

WELLNESS PLAN 2016

In the 2014-15 school year, the Wellness Committee reviewed and continued with goals aligned with the Palos 118 Wellness Policy. Goals focus in the areas of Nutrition Education, Physical Activity and Promoting Healthy School Food Choices. The committee met to review action goals and assess their implementation. The chart below lists the action goals and progress assessment.

NUTRITION EDUCATION

GOALS

PROGRESS ASSESSMENT

<p>To continue to integrate nutrition education into the existing standard based curriculum by indentifying nutrition topics for each grade level.</p>	<ul style="list-style-type: none"> • Grade level topics integrated within the curriculum with hand washing and making healthy choices supported at each grade level. • Updated Wellness Activity folders distributed to all grade levels.
<p>To increase educational opportunities for enjoyable interactive wellness activities in the classroom, lunchroom, and field trips. Promote building based visual displays, bulletin boards, announcements, classroom surveys, school newsletter items, assemblies or events promoting wellness.</p>	<ul style="list-style-type: none"> • Various building activities (building list attached) reported includes school Wellness Activation Kits provided by National Dairy Council, hand washing posters, Quarterly Wellness News in school newsletter, building contests, East and West Student Wellness Council, South IMPACT Club, school assemblies promoting wellness.
<p>To provide wellness resources for students, parents, and teachers on District 118 website.</p>	<ul style="list-style-type: none"> • District Wellness link to provide information and resources including My Pyramid Blast Off, Nutrition Café, Bam Body and Mind, and much more.

PHYSICAL ACTIVITY

GOALS

PROGRESS ASSESSMENT

<p>To increase opportunities for all students to participate in vigorous physical activity during the school day.</p>	<ul style="list-style-type: none"> • Emphasis in physical education and during school uses of ACES-All Children Exercise Simultaneously. • Recommended use of heart rate monitors. • Increase physical activity at recess time. • Various building activities.
<p>To measure and report fitness level data at grades 1-8.</p>	<ul style="list-style-type: none"> • End of year fitness information and data shared with parents.
<p>To share fitness ideas with home communication.</p>	<ul style="list-style-type: none"> • BAM-Body and Mind link on District Web Page with physical activity ideas. • Grades 1-5 monthly fitness calendars distributed.
<p>To provide teachers and student supervisors with suggested experiences to integrate physical activity in instruction and into the recess period, and to promote optimum use of school time to support physical activity.</p>	<ul style="list-style-type: none"> • Emphasis continued this year on importance of ACES and involving children in the recess program.
<p>To increase opportunities for out of school physical activities at elementary level.</p>	<ul style="list-style-type: none"> • Information regarding out of school opportunities distributed via e-courier.

PROMOTING HEALTHY SCHOOL FOOD CHOICES

GOALS

PROGRESS ASSESSMENT

<p>To continue to comply with USDA regulation, promote and display information regarding good nutritional choices.</p>	<ul style="list-style-type: none"> • Aramark food service auditing report reviewed.
<p>To encourage healthful options of food and beverages during the school day.</p>	<ul style="list-style-type: none"> • Food service Aramark reports meals served meet nutrition guidelines based on the Dietary Guidelines for Americans, provide 1/3 of Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium, and calories over course of one week, less fat than home lunches. • Continuation of water and juice option in machines.
<p>To ensure all student safety and comply with Guidelines for Managing Life Threatening Food Allergies, food was no longer an option at holiday parties or as birthday treats.</p>	<ul style="list-style-type: none"> • Classroom and school newsletters with alternative celebration treats.
<p>To continue to collaborate among school food vendor, professional staff, and Parent support organizations to review and monitor the types and amounts of minimal nutritional value foods which students have access to during school hours.</p>	<ul style="list-style-type: none"> • All district stakeholders involved in open communication regarding the focus on wellness and the need to limit minimal nutritional value food during school hours such as birthday treats. • PFA collaboration on special hot dog day menu items to include healthful options.

WELLNESS GOAL SUMMARY

NUTRITION EDUCATION

The committee determined that the goals in this area continue to be successful this year. Nutrition education is a continuous procedure which needs annual attention and update as new nutritional guidelines become available.

PHYSICAL ACTIVITY

The committee determined that the goals in this area continue to be successful. The committee notes that the importance of the recess period and outside activity times should continue to be emphasized whenever possible.

PROMOTING HEALTHY SCHOOL FOOD CHOICES

The committee determined that the goals in this area continue to be successful. It is important of continuing to limit the amount of minimal nutritional value food during school hours

SUGGESTED GOALS AREAS FOR 2016

- Committee recommendation for increased parent information on website: Aramark Wellness Wise monthly nutritional tips for parents' flyer, nutrition and physical activity websites.

School Wellness Activities

SOUTH: IMPACT CLUB

MONTHLY ACTIVITIES

- Backpack safety
- Energy drink breakdown
- Swine flu awareness/hand washing germ glow
- Cold weather dressing
- Ronald McDonald pop tab collection
- Heart month-healthy heart grams
- Nutrition month-door decorating contest
- Milk mustache contest
- Unusual fruit/vegetable taste testing
- Sun safety

EAST: WELLNESS COUNCIL

MONTHLY ACTIVITIES

- Health related newsletter items such as wearing helmets for bike safety, applying sunscreen for sun safety, etc
- Turkey trot-outside run to support food drive
- Hand washing- Henry Hand washing announcements
- Nutrition month
- PE monthly calendar sent home-encouraging students to engage in physical activity with family
- Asthma bracelets-raising awareness and funds through sale

WEST: WELLNESS COUNCIL

MONTHLY ACTIVITIES

- Monthly newsletter
- PE monthly calendar sent home-encouraging students to engage in physical activity with family
- Wellness council PE celebration
- Reindeer Run
- Wellness Walk
- Keys to good health door decorating
- Nutrition Performance-2nd grade

