

## Wellness Goals for School Years 2018/2019

<b>Nutrition Promotion</b>			
<b>Policy Goals</b>	<b>Specific Objective</b>	<b>Target or Accomplished Date</b>	<b>Outcome</b>
Student nutrition programs will comply with federal and state regulations	Mail nutrition services brochure to all families in the district Distribute applications to all families in the district Communicate with families and staff about availability of online meal application and have computer access available at walk in registration	July 2018; ongoing	Provide families with information on nutrition programs and services available including information on district's wellness plan
Student nutrition programs will be accessible to all students	Encourage principals to host breakfast with the Principal	Fall 2018/Spring 2019	Encourage breakfast participation
	Promote Breakfast Week activities during National Breakfast Week -hosted breakfast trivia & raffle game for students during breakfast	March 2019	Promote importance of eating breakfast and increase breakfast participation
Environment is safe, comfortable, pleasing, and allows ample time for meals	Nutrition staff will post promotions and signage to promote healthy choices	On-going	Postings are changed to reflect current promotions, ie school breakfast week or local produce availability
	Digital menu will be updated on regular basis to display all meal offerings available including displaying nutritional and allergen information; this information will be available on app as well	Ongoing	To better promote current offerings that are part of a complete meal and better inform students of healthy food options available

<b>Nutrition Education</b>			
<b>Policy Goals</b>	<b>Specific Objective</b>	<b>Target or Accomplished Date</b>	<b>Outcome</b>
Interdisciplinary nutrition education is promoted and provided to promote student health and reduce obesity	Implementation of the Student Readiness Plan includes student wellness as key component. Freshman wellness course implementation includes: wellness, fitness, healthy decision making, communication, and nutrition. Increases credits from .25 to .5 per semester	Fall 2018	Students will acquire the knowledge and skills necessary to attain and maintain healthy levels of well being.
	School Nutrition Professionals provide booth at GEMS conference on making healthy food & lifestyle choices	February 2019	Approximately 350 students and parents attend fair. Encourage healthy lifestyle choices along with importance of moderation.
	Provide healthy snacks prior to PSAE testing in October and April	Fall & Spring	Encourage healthy habits and importance of nutrition prior to testing
	Nutritional information will be posted online and updated as necessary- available by app; distributed to nurses	Ongoing	Students and parents will have accessibility to nutritional information to make informed, healthy decisions.
	Staff/Teachers are IL Dept. of Safety & Sanitation certified as ServSafe trainers. District will offers classes to students to instruct students on safety and sanitation of foods according to ServSafe guidelines	Spring 2019	Increase students' knowledge of Food Safety Policy & Procedures to encourage safe food handling practices

<b>Nutrition of Foods Available during the School Day</b>			
<b>Policy Goals</b>	<b>Specific Objective</b>	<b>Target or Accomplished Date</b>	<b>Outcome</b>
All food & beverages available on campus during the school day are consistent with current Dietary Guidelines for Americans	Offer at least 3 of the 5 vegetable subgroups as a choice daily	Ongoing	Students are trying more varieties of vegetables. Staff are encouraging students to make healthy choices
	Highlighting new recipes and products	Ongoing	Increase participation at lunch by menuing new products and recipes students were previously exposed to
	Hold taste testing of new menu items for bid	Fall 2018	Increase student acceptability
All reimbursable school meals meet the current guidelines of the National School Lunch and Breakfast Programs	Host raffles and trivia during National School Lunch Week. Highlight the importance of eating a balanced lunch daily.	October 2018	Showcase the benefit of eating a complete lunch meal
	Showcase meal offerings and provide printed materials on the value of a school meal (nutritionally and economically) at Open House & 8 <sup>th</sup> Grade Parent Night	August & December	Provide parents a sample of the healthy offerings available during the school day to encourage parents to promote school nutrition programs to their children
	Increase the availability and sales of fresh produce through different marketing strategies & presentation	Ongoing	Increase sales of fresh fruit and veggies. Staff encouraging students to make healthy choices
All foods available on campus adhere to food safety and security regulations	Encourage and promote the use of local foods in student's meals	Fall 2018	Incorporated local farmer's produce in menu (ie cucumbers, apples, peppers)

<b>Physical Activity</b>			
<b>Policy Goals</b>	<b>Specific Objective</b>	<b>Target or Accomplished Date</b>	<b>Outcome</b>
Encourage healthy habits & attitudes for a healthy lifestyle	Class offered “Stay Fit for Life” which focuses on exercise & nutrition as a lifestyle choice.	Spring 2018	Students are encouraged to make healthy, lifestyle choices and understand how the choices they are making affects them now and in the future
Promote physical activity outside of physical education	Multiple wellness and physical activity classes offered in the district including: Aerobics, Yoga, Weight Lifting, & Intro to Cardio Fitness. Students wear heart monitors.	Ongoing	Students utilize wrist heart monitors to track their progress. Encouraging students’ lifestyles to include activity and exercise.
Enhance health-related fitness and increase students’ knowledge	In wellness class, students create their own workout schedules and design at least 2 of their own work out programs	Ongoing	Encourage sustainability of fitness goals. Students stay fit by allowing them to choose their favorite physical activities. Teach that physical activity can be fun and sustainable