

Wellness & Nutrition

Goals and Progress



WIN



Grab & Go

Growing student participation in our “grab & go” breakfast program.



Huskie Beef

Partnership with local producers to provide healthy protein options.



P.E. Every Day

We continue to keep daily P.E. a priority in our K-6 curriculum.

Healthy Schools Assessment

Staff continues to focus on a few areas to expand healthy choices

The wellness and health committee has completed a self-evaluation of best practices as identified by the Alliance for a Healthier Generation. Take a look at the areas of focus and “wins” as we focus on wellness and health.

Areas of Focus

1

EXPAND FOOD OPTIONS

Consideration to expand choices within the food service program

2

PROMOTE FARM TO FORK

Promote Huskie Beef & locally grown items with education for our students

3

WELLNESS FOR STAFF

Expand services to alleviate stress and healthy lifestyles

Findings from the Healthy Schools Program Assessment

In August of 2017, the wellness committee completed a 45-page self-assessment published by the Alliance for a Healthier Generation. Our findings are below:



Areas of Strength

Physical education occurs every day for students in grades K-6 in addition to recess time.

All foods in our lunch program meet Smart Snacks and federal lunch guidelines.

Our lunch and “grab and go” breakfast options for students continue to have strong participation.

We partner with local producers to provide high quality food for our students and staff.

Food service workers are trained to the USDA standards and work beyond to provide quality to our students.

An expanded wellness initiative for staff has a high level of participation.

Areas of Ongoing Focus

Offer parenting strategies in the areas of behavior and wellness.

Continue to expand partnerships with local organizations and producers.

Expand offerings to students through our lunch service program.

Seek professional development opportunities for physical education and health instructors.

Expand promotion of healthy life-long activities to students.

Expand offerings of stress relief and wellness opportunities to staff.

WANT MORE INFORMATION?

[Healthy Snacks for School Celebrations](#)

[Does My Snack Ideas Meet Smart Snack Guidelines?](#)

[Smart Snack Guide](#)

[School Board Policy](#)

[General Info for Parents](#)

