

## Recent Assessment Highlights of the District's Wellness Policy

The Oelrichs School District utilizes an on-going, multi-tiered approach to assess its current school wellness policy on physical activity and nutrition. The team includes the following: Superintendent; Principal; Head Cook; Business Manager; PE Teacher and Health Instructor. The central goal of the District's wellness policy is to promote and protect our students' health, well-being and ability to learn by supporting healthy eating and physical activity. Highlights of the 2018-19 academic year include the following:

- All foods and beverages served at the school meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*;
- The District participated as a Community Eligible Provision (CEP) which means no children were denied or charged for a nutritious breakfast and lunch;
- The District participated in the fresh fruit and vegetable program which exposed our students to a variety of foods they might normally select;
- The District participated in the summer food program which also provided healthy meals for community members;
- The District was awarded a food service equipment grant which was used to purchase a new convection oven;
- Lunch menus are made available a month in advance and are published in the parent newsletter and daily meal selections are posted on an electronic cafeteria menu board;
- The District's food service personnel continue to remain current in all professional certifications;
- The District's food service personnel closely monitor the students' daily intake of items such as sugar, sodium, fats and calories;
- Our middle and high school students are provided with a daily salad bar which included a selection of fresh fruits and vegetables;
- The majority of grains served are whole-grain and students have a choice of 1% or fat-free milk;
- All high school students are required to take a .5 health credit where a variety of topics are covered that include healthy food choices 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;