

District Wellness Policy Goals

The goal of the District Wellness policy is to guide district practices to positively affect the health of the students during the academic year.

Notification of Policy and Promotion goal: To develop a dedicated page for the wellness policy and wellness information for public access by the end of 2018-2019 school year.

Triennial Progress Assessment: To complete the next triennial assessment during the 2020-2021 school year.

Nutrition Goal: To develop alternative options for the entree served during the hot lunch to students and implement those options into the 2018-2019 school year.

Marketing goal: To discourage student use of energy drinks and teach about the health repercussions of these products during the school year.

Physical Activity goal: To review the recess and high school lunch break practices and encourage all students to get physical activity during recess and lunch break during the school year.

Active Transport goal: To secure the funding to assess the current practices, and assess compliance of the active transportation requirement and implement practices that are appropriate for the district during the 2018-2019 school year.

Staff and Wellness Promotion goal: The staff wellness subcommittee will identify four strategies to support staff healthy eating and physical activities and present them to the committee for adoption into the wellness policy and implementation for the school year.

Current ways the district meets the policy

Annual Notification is done on the school web site.

Advertisement for new members for the committee done on website and by posters at events during December of each year.

Community Partnerships include: City of Gary, Extension Service, Public Health, Shock N Awe, National Guard, Lions, Dekko Foundation, City of Twin Valley, Wildrice Conservation Club, Early Childhood Initiative.

Items to be done for policy

Type meeting notes and create sub folder on the wellness page of the website.

Ask Dustin for the weather guidelines for recess.

Get resources on physical activity breaks. (Play locker games)

During professional development, emphasize using health curriculum in content areas, research about health affecting academics, present staff wellness promotion.

At May meeting develop action plans for goals.

Create notifications of alternative snacks for classes that have students with anaphylactic allergies.

Post all lists on website.