

## Setting Nutrition Education Goals #1

<u>Goal</u>	<u>Strategies</u>	<u>Assessment</u>
Students receive Nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.	Part of present curriculum in Science and Health	District & State assessment
Nutrition education is offered in the school dining room as well as in the classroom with coordination between the food service staff and teachers.	Posters in hallways, corridors, and some gyms	Visual display
Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community and media.	Posters, pamphlets, & newsletters	Parent and student surveys
State and district health education curriculum standards and guidelines include both nutrition and physical education.	District curriculum guides	District & State assessment
Nutrition is integrated into the health education curricula or core curriculum.	Science and Health Curriculum	District & State Assessment
Schools link nutrition education activities with the coordinated school health program.	District curriculum guides	District Assessment
Staff who provide nutrition education have appropriate training.	Survey staff as to need	District survey
Schools are Team Nutrition Schools and they conduct nutrition education activities and promotions that involve parents, students, and the community.	Brochures and Newsletters (Possible Health Fair) District Curriculum guides	Monthly information Community survey

## Setting Physical Activity Goals Component #2

<u>Goal</u>	<u>Strategies</u>	<u>Assessment</u>
<p>(Recommended Goal)</p> <p>At a minimum, students should have 60 minutes of physical activity on most, preferably all, days of the week.</p>	<p>P.E., recess, interscholastic sports, Project fit, travel time between classes, Marching Band, etc.</p>	<p>District survey</p>
<p>Students should be given opportunities for physical activity during the school day through daily recess, elective p.e. classes, walking programs, and the integration of physical activity into the academic curriculum.</p>	<p>P.E., recess, Project Fit, classroom aerobics, etc.</p>	<p>District survey</p>
<p>Students should be given opportunities for physical activity through a range of after school programs including intramurals, interscholastic athletics and physical activity clubs.</p>	<p>Sports, Project Fit, interscholastic athletics, P.E. programs (We need separate facilities for lunch and physical education)</p>	<p>School Board Report</p>
<p>Schools should work with the community to create an environment that is safe, supportive of students physically active commute to and from school.</p>	<p>Education for students that walk or ride bikes to school annually</p>	<p>Student survey</p>

## **Establishing Nutrition Standards for all Foods Available on School Campus During the School Day**

### **Goal #3**

#### **Goal**

Set guidelines for foods and beverages in a la carte sales in the food service program on school campuses.

Set guidelines for foods and beverages sold in vending machines, snack bars, school stores, and concession stands on school campuses.

Set guidelines for foods and beverages sold as part of school sponsored fundraising activities.

Set guidelines for refreshments served at parties, celebrations, and meetings during the school day.

#### **Strategies**

Snack foods are being replaced nutritional snacks

Healthy snack alternatives will be offered

Encourage PTO and Booster club to sale nutritious food items

Encourage parents by providing them with a copy of recommended Snacks

#### **Assessment**

Annual report to Nutrition Committee

Parent and students surveys

PTO and Booster Club report to Nutrition Committee

Survey parents as to a proper balance of sweets and nutritious snacks

## **Setting Goals for other School Based Activities to Promote Student Wellness #4**

<b><u>Goal</u></b>	<b><u>Strategies</u></b>	<b><u>Assessment</u></b>
Provide clean, safe, enjoyable meal environment for students.	We regularly pass our biannual health inspections	Biannual inspection by Health Dept.
Provide adequate time for students to enjoy eating healthy foods with friends, scheduled as near the middle of the school day as possible.	Preschool and Kindergarten provide nutritious snack time	Teacher and parent survey
Discourage use of food as a reward or punishment.	Encourage this with teachers Provide alternative ideas	Teacher survey
Provide enough space and serving areas to ensure student access to school meals with a minimum of wait time.	Facility need	Make School Board aware
Prohibit denial of student participation in recess or other physical activity as a form of discipline.	An alternative might be to have students walk the parameter of the gym, blacktop, or playground	Brainstorm with faculty
Ensure fundraising efforts are supportive of healthy eating.	Encourage PTO and Booster club to sale nutritious food items	PTO and Booster Club report to Nutrition Committee
Provide on going professional training and development for foodservice staff and teachers in the area of nutrition and physical education.	P.E. teachers, Nurse, Head Dietician train faculty and staff	Survey other schools
Provide student access to physical activity facilities outside school hours.	Community sports use school facilities for practice	Survey parents and sport organizations
Schedule recess for elementary grades before lunch so that children will come to lunch less distracted and ready to eat.	We do not support this idea, since we have tried it in the past and students have gotten sick at lunch	
Develop strategies for parents, teachers, administrators, students, foodservice, and community members to serve as role models in practicing healthy eating and being physically active both in school and at home.	Encourage teachers and staff to be role models for students.	Teacher and staff survey

**EAST BUCHANAN SCHOOL**

**WELLNESS PLAN**

**GOALS AND STRATEGIES**