

Oelrichs School District
Health and Wellness Protocols
2023-24

The District monitors its Health and Wellness initiatives through on-going discussions as part of its regular Administrative meetings. More specifically, this includes the Superintendent, PK-12 Principal and Business Manager. Input is sought, when necessary, from Food Service Personnel and the PE/Health Instructor. The Health and Wellness Policy is then reviewed and approved by the OSD Board at its annual July meeting. The central goal of the District's Health and Wellness policy is to promote and protect our students' well-being and ability to learn by supporting healthy eating and physical activity. Highlights of the 2023-24 include the following:

- All foods and beverages served at the school met the nutrition recommendations of the U.S. Dietary Guidelines for Americans;
- The District participated in the Community Eligible Provision (CEP) program which means no children are denied or charged for a nutritious breakfast and lunch;
- The District participated in the fresh fruit and vegetable program which exposes our students to a variety of foods they might not normally select;
- The District participated in the summer food program which also provided healthy meals for not just students but also community members;
- The District was awarded a food service equipment grant which was used to purchase a new milk cooler;
- Lunch menus were made available a month in advance and were published in the parent newsletter, posted on the District website (<https://oelrichs.sd.us>) and daily meal selections were posted on electronic cafeteria menu boards which included portion sizes;
- The District's food service personnel continued to remain current in all professional certifications;
- The District's food service personnel closely monitored the students' daily intake of items such as sugar, sodium, fats and calories;
- Our middle and high school students were provided with a daily salad bar which included a selection of fresh fruits and vegetables;
- The majority of grains served were whole-grain and students had a choice of 1% or fat-free milk;
- All middle school and high school students were given 20 minutes after their lunch period to engage in a variety of activities such as basketball and volleyball;
- All high school students were required to take a .5 health credit where healthy food choices were emphasized including eating disorders;
- All high school students are required to take a .5 physical education credit;

- Middle School students, while not required, all have at least 1 hour of PE per day while Elementary School students have PE a minimum of 2 times per week in addition to their daily recess;
- In addition to official sports, the District sponsored afterschool activities such as “Buff Time” where all students could participate and were physically active in a variety of games including basketball, volleyball and dodgeball;
- Summer Enrichment and Credit Recovery were filled with daily physical activities and Friday field trips involved some type of physical activity;
- Given the increased enrollment in the Elementary School, a second playground will be added in 2024-25 to ensure all students can freely access playground equipment.

Specific questions regarding the Health and Wellness Policy can be directed to the following individuals:

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