



**Wellness Committee
Triennial Report
February 3, 2020**

Committee Members: Kody VanDenEykel (Health Teacher), Jennifer Veronen (Elementary Teacher), Vickie Thompson (Food Service Manager), Tina Moenkedick (Community Member), Paul Brownlow Superintendent

I. Wellness Goals

A. Nutrition

1. Strengths

- a) Availability
- b) Variety (salad bar, yogurt parfaits)
- c) Access to water filling stations
- d) Access to hand sanitation prior to eating
- e) No access to vending machines
- f) Afternoon snack meets Smart Snack guidelines

2. Needs for Improvement

- a) Breakfast times and getting more students to eat breakfast
- b) Clean spaces for students to eat at lunchtime
- c) Nutrition considerations for classroom celebrations and parties
- d) Nutrient dense food options
- e) Calorie counts for sauces (ketchup, salad dressings, etc.)
- f) Posters and signs in school to promote health choices
- g) Encourage parents to pack healthy lunches and snacks
- h) Participation on Wellness Committee

B. Physical Activity

1. Strengths

- a) 30 minutes of recess (K-6)
- b) Brain breaks (K-6)
- c) 25 minutes of physical education everyday (K-6)
- d) Passing time (7-12)
- e) Physical education classes (7th-9th and 1 semester 10th-12th)

2. Needs for Improvement

- a) Promotion of physical activity for students
- b) Celebrations to include physical activity rather than food

****Overall - improve health instruction for elementary students.**