

Wellness Plan Goals 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.

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.

Wellness Plan Goals

The School District of Rib Lake Wellness Plan identifies goals to achieve the following Wellness Plan outcomes.

Locally-Selected Wellness Plan Goals

To promote the health and well-being of District students, the District has adopted the following school district wellness goals:

- 1. Physical Activity Goals.** The physical activity goals within this Wellness Plan are intended to help students develop their knowledge, experience, and interest in specific physical activities and to obtain and appreciate the short-term and long-term benefits of personal fitness. The goals listed below, which focus on students directly engaging in physical movement and exercise, will support and supplement the District's comprehensive physical education curriculum.
 - All students will receive instruction about the value of physical activity, and receive opportunities to develop the knowledge and skills for specific physical activities. Focus will be on maintaining health-related physical fitness and to build an understanding of the short and long-term benefits of a physically active and healthy lifestyle. The school will offer opportunities open to all students before, during, and after the school day to meet this goal.
 - Students are given opportunities for physical activity during the school day through K-12 physical education classes, daily recess periods for elementary school students, and the daily integration of physical activity into the free time of

middle and high school students. The entire school environment, not just the physical education classroom, will be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition, tobacco prevention and regular physical activity.

2. **Nutrition Education Goals.** The nutrition education goals established within this Wellness Plan are intended to support and supplement state-mandated curricular elements that relate to health and nutrition, for the purpose of providing students with the knowledge and skills necessary to appreciate the benefits of and make sound decisions related to eating habits and nutrition. Sequential and interdisciplinary nutrition education will be provided and promoted. Enable students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.

- All students in grades preK-12 will receive health education instruction that includes nutrition education as part of a planned, sequential and comprehensive school health education program. The program will be aimed at giving students the knowledge and skills necessary to be health literate as defined by national, state and health education benchmarks. Health instruction will be delivered by a certified health educator, but may also be taught within the classroom instruction in science, physical education, and Family and Consumer Science programs.
- The District will offer a foods and nutrition course as a high school elective opportunity in addition to health education and physical wellness offerings.

3. **Nutrition Promotion Goals.** By establishing nutrition promotion goals, the District intends to provide resources and opportunities for students, staff, and others that will help students to recognize, develop, and practice healthy eating habits within the school environment, at home, and/or in other community settings.

- The Lunch/Breakfast Program will offer a wide variety of fruits, vegetables, and targeted entrees to expose students to new fruit and vegetable offerings.
- The Lunch/Breakfast Program will train staff to prompt students to select fruits and vegetables as part of their lunch or breakfast.

4. **Goals for Other School-Based Activities that Promote Student Wellness.** By establishing goals for other school-based activities that promote student wellness within this Wellness Plan, the District attempts to recognize that wellness initiatives can be integrated across a variety of school-related settings and can extend beyond the school food service venues and the facilities that are specifically intended for engaging in physical activity. In addition, it is possible to promote student wellness through programs that facilitate parent/family engagement or that involve partnerships or coordination with other public and private entities.

- The District will provide and promote the opportunity for student, staff and community participation in a bi-monthly group "Primetime" morning workout followed by the offering and discussion of nutritional snacks.
- The District will promote staff wellness initiatives Promotion which outline innovative ways to collaboratively encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.
- The District will use Community Programs Funds (Fund 80) to promote physical

activity and overall wellness and community education with parents and other members of the Rib Lake community. This will be done through partnerships developed within the Rib Lake Community Programs and will include classes such as: Zumba, POUND, yoga, pickleball, volleyball.

- The District will provide access to the Fitness Center for all community members at a nominal charge and free for all staff and students.

Conclusion

These Wellness Plan goals remain in effect, despite the challenges of the COVID-19 pandemic, which has delayed our progress. As the pandemic restrictions ease, we plan to move forward with our strategies to accomplish these goals.

The Wellness Steering Committee will review Triennial Assessment in the fall of 2021 to determine if revisions and modifications may be necessary.