine young lady*” or “*Tom is honest*” tell us something about their character but not if they are happy. In the past several years the term “*wellness*” has been used to describe a positive quality of life. I believe that wellness and happiness go hand in hand.

Each School District in the state of Wisconsin is required to have a “Wellness Policy.” Our policy is divided into two parts - *Student Nutrition Procedures and District Nutrition Standards*. The Policy Committee of the School Board will be reviewing this policy in the near future and input from parents and all community members will be welcomed and valued.

Our “Wellness Policy” does create a School District Wellness Committee that includes food service personnel; parent representatives from each school level; student representatives from the middle and high school; representatives from the administrative staff who are to chair the committee; Physical Education staff members and school district staff from each of the schools.

More information about the review of the “Wellness Policy” will be placed on the School District web site and in future editions of the PAD. For our students to maximize their potential, wellness is essential.