

Wellness Policy Review 2018-19 Implementation Assessment

Reviewed by Committee Members and SAC

A. Foods and Beverages

1. Parent and physician documentation for all students in need of dietary accommodations is completed consistently per State of Minnesota requirements.
2. No marketing/advertising of food and beverage is done at the school.

B. School Food Service Program/Personnel

1. Food service personnel are proactive about the completion of the continuing professional development.
2. Parent interest in a salad bar has been heard. Space is an obstacle. Would like to determine if there are other ways to look for solutions supporting this idea.

C. Other Foods and Beverages Available on School Campus

1. Based on parent input, we omitted edible birthday treats as a means of celebration for all grades.

D. Nutrition Education and Promotion

1. Kindergarten students and Grade 5/6 students have hydroponic tower gardens as a part of the science curriculum. They grow healthy, new foods and have fun trying new flavors of greens and vegetables.

E. Physical Activity

1. K-1 student LEAP program success continues. LEAP incorporates large motor, fine motor movement and several exercises in combination with academic skill building.
2. Added a "Walking Track" option for indoor recess.
3. Added flexible seating to Grades K-1 and Spanish over the past two years. Seating choices builds in more movement during the academic day.
4. Added more choice activities to after school programs that include physical movement such as "Shepherd's Flock".

F. Miscellaneous

1. Reviewed "Local Wellness Policy Checklist" to ensure compliance with Minnesota legislation. Set plan to add three middle school students to Wellness Committee.