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Hulett – Moorcroft – Sundance

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**WELLNESS COMMITTEE MEETING MINUTES
FEBRUARY 16, 2016
HULETT SCHOOL**

I. DISCUSSION OF GOALS

- A. Nutrition Education Goals: All those present agreed that the goals were sufficient and meets our district's needs. They will all send assessments of what has been learned the past year by presenting each schools syllabus. Other classes are also using the MyPlate teachings to learn food groups.
- B. Nutrition Standards Goals: The cooks' meeting agendas each month provide a review and update of the nutritional requirements. Each month all menus, recipes and ingredients are discussed for current nutritional values.
- C. Physical Education/Physical Activity Goals: Discussion of various physical education activities by school. By providing class schedules, members of the group could see that many fitness concepts and learning new activities were covered.
- D. Other Activity Goals: Each school has provided a baseline of activities with numbers of students participating, both during school hours and extracurricular activities. This listing will be evaluated year to year. Summer camps, Jump Rope for Heart, Play 60 and City recreation programs are all used to encourage participation. Our goal for next year is to increase participation numbers by 5%.

II EVALUATION OF WELLNESS GUIDELINES

- A. All members present evaluated the present guidelines/policy and agreed that it sufficiently covered this District and did not have any suggestions for additions or corrections.

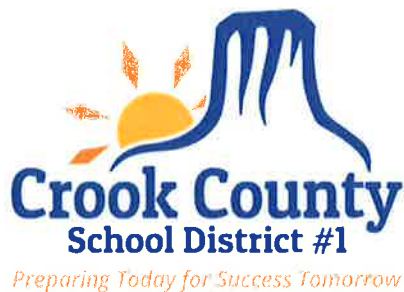
III DISCUSSION OF FRESH FRUIT AND VEGETABLE PROGRAM

- A. Sheryl reminded all about the SMART SNACK guidelines and All Foods Sold in Schools for the school day requirements from USDA. A discussion of the Grab n Go's for breakfast also took place.

IV Meeting was concluded after a visit to Mr. Willems classroom for a demonstration of the Charlie Cart.



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HEALTH & WELLNESS PLAN Annual Review/Evaluation February 2016

District Wide: Health standards are fully implemented and taught across all grade levels, K-12. These standards include nutritional, physical, mental, and social health content. Healthy eating is implemented in the food service program following USDA's strict guidelines. As indicated in the minutes of the wellness committee meeting on February 16, 2016 for the 15-16 school year, under section I.A. Nutrition Education goals, all schools have provided a listing of health and wellness classes, activities and curriculum as presented below:

Moorcroft: Uses the Fitness Gram reporting software from Play60 to track the physical education progress of their students in the K-8 building, K-8 and High School open their facilities for youth participation in AAU and Babe Ruth sponsored sports activities (over 100 registered) with parental coaching and volunteering. High School tracks the number of students involved in school sponsored extra-curricular team sports and summer sports camps. In Junior High PE 86 students are registered. At the high school there are a total of 132 students registered in life sports, weights, and health & fitness classes. Afterschool and summer programming includes lifetime sports, healthy snacks, nutritional education in food preparation and choices, and physical activities. A local parent advisory committee administers the Blessings in a Backpack program to those students in need. The summer program works with the town's recreation committee to organize swimming, orienteering, and canoeing. Participation has been over 65 students in the k-8 school and 20 at the secondary school. This summer's programming will utilize the Charlie Cart curriculum (was used in afterschool) to instruct children in how to choose and make healthy meals and snacks. Moorcroft's goal is to get a school garden up and running next year and to increase participation in summer activities by 5 %.

Hulett: The Spanish class studied MYPlate before a field trip to the Mexican restaurant and drew posters for their lunch room. The high school EveryDay Living Class has started a school garden project learning all about growing, preserving and preparing your own fresh food. The school garden cooperates with other classes and local residents to maintain, grow and preserve the produce. The 21st Century Club has begun using the Charlie Cart to teach students K-5 cooking. 8th grade science is covering nutrition and digestion, and analyzing the nutrition in their dietary intake over a period of two days. They then planned, cooked and presented a healthy 3-day meal as their project. Parents and teachers organized the Fall Festival Food Challenge, Blessings in a Backpack, rollerskating, sledding and skiing activities. The EWC Outreach coordinator organized cheerleading and basketball camps during the 15-16 school year and is planning volleyball and basketball camps, climbing and painting classes for the coming summer. The local recreation board registered 52 children for swimming, USA wrestling and baseball last summer. Hulett's goal is to increase program participation numbers by 5% next year.

Sundance: Total enrollment in grades 7-12 health and PE classes is 118. High School PE classes learn team building, lifelong exercise and fitness, stress and mental disorders, volleyball, healthy relationships, basketball, healthy food choices, badminton and ping pong, alcohol, tobacco and drug abuse prevention, infectious diseases, floor hockey, soccer, goal setting and decision making skills. Advanced PE classes participate in weight lifting, cross country skiing, boat rowing, snow shoeing, golf, etc. 8th graders are involved in National Archery in our Schools and Play 60. 9th graders are involved in National Archery and National Flyfishing in Our Schools. The local Blessings in a BackPack committee cooperates with the food pantry to administer locally to those in need. The elementary school and the high school open their facilities to AAU volleyball, open gym with weight room access for community residents, MS Bikes, Tour De Wyoming, MS Bikes, city summer recreation programs, annual health fair, etc. with parents, teachers and local residents cooperating for the benefit of the community. Sundance's goal is to increase program participation numbers by 5% next year.



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WELLNESS GUIDELINES

The Crook County School District #1 promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards and in compliance with state and federal law. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals. *See the DE guidance on Healthy Kids Act*

The school district will develop a local wellness policy committee comprised of parents, students, and representatives of the school food authority, the school board, school administrators, and the public, physical education teachers, and school health professionals. The local wellness policy committee will develop a plan to implement the local wellness policy and periodically review and update the policy. The committee will designate an individual to monitor implementation and evaluation the implementation of the policy. The committee will report annually to the board. The committee will report to the community through the district web site, regarding the content and effectiveness of this policy and recommend updates if needed. When monitoring implementation, schools will be evaluated individually with reports prepared by each school and the school district as a whole. The report will include which schools are in compliance with this policy, the extent to which this policy compares to model Wellness policies and describe the progress made in achieving the goals of this policy.

NUTRITION EDUCATION ACTIVITY

At selected grade levels, education will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote good health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence eating behaviors of students. Guidelines are as follows:

1. Nutrition education teaches consistent, scientifically-based nutrition messages throughout the school, classroom, and cafeteria.
2. Nutrition education can be part of a health education classroom, family and consumer sciences classroom, and in core curriculum subjects where appropriate.
3. The school cafeteria, teachers, and other special resources offer a learning laboratory to link lessons from the classroom with the practice making health-promoting food choices.
4. Nutrition Education uses Wyoming Health Education Standards and progressively addresses nutrition concepts in grades K-12.
5. Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community, and local media.
6. Nutrition information is available to families to encourage them to teach their children about health and nutrition.
7. The school district will encourage awareness among teachers, food service staff, coaches, nurses, and other staff regarding the importance of nutrition, physical education, and body size acceptance to academic success and lifelong wellness.

8. Nutrition education will include a nutrition/health team to conduct nutrition education activities and promotions.

PHYSICAL ACTIVITY

The primary goal for the school's physical activity is to provide opportunities for every student to develop the knowledge and skills for specific activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of physically active and healthful lifestyle. Guidelines are as follows:

1. State and district physical education curriculum standards and guidelines will be met or exceeded.
2. All students who are in physical education classes will receive behaviors-focused physical education that actively engages all youth, regardless of skill level, and teaches the knowledge, attitudes, skills and behaviors students need to adopt and enjoy a physically active lifestyle.
3. The school district will provide on-going professional training and development for staff in the area of physical activity.
4. Physical activity programs will be carried out in environments which reflect respect for body-size differences and varying skill levels.
5. Physical activity opportunities will focus on individual activities, in addition to competitive team sports.
6. Students will be given opportunities for physical activity during the school day through daily recess periods, elective physical education (PE) classes, walking programs, and integration of physical activity into the academic curriculum.
7. The school district will provide an environment which encourages safe and enjoyable activity for all students, including those not athletically gifted.
8. It is important for all students to have an opportunity to participate in recess and physical education. Any restrictions for students in regard to recess or physical education must be on a limited basis.
9. For all students in grades K-6, including students with disabilities the goal will be to receive 60 minutes of physical education per week; students in grades 7-12, who are enrolled in physical education classes, will receive 200 minutes per week. Students will spend 50 percent of physical education class time participating in moderate to vigorous physical activity. The physical education curriculum will demonstrate progression and sequence and be consistent with Wyoming and/ National Physical Education Standards.
10. All physical education classes will be taught by qualified physical education teachers.

NUTRITION STANDARDS

Life-long eating habits of students are greatly influenced by types of foods and beverages available to them. Foods of good nutritional content (fruits, vegetables, low-fat dairy foods, and low-fat grain products) will be available.

School Meals

1. The school food service program will operate in accordance with the National School Lunch and Breakfast Programs. The Fresh Fruit and Vegetable Program is served a minimum of twice per week.
2. Students will be served in clean and pleasant settings.
3. Meals will meet, at a minimum, nutrition requirements established by state and federal law.
4. Students will be offered a variety of fruits, vegetables, legumes, and whole grains.
5. Only low-fat (1%) white and fat-free flavored milk will be served (as defined by the USDA).

Snacks

1. Healthy snacks will be encouraged. Examples include, but are not limited to fresh, dried, or canned fruits (in 100% juice only), vegetables, milk, and grains.

OTHER SCHOOL-BASED ACTIVITIES

Schools will create an environment which provides a consistent wellness message, is conducive to healthy eating and physical activity, and contributes to forming healthy, life-long habits. SMART SNACK regulations will be followed concerning bake sales and concessions.

Professional Development

1. Schools will provide ongoing professional development and education for food service professionals, educators, administrators, and other staff.
2. Schools will provide nutrition and physical education information for students, staff, and parents and where appropriate, community members.

Eating Environment

1. Students and staff will have adequate space to eat meals in clean, safe pleasant surroundings and will have adequate time scheduled, as to the middle of day as possible, to eat relax, and socialize.
2. Safe drinking water and convenient access to hand washing (or sanitizers) and oral hygiene will be available during all meal periods.
3. Consideration will be given for passing time, bathroom break, hand washing, and socializing, so as to allow fifteen minutes for breakfast and a goal of twenty-five minutes for lunch, once the student is seated.

Recess Before Lunch

The goal will be for schools to schedule recess for elementary grades before lunch, when possible, so children will come to lunch less distracted and ready to eat. Activity before lunch encourages nutrient intake.

Rewards, Incentives, and Consequences

1. Rewards and incentives will be given careful consideration regarding the message they send to students. Food may not be used as a reward or incentive more than 50% of the time.
2. Scheduled meals will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.
3. The school will provide healthy snacks as part of elementary after –school study hall activities.

Vending

1. Vending machines with food and beverages will have a variety of healthy snacks available. The contents of the vending machine will be at least 50% healthy choices.
2. Pop is not allowed in vending machines

PLAN FOR MEASURING IMPLEMENTATION

Monitoring

1. The superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies.

In each school

1. The principal will ensure compliance with those policies in the school and will report on the school's *compliance to the superintendent*.
2. Food service staff, at the school or school district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent or principal.

Policy Review

To help with the initial development of the school district's wellness policies, each school in the school district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and practices. The results of those school-by-school assessments will be compiled at the school district level to identify and prioritize needs.

Assessments will be repeated April of each year to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. The school district, and individual schools within the school district will, revise the wellness policies and develop work plans to facilitate their implementation.

Each school will be responsible for monitoring this policy. The Wellness committee will evaluate this policy yearly.

Approved Mark ^{3/29/16} Brook Reviewed MB Revised _____

Wellness Policy Goals

- **Nutrition Education Goals** *(School Nurses)*

1. *Learn the MyPlate food requirements according to age.*
2. *Learn required serving sizes per food group for each age group.*

- **Nutrition Standards Goals** *(Food Service)*

1. *Meet nutritional requirements for each age group.*
2. *Review menus and food items periodically.*

- **Physical Education/Physical Activity Goals** *(Physical Education Staff)*

1. *Students will be provided with a variety of Physical Activities to enhance overall fitness.*
2. *Secondary students will understand and utilize various fitness concepts.*

- **Other Activity Goals** *(Principals and Directors)*

1. *Encourage all students to participate in Physical Activities during recess.*
2. *Promote students to participate in extracurricular activities. (ex. AAU opportunities, other after school programs)*