

# Appleton Area School District

## Appleton Demographics

**Student Enrollment Total: 16,281**  
**1,300 staff members**

Preschool: 113

4K: 914

Kindergarten: 1,163

Elementary 1-6: 6,836

Middle 7-8: 2,352

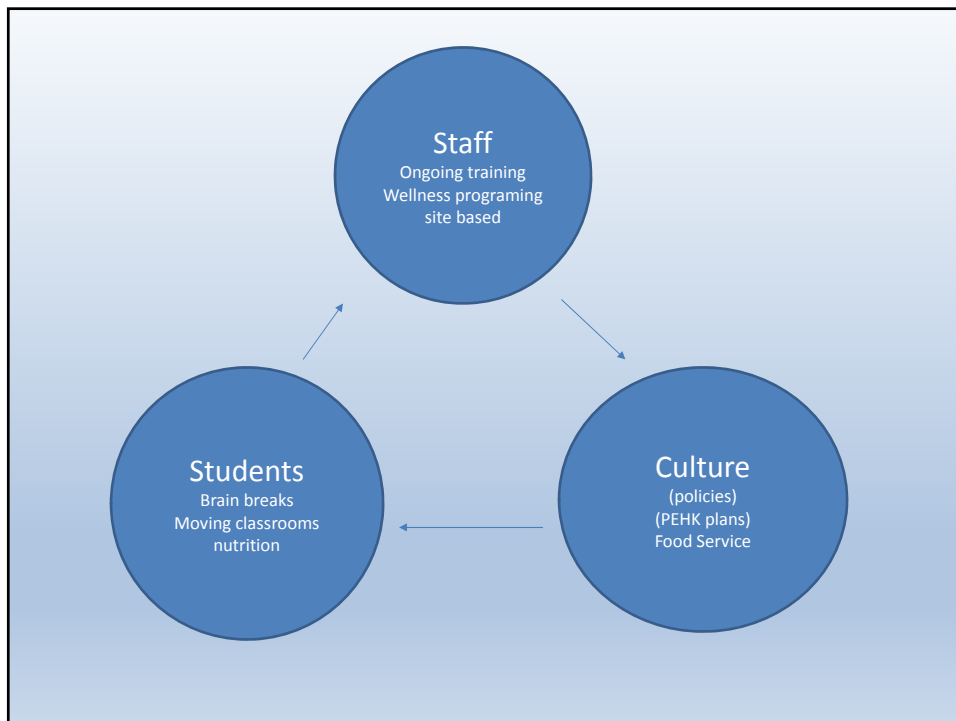
High 9-12: 4,902

We have a wellness team in every school that works on creating healthy school environment.



**Appleton's Journey Began in 1996**

Education for Healthy Kids Pilot program began – educational benefits  
Expansion to Central High School focus on nutrition  
Parents and students requesting program to continue for all grades



### **Positively Educating Healthy Kids Summer Institute**

The Appleton Area School District is committed to student success. We know that students who are well nourished and physically fit are better able to focus in the classroom and achieve academically. In an effort to enhance school environments to promote and support healthy lifestyles the AASD is sponsoring the Positively Education for Healthy Kids Summer Institute. The Institute will provide educators and parents with research-based knowledge about good nutrition and fitness. This information will be applied to ideas for school activities and decisions that promote healthy lifestyles within the school community. Planning support for school-based teams to begin developing plans to establish a school culture based on healthy decision making for students will be provided.

**Healthy knowledgeable staff help create change.**

## How do we make this work?



Need minimum key players to guide change: principal, physical education teacher & classroom teachers

## Why is a healthy culture important

- Schools are about academic performance and 21st Century Skills
  - Unhealthy staff and students are a roadblock to academic success
- Appleton is committed to create a healthy culture.



**We are still on the journey**

Does anyone arrive?