

## Ellsworth Community School District Wellness Plan

The Ellsworth Community School District believes that children need access to healthy foods and opportunities to be physically active in order to grow, learn and be healthy for a lifetime. One of our Strategic Goals, developed by the community, has a specific result of increasing recreational opportunities. Lastly, good health fosters student attendance and self-esteem. The wellness committee thereby has developed these goals, procedures and guidelines for the Ellsworth Community School District students and staff.

### Goals:

- 1.) The District is strongly encouraged to maintain the activity opportunities that have been established through the PEP Grant.
  - a. Classroom teachers will be encouraged to provide an hourly break for themselves and students. This will improve the overall learning and health of students and staff.
    - i. All teachers will be able to access and use the brain breaks provided by the Program Liaisons on the staff share drive.
- 2.) We strongly suggest that the Ellsworth Community School District not consider cutting recess at the elementary level for more instructional time.
- 3.) *The District will continue to market foods and beverages that meet the requirements set by the USDA Smart Standards Standards.*
  - a. *School campus is defined by all areas where students have access during the instructional day and that the District has jurisdiction over.*

### Goal Guidelines:

1. The Wellness Committee goals will be reviewed and updated yearly.
  - a. Goals will address nutrition and physical activity
  - b. Guidelines will be set for physical activity and nutrition to ensure the success of this plan
2. Implementation of the goals *and any updates* will be reported to the School Board prior to the yearly June meeting
  - a. Progress/compliance will be reported at that time

- b. Progress will be verified by the School Board and then published on the District website so that parents and community members can see the results
    - i. The School Board will authorize any changes or revisions to the guidelines or procedures at this time
  - c. Compliance of the Nutrition and Physical Activity is included with the guidelines
3. *The Wellness Committee will complete a triennial assessment once every three years.*
- a. *Julie Graber – Ellsworth Health/Physical Education Department Chairperson will convene the committee to complete this task.*
    - i. *The committee will determine the extent to which each school in the District is in compliance with the policy and guidelines.*
    - ii. *She will also identify stakeholders to help in the completion of this process.*
      - 1. *Mandatory stakeholders include – administration, Food Service Director, PE Teacher, Health/F.A.C.E. Teacher, nurse, parents and students.*
    - iii. *The triennial assessment will report:*
      - 1. *The extent that each school complies with the wellness policy, standards and guidelines.*
      - 2. *How the District plan aligns with a model plan defined by the USDA.*
      - 3. *Description of progress made on reaching the stated goals.*
      - 4. *The report will be made public and linked to social media and posted on the District website.*

**Marketing of Nutrition and Physical Activity Guidelines:**

- 1. All activities will be placed on the District or building level websites
- 2. All activities will be publicized in the newsletter at the District or building level
- 3. *The policy will be linked to all school social media sites.*
- 4. Posters, when appropriate, will be placed in the gyms and cafeteria areas

5. *Staff will be given updates on the guidelines/policy at the opening District Inservice meeting*
6. We will publish a list of suggested snack ideas, for staff and parents, that could be used in classrooms or for parties or rewards, *so that all snacks meet the District Nutrition Guidelines*
7. We suggest that both F.A.C.E. and Physical Education departments have a theme week celebrating National Physical Education/Activity week and National School Lunch Week
8. *All Guidelines and Standards will be posted on school/staff bulletin boards*

**Areas Physical Activity and Nutrition Funding:**

1. Field Trips and/or class activities may require the students to be charged a minimal fee
2. Girls on the Run Program will cost the individual student a fee to participate
3. The fitness room and weight room at the High School will be open to students after school *when STEP volunteers or staff can be provided to supervise.*
4. *Graphic statements promoting foods or beverages that do not meet USDA Smart Snacks Standards will not be used or exhibited during the instructional day*  
*\*This will not include incentive programs or label redemption programs*

**Educational Environment:**

District employees are encouraged to facilitate a healthy learning atmosphere for students to promote wellness. The District encourages staff to use foods of a high nutritional value in fundraising activities and to create an educational environment that supports the promotion of healthy food and beverage choices for students. Using food as a learning or behavior incentive should be kept to a minimum. The withholding of a meal as punishment is prohibited.