

Wellness Plan Update Executive Summary

School District of Rib Lake - 5-28-21

Introduction

Nutrition and physical activity are known to influence a child's development, potential for learning, overall sense of well-being, and risk of illness through adulthood. Students who practice good nutrition and engage in daily physical activity attend school with bodies and minds ready to take advantage of the learning environment. The School District of Rib Lake, therefore, encourages all members of the community to help create and support a school environment that emphasizes healthy, life-long habits of good nutrition and physical activity.

The Rib Lake School Wellness Plan identifies goals to achieve these outcomes. The Triennial Assessment of our Plan was completed May 28, 2021. Here is the update of our current goals and outcomes at this time. Of note, the COVID-19 pandemic has had a significant impact on our ability to continue meeting our goals. We will continue to move forward as the receding pandemic restrictions allow.

School District of Rib Lake

The School District of Rib Lake shall maintain, implement, and inform the school community and general public about a local school wellness policy that meets the requirements of federal law. The local school wellness policy required by federal law is a written plan (Wellness Plan) that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available to students on the school campus during the school day are consistent with applicable minimum nutritional guidelines and standards.

Progress Update

Our District has faced many challenges in the last 15 months due to the COVID-19 pandemic. Many of our goals and objectives have been affected by the early closure of school last year and the inability to follow-through on many of our wellness strategies, due to the COVID-19 mitigation procedures we have had to put in place. We have been able to be open this entire school year, with limited closure one time. We have done what we could to move forward, but will be meeting with our Wellness Committee this fall (2021) to reevaluate our strategies within the Wellness Plan -- based on whatever COVID-19 limitations we may still have in place.

The District has made progress in the implementation of physical activity and physical education goals. All students are instructed on the importance of physical activity, along with knowledge and skills for specific physical activities. We purchased **Polar GoFit Heart Rate monitors** with grant money, to be used in our elementary grades. These were used prior to the pandemic to provide educators with accurate data and results for assessing

student progress. They helped the students better understand the relationship between physical fitness and well-being. We hope to use them again in the future.

All students received health education instruction that includes nutrition education. We promoted and offered a variety of fresh fruits and vegetables. Our free breakfast program was changed to have an aide bring breakfast to the classrooms and let students choose from the healthy food choices. The aide has been able to prompt students to select healthy food. This is also taking place for the free lunch.

We have been able to make progress in the Other School-Based Activities areas, for students and staff.

1. **“Primetime”** -- We offered and promoted the opportunity for students, staff and community members to participate in a bi-monthly group, called “Primetime” morning workout. This was followed by offering and discussing nutritional snacks. **We had four of these events in 2019 and 2020** until the COVID-19 related closure of our buildings. Attendance was **approximately 12-15 participants per session**. Due to COVID-19 restrictions, we have not been able to offer this again. We do hope to be able to offer this in the future, since participation was very good.

2. **Staff Wellness Challenges** -- Our Wellness Team usually offers Wellness Challenges to our 71 staff members in the fall and spring of the school year. The wellness challenge topics have included: physical activities, choosing fruits and vegetables, water intake, getting adequate sleep, mindfulness, relaxation, family focused activities, and other well-rounded wellness initiatives. Due to the ongoing challenges of COVID-19, we opted to have three monthly wellness challenges in 2021. Staff were very responsive and greatly appreciative of the wellness focus. Those who met the set goals were entered into a drawing for prizes. During the last three challenges the prizes we offered were gift cards from local businesses, which helped support our community as well as reward our staff. Our wellness challenges and participation rates are listed below:

DATE	STAFF PARTICIPATION
Spring 2018	20
Fall 2018	18
Spring 2019	27
Fall 2019	34
Spring 2020	33
January 2021	31
February 2021	25
March 2021	23

3. **The District devoted Community Programs Funds (Fund 80)** to promote physical activity and overall wellness and community education with parents, children and other members of the Rib Lake and surrounding communities. The **Rib Lake Community Program (RLCP)** was developed for these services. Community support and participation was very positive. Promotion was done through direct mailings, emails and word of mouth. Each year the participation grew. Unfortunately, in March 2020, the COVID-19 pandemic forced the closure of our schools. Due to COVID-19 mitigation strategies and restrictions, we have not yet been able to resume these programs.

Date	Activities offered	Participants
2017- 2018	Yoga, (2 classes), ZUMBA (2 classes), Genealogy class, Pickleball, POUND (2 classes), Movie nights (3), Basic technology, Indoor walking trail, Outdoor Fitness Trail -- and Public Library event sponsorship	297 172
2018- 2019	Yoga (2 classes), ZUMBA (2 classes), Pickleball (2 classes), Quilting class, Movie nights (4), Fitness Video Workout, Indoor walking trail, Community Awareness seminar on Methamphetamine, CPR Certification Class, Trip to Grand Theater -- and Public Library event sponsorship	262 30+
2019- 2020	Non-Motorized Trails of Taylor County seminar, Yoga (2 classes), Pickleball, Movie nights (2), Painting class, Quilting class, CPR Certification Class, Indoor walking trail	170

4. Fitness Center -- The District provides access to the school's Fitness Center for all community members at a nominal charge and free for all staff and students to assist in the promotion of fitness skills that will assist them in achieving a healthy lifestyle. The Fitness Center has contemporary equipment, cardio/nautilus and free weights, knowledgeable staff, easy access, and flexible hours. **80 community members** are currently using the Fitness Center outside of school hours. **Students** use the Center during school as part of their physical education training and/or sports training. **A few staff** use the Fitness Center regularly. We had to close the Fitness Center in March of 2020, due to the COVID-19 pandemic. We reopened it in January 2021 with COVID mitigation strategies in place (hand sanitizing, social distancing, face coverings and enhanced cleaning and disinfecting of the room and equipment.) We will continue to promote this valuable service to our school and community.

Conclusion

Despite the challenges of the COVID-19 pandemic, we have been able to make progress on our Wellness Plan goals. The Wellness Steering Committee will review the Triennial Assessment results in the fall of 2021 to determine other revisions and modifications may be necessary as we move forward.