

Wellness Policy Assessment
Superintendent's Office
April 20, 2016
3:00 p.m.

Members in attendance were David Morris, Superintendent, Juanita Mata, Child Nutrition Director, Allen Potts, Dean of Students, Kent Stewart, Teacher, and Marilyn Webster, Administrative Secretary.

Physical Activity – The elementary school for grades PK-6 have 30 minutes each day for physical education, plus the elementary has two 15 minute periods for all students. The high school provides a 50 minute physical education class for students in grades 7-12. High School students are also expected to walk for class periods at another site.

Healthy Foods – All vending machines and items sold are approved through the safe and healthy food program calculator. Documentation of this was provided during our administrative review with the Child Nutrition Program.

Menus were provided to make sure all guidelines were met from USDA for healthy reimbursable meals, including dairy, fruits, vegetables, meat and meat alternatives, bread or grains, and limitation of fats served to all students. Caloric, sodium, and fat have been taken into consideration when meals are planned. Also, students with dietary specifications are being served an alternative for dairy.

The Wellness Committee realizes its responsibility is an ongoing process and that implementation of this policy will be met.