

Saint Isidore's School
Wellness Plan
Updated: March 2022

The St. Isidore School Wellness Plan will focus on the following areas: nutrition guidelines, nutrition education & promotion, physical activity, and implementation/review.

Team Members:

Our wellness team includes, Ann Micek and Kristie Brezenski, classroom teachers, Danielle Bender, PE teacher, Jan Foltz life skills/guidance teacher, Shelley Lowe, cafeteria manager; Amy Evans, principal; Sarah Doerneman, parent volunteer and registered dietician, and Staci Stempek, parent volunteer and healthcare provider. This group reviews our Wellness Plan, recommends activities for the year, and promotes overall health and wellness practices.

Nutrition Guidelines:

We will continue to offer both hot and cold menu items each day that include dairy, protein, and whole grains. In addition, multiple fresh fruits and vegetables are available on the salad bar. Students will have the opportunity to choose which fruits and vegetables they want, and are required to have 2 counts of fruits/vegetables at each lunch. Students are given as long as they need to eat lunch, but typically conclude in around 30 minutes. They are not rushed to finish lunch. We encourage students to

bring a healthy snack to school; we request that snacks are fresh fruits/vegetables, cheese, yogurt, or whole grain crackers to encourage healthy food choices and eliminate known allergens from classrooms.

We assure that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to Section 204 of Public Law 108-265.

Nutrition Education:

Each grade level includes science curriculum that teaches all students about nutrition, including healthy and unhealthy foods. The PE standards also have a unit on nutrition. Every PE class focuses on physical activity to promote long-term health and wellness. We take advantage of the nutrition and health classes offered by the 4-H extension office.

Physical Activity:

Our goal is to include physical activity and movement as much as possible into every student's day. The students in grades K-3rd have at least 50 minutes of recess on daily, and at least 50 minutes of PE each week. The students in grades 4-6 have 30 minutes of recess daily, and at least 50 minutes of PE each week. On alternating weeks, all students receive an extra PE class with 25 additional minutes. The classroom teachers continue to incorporate

physical activities and movement breaks into their daily instruction.

Every school day, the students participate in Morning Walk from 7:30-7:50 before the school day begins. In the fall, we offer our 4th-6th graders an opportunity to participate in the St. Isidore Running Club, a parent-organized after school activity. The students set a goal to complete 26.2 miles throughout the 8 weeks of Running Club. We are working on creating a physical activity group of some kind for the students in K-4th to occur at the same time.

Implementation/Review:

This plan will go into effect at the beginning of the 2022-23 school year. It will be evaluated by the team, classroom teachers, students, and parents at the conclusion of each year. We will post this plan on our website and send updates through our communication platform. Mrs. Evans will present this plan to the school board as one of her in-service topics. Mrs. Evans will also be the person to evaluate compliance with this plan. The wellness team will meet twice a year.