

STRASBURG PUBLIC SCHOOL Wellness Policy

Strasburg Public School recognizes the important role of the district to promote a healthy school environment. It is the intent of the school district to provide nutrition education, physical activity and other school-based activities to promote student wellness.

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.

School Meal Guidelines

Strasburg Public School will offer healthy, nutritious meals, snacks and beverages in compliance with the most updated USDA guidelines and Dietary Guidelines for Americans. This includes all foods and beverages sold or served to students, including those available outside of the school meal programs. The goal is to create a total school environment that is conducive to healthy eating and being physically active.

Meals served through the National School Lunch Program will:

- Be appealing and attractive to students.

- Be served in a clean, enjoyable environment.

- The school district will ensure an adequate time for students to enjoy eating health foods.

- The school district will schedule lunch time as near the middle of the day as possible.

- Offer a variety of fresh fruits, vegetables, and whole grain products daily.

- Serve only low-fat (1%) fat-free milk or chocolate milk.

- The school district will encourage students to participate in the school meals program and protect the identity of students who eat free and reduced meals.

Competitive Foods and other foods and beverages sold to students will:

Foods and beverages sold individually will comply with the most updated USDA Guidelines (i.e., foods sold or served outside of reimbursable school meals, such as Through vending machines, ala carte, fundraisers, school stores, celebrations, school Functions, catering, etc.)

The school day is considered from midnight until 30 minutes after the last bell

Schools principals have the option to allow three, one---day fundraisers per building each School year that do not have to comply with USDA guidelines.

Schools will encourage snacks that make a positive contribution to children’s diets and Health, with an emphasis on serving fruits and vegetables as the primary snacks and Water as the primary beverage

Schools are encouraged to consider celebration activities other than food. This includes Foods or snack items brought from home.

School---sponsored events outside of the school day (i.e., athletic events, dances, or Performances) will be encourages to sell or serve health foods and beverages.

Schools will use marketing activities that promote healthful behaviors including:
Vending machine covers promoting healthy options.

Implementation of the Wellness Policy

The school district recognizes the importance of communicating with parents and will support parents’ efforts to provide a healthy diet and daily physical activity for their children. Shared information will support and include nutrition education, physical activity and physical education through the school website, newsletters or other take home materials and special events.

The school board designates building principals at each school with the operational responsibility for ensuring that each school fulfills this policy. Principals will report to the district wellness committee on the school’s compliance.

Team members are:

Geraldine Goldade – head cook

Amanda Baumgartner – parent

Gloria Odden - Superintendent

Brent Kleinsasser – Athletic Director

Annette Rohrich – community member

Blake Odden - student

Strasburg Public School Wellness Policy Evaluation form

School Name: _____

Principal: _____

Date: _____

The school will conduct an annual review of the Wellness Policy to measure the buildings consistency with the policy throughout the school district. The review will be completed by the principal with input from students, teachers and staff and will serve as the basic compliance assessment. Assessments will be reviewed by the Superintendent and the district Wellness Committee.

Nutritional Education Goals

1. Students in grades PreK-12 receive nutrition education that teaches the skills necessary to adopt healthy eating habits?

Yes No

Comments: _____

2. Students receive consistent nutrition messages throughout the school?

Yes No

Comments: _____

3. District health education curriculum standards and guidelines include both nutrition and physical education?

Yes No

Comments: _____

Physical Fitness Goals

1. Students are given the opportunity for physical activity during the school day in addition to physical education classes, (i.e., daily recess, classroom activities, etc.)

Yes No

Comments: _____

2. Students are given the opportunity for physical activity through a range of before and/or after school programs?

Yes No

Comments: _____

Nutrition Goals

1. USAD guidelines set for food and beverages in the food service program are being followed:

Yes No

Comments: _____

2. Guidelines set for food and beverages sold to students outside of the food service program are being followed:

Yes No

Comments: _____
