

Assesment of the Local Wellness Policy for the school year of 2015/2016
1/18/17

We have met the goals from the school year 2015/2016. We do use all whole grain pastas & breads when able. The Food Service Director has a whole grain waiver on file for the following items: Soup noodles and Lasagna noodles- unable to get from Gordons Food Service.

A waiver form is filed each year to comply with school nutrition guidelines. Whole grain is used in Breads, bread sticks, pizza, chicken nuggetts, chicken patties, chicken poppers, shrimp poppers, french toast, pasta (except top 2 exceptions), hamburger and hot dog buns, pretzels tortilla chips and tortillas.

Frozen/fresh vegetables are used with no salt added. Sodium requirements are met on current food menus.

A letter/email is sent home to students/parents to encourage healthy food choices when providing snacks for treats, birthdays, parties and award celebrations.

Blk-6 participate in regular gym classes. Some classes participate in excercising during class time.

We offer Volleyball and Basketball to grades 5th and 6th grade. Recess is offered to all age groups daily and younger grades have an additional recess time.

Students are encouraged to bring water bottles from home. Drinking fountains are located throughout the school.

We also offered the Comet Crusade (5k run/walk), mileage club, girls on the run, volleyball and basketball.

For the school year 2016/2017 we have brought in new members to the committee. We have implemented Healthy Fitness Stations throughout the school (Fitness Trail), Stop & Stretch, T.E.A.M. (formally Dare program), Dental/Vision Presentations and Safety Training.

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