

STRASBURG PUBLIC SCHOOL
Wellness Policy

The Team Nutrition of Strasburg Public School will work to improve a child's lifelong eating and physical activity habits. For this we implement the following guidelines.

Nutrition Education will be implemented through the areas of Health, Reading, Math, and Science. Study of the new Food Pyramid and how much food is necessary for a child's health and well being will be covered in grades K-6 Health, Junior High Health, and Freshman Health.

Physical activity for students will be implemented during PE classes which are twice a week at 50 minutes each for grades K-6, 50 minutes a day for grades 7 and 8, and an option for grades 9-12 of 50 minutes a day. In addition, grades K-4 will have organized recess and grades K-6 will have 40 minutes of activity time during noon break.

Nutrition Standards will be implemented in the lunch program by using the USDA School Lunch Program requirements and nutrient standards. Juices and water will be sold as an option at all concession sales.

Emphasis will be put on students bringing healthy food for birthday celebrations and other parties held at the school. Non nutritious snacks will be reduced and nutritious snacks will be replacing them at a reasonable rate of time.

Fund raisers will concentrate more on selling of healthy foods such as fruits, rather than candy.

Evaluation of the program for team Nutrition will be done by the team, students, staff and school board, using the guidelines that have been established.

Team members are:

Geraldine Goldade – head cook

Amanda Baumgartner – parent

Bernice Keller – board president

Brent Kleinsasser – Athletic Director

Annette Rohrich – community member

Alissa Leier - student