

*June 25, 2015*

## **Wellness Committee Annual Assessment Report**

*Copies of the District Wellness Policy can be located on the district web page: [www.calhoun40.net](http://www.calhoun40.net)*

*For additional information contact:*

*Dr. Kate Sievers – District Policy Leader*

*Committee Members: Kathy Schell - Elementary Principal, Cheri Burris – H.S. Principal, Lisa Dolan – District Nurse, Mark Baalman – Elementary/Jr. High P.E. Teacher, Traci Hillen – District Social Worker – Teresa Mortland – Cook.*

### **Nutrition: (Section III of Wellness Plan)**

Our schools within District 40 participate in USDA child nutrition programs, including the National School Lunch Program and School Breakfast Program. Our schools remain committed to serving healthy meals to students, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk and with moderate sodium levels.

### **What's Working-**

- Clean environment.
- Meals meet or exceed current nutrition requirements established by the State.
- Our cooks have provided taste testing opportunities for our older students that are used to inform menu options.
- Announcements are made regularly to promote new menu items.
- Students with special dietary needs are accommodated.
- FFA provides “Farm Day” at the Elementary School where students learn about animals and the “farm to school” process.
- Volunteers from the University of IL Extension Office present lessons on topics related to nutrition and agriculture to our students throughout the school year.
- Nutrition-related information is part of many classes at the high school, including Health, Biology I, Physical Education, Food Science.
- Free bottled water offered during Homecoming and Springfest.

### **Goals for Improvement-**

- Think about providing drinking water to kids during lunch period. Find out if the kids want this, and then create a plan for the “who” and the “how” it will happen.
- Buck Day fund raisers need to include healthy options.
- Incorporate wellness activities for students through “Calhoun Crunch” during after school hours.
- Provide more classroom lessons that focus on health and nutrition in the lower elementary grades.
- Design and implement a better way of organizing what students will choose to put on their lunch trays, so that the cooks can gather the information in advance of the lunch period... so they can prepare an exact amount of food without waste.

- Change the way that the younger students come through the line in order to keep the line moving and not lose time.
- Bottled water purchased from the school is allowed in lockers.
- Incorporate a Springfest in the Spring of 2016 that includes Nutrition education.

### **Physical Activity: (Section IV of Wellness Plan)**

The District is committed to providing physical activity opportunities to our students. Our schools allow for physical education, recess, and classroom-based physical activities called Brain Breaks.

The District will provide Physical Education using curriculum that is aligned to the State Standards for P.E.

### **What's Working-**

- P.E. is offered to all students. Elementary – at least 90 minutes per week. High School – One academic year equivalent.
- Roller skating is provided at the Elementary/Jr. High level for 2 to 3 weeks.
- All Elementary/Jr. High teachers allow for a minimum of 2 Brain Break activities on their Daily Schedules.
- All teachers are Highly Qualified.
- Recess is offered for a minimum of 30 minutes each day.
- Ping Pong tables available for use during lunch and after school at the high school.
- Community Holler Hustle-5K, sponsored by Warrior Pride.
- All Children Exercise Simultaneously, with students leading all classes.
- Intermural sports during IA, including volleyball, badminton, pickleball.

### **Goals for Improvement-**

- Calhoun Crunch will provide after-school activities connected to wellness and physical activity.
- Create schedules that will incorporate additional P.E. time for students when possible.
- Design motivational events that will encourage getting physical – like Wednesday Walk Day, etc.
- Teachers on supervision duty during recesses will make a better effort in encouraging students to engage in active play and not “sit around” during recess time.
- Springfest in 2016 that includes physical activities, such as yoga.

### **V. Other Activities That Promote Wellness: (Section V. of Wellness Plan)**

Calhoun 40 School District will encourage wellness activities across the entire school setting, not just in the cafeteria. Teachers are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in Science class.

### **What's Working-**

- Partnerships with IL Extension, Calhoun Crunch, the Calhoun Health Department – provide additional education for our students from experts in the fields of nutrition, health care and physical fitness.
- School handbooks offer links to healthy snacks and celebration items.
- School district employees are involved with community events that promote healthy weight loss competitions.

### **Goals for Improvement-**

- Implement a “Walk to Cure Diabetes” fundraiser and educational event at the elementary building – Spring of 2016.
- School Nurse, H.S. Principal and Health Education teachers will organize activities that will promote healthy lifestyles – such as Calhoun Wellness Club, “Calhoun STEPS Competition”, etc. – that are accessible for free or at a low cost for school employees. 2015-16 planning year. 2016-17 Implementation year.
- Community Pickleball Tournament in Spring 2016, sponsored by NHS.