

**Saint Anthony's School**  
**Wellness Plan**  
**August 2019**  
**710702**

The wellness plan of St. Anthony's School in Columbus, NE is going to focus on the six areas of public involvement, nutrition guidelines, nutrition education, nutrition promotion, physical activity, and implementation, assessment, and updating.

Our wellness team includes, Kyle Svehla and Roger Kreinke, classroom teachers, Jan Foltz, PE teacher and life skills teacher, Amy O'Kane, cafeteria manager, Amy Sokol, principal, parent volunteers, and Roberta Miksch, community advocate. This group plans our activities for the year, and the other classroom teachers add ideas as they come up with them. Our student council also offers ideas and suggestions. The student reps change every quarter so a variety of students in grades 4<sup>th</sup>-6<sup>th</sup> have the opportunity to help.

When it comes to nutrition guidelines, we will continue to offer the choice program where the students have the opportunity to pick what they would like to eat as long as they have three counters on their tray. Our grab-n-go breakfast cart only have snacks on it that follow the healthy snack guidelines. Students are given as long for lunch as they need. They are not rushed to finish lunch. We encourage parents to only purchase healthy snacks for their children, and if a snack is not healthy, it is put away, and the student may come to the office for a healthy

snack. We will talk about portion size when it comes students who bring bigger boxes of snack for the whole week.

Our science classes teach the students about nutrition and healthy and unhealthy foods. Our PE teacher also has a unit on nutrition that she does with the students. We also take advantage of the 4-H extension office and the classes they offer on nutrition and health. Our staff will continue to talk about the go, slow, and whoa foods with the students. We will also continue to incorporate the CATCH activities, and hopefully, teach the upper grade students the activities to in turn teach the younger students. It would be a great idea to be able to incorporate some fitness and nutrition as an activity for one of our home and school meetings.

Nutrition promotion is where we are really trying to grow and stretch our students. Our staff is going model to healthy eating and exercise for our students by what they are eating for lunch and snacking on. We want to show them what “eating right” looks like. We will encourage them when we are down at lunch to fill their plates with fruits and vegetables. At recess, many of our teachers are going to try and get in a few extra steps by walking with the students around the playground. Mrs. O’Kane and Mrs. Olson will continue to offer food tasting opportunities throughout the school year. On a day that a new food is introduced, the lunch ladies will encourage the students to take a little bit of it and try it. If they like it, they will be encouraged to come back and get some more or go home and encourage their parents to buy it. Mrs. Sokol will talk about

some of the food tasting the students have had in her monthly newsletter. Mrs. Sokol will also try to include in her monthly newsletter something about being happy and healthy. The wellness team will come up with a weekly challenge for the students at least once a school year. They will also come up with an activity at least once a quarter.

Our goal is to keep our students as active as possible. The students in grades K-3<sup>rd</sup> have at least 50 minutes of recess on M-W-F and at least 35 minutes of recess on T-Th. On T-Th, they have 35 minutes of PE. The students in grades 4<sup>th</sup>-6<sup>th</sup> and at least 35 minutes of recess M-F. On T-Th, they have an additional 50 minutes of PE. The classroom teachers will continue to incorporate Go Noodle activities into their classrooms daily. The students are encouraged to walk in the mornings while they are waiting to come upstairs. The students will also have the opportunity to walk when they have been inside for recess due to extreme cold for more than a few days. When a student is struggling, we will work at giving them something to do outside instead of missing recess. In the spring, we will offer our Saint on the Sprint for the students in 3<sup>rd</sup>-6<sup>th</sup> grade twice a week after school. Our goal will be to train them to run a 5K in May. We would also like to think of some kind of fitness activity or club for the students in K-2<sup>nd</sup>. We will have our Walk for Education the first Friday in May. The students will also participate in a track meet for K-4<sup>th</sup> grade, and the 5<sup>th</sup>-6<sup>th</sup> graders will compete with the other elementary schools in a track meet at Pawnee Park. This will also be the year that our students participate in the Jump for Heart. Our staff will

continue to model for our students the benefits of being physically fit. We will talk about with the students our goals for the number of steps each day, and we will challenge each other on the number of steps. If it is available, the staff will participate with their team on the church's walk to Jerusalem again in January.

This plan will go into effect as soon as school starts. It will be evaluated by the team, classroom teachers, students, and parents. We will talk about things that worked and how our families responded. We will continually look for ways to add more to this plan and help our students to be healthier and happier. We will post this plan on our website and talk about it as often as we can in the newsletter and notes sent home. Mrs. Sokol will present this plan to the school board as one of her in-service topics. Mrs. Sokol will also be the person to ensure compliance of this plan. The wellness team will meet at least twice a year and more often if needed.

Need to update annually on the goals etc. being met

Plan was assessed on fall of 2019

Pick 2 people from your school to be on the new committee