

Wellness Policy Assessment

2015-2016

Nutritional Quality of Foods and Beverages Sold and Served on Campus

1. Significant changes have been made to the meals served through the National School Lunch and Breakfast programs which have included for example
 - a greater variety of fruits and vegetables
 - 100% of the grains served are whole grains
 - No fried foods of any kind
 - No trans fats
 - Provide water at both meals
 - Serve only low-fat (1%) and fat-free milk

2. Free and Reduced Price Meals
 - The number of free and reduced price meal participation has increased.

3. Meal Times and Scheduling
 - Staggered lunch schedules are provided to ensure students have adequate time to eat.
 - Hand sanitizing stations have been provided in each cafeteria.

4. Qualifications of School Food Service Staff
 - All food service staff receives annual professional development with additional training provided through the Keenan Safe Schools program.

5. Snacks
 - Snacks served through the after-school programs meet the National School Lunch Program After-School Snack requirements.

6. Rewards and Celebrations
 - Significant progress has been made toward increasing opportunities for healthy food and beverage choices for rewards and classroom celebrations.

Nutrition and Physical Activity Promotion and Food Marketing

1. Nutrition Education and Promotion
 - Individual classrooms incorporate activities to address and encourage healthy eating.
 - An elective class for 6th-8th grades provides students the opportunity to prepare healthy snacks and meals.

- An elective class for 6th-8th grades related to agricultural biology provides students the opportunity to plant and grow vegetables and raise chickens to produce eggs to educate students about the farm to table process.
- No snacks are sold during the school day and there are no vending machines on the school sites.

Physical Activity Opportunities and Physical Education

1. Daily Physical Education (P.E) K-8

- The District continues to employ three full-time certificated physical education specialists to serve 4th-8th grades. Students in grades K-5 receive the equivalent of 200 minutes/ten days and 6th-8th grade students receive the equivalent of 400 minutes/ten days of physical education for the entire school year. This is an increase of 200 minutes/10 days for 6th grade students.
- Following evaluation of District physical education testing data for 5th and 7th grade students the physical education staff has determined that there is a need for an increased focus to develop student upper body strength.

2. Physical Activity Opportunities Before and After School

- After breakfast, K-3 students are able to participate in outdoor physical activities before the school day begins.
- Students in 4th-8th grade are able to participate in physical activities such as Wii Dance prior to the start of the school day in the cafeteria.
- Extracurricular sports and intramural sports are offered after school in 4th-8th grades.
- Extracurricular physical fitness activities are provided for a minimum of 30 minutes each day for those students attending the SAFE after school program at each school site.

3. Physical Activity and Punishment

- Physical activities have been eliminated as punishment by school staff.
- Instead school staff often uses physical activities as a way to reduce inattentiveness and behavioral issues and often times as a reward.

4. Use of School Facilities Outside of School Hours

- Community groups such as Little League, Pony Tail Softball, Siskiyou Youth Soccer Association, Yreka Charger Football, etc. use the school facilities and fields throughout the year.
- The District has worked with these community organizations to provide availability for the facilities earlier in the day to allow broader community use during the week. Community groups are now allowed on site at 4:30 p.m. rather than 6:00 p.m.