

Deer River, Independent School District 317
101 1st Avenue NE
Deer River, MN 56636

Adopted: June 5, 2006
Revised: July 2011

533.00 Wellness Policy

Congress passed the Child Nutrition and WIC Reauthorization Act of 2001, which requires, by law, that by the first day of the school year in 2006, each school district participating in the National School Lunch Program adopt local school wellness policies that address healthy eating and physical activity.

School districts must set goals for nutrition education, physical activity and other school-based activities designed to promote student wellness. School districts must also establish nutrition standards for all foods that are available on each school campus during the school day, with the object of promoting student health and reducing childhood obesity. School districts are required to measure the implementation of the wellness policy and to involve a broad group of individuals in its development.

I. Purpose

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating, physical activity and nutrition education.

II. General Statement of Policy

- A. The School Board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. Independent School District 317 encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive.
- E. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.

- G. In order to send consistent messages to students, all adults in the school environment are encouraged to role model physical activity, healthy eating and healthy behaviors.

III. Guidelines

A. Food & Beverages Available at School

1. ISD 317 employs a qualified, certified and/or credentialed food service director to administer the school food service program and to satisfy reporting requirements.
2. Foods and beverages offered are nutrient-dense, including whole grain products and fiber-rich fruits and vegetables that provide students a variety of choices that foster a balanced diet.
3. Foods and beverages available to the students during the school day shall meet or exceed the nutrition recommendations of the U.S. Dietary Guidelines for Americans. Refer to Appendix A: U.S. Dietary Guidelines for Americans.
4. ISD 317 Food Service will provide students with access to a variety of affordable nutritious, and appealing foods that meet the health and nutrition needs of students; shall accommodate the religious, ethnic and cultural diversity of the student body in meal planning; shall accommodate the special dietary needs of students and shall provide clean, safe, and pleasant settings and adequate time for students to eat.
5. Nutrition information for products offered in snack bars, a la carte, vending and school stores, fundraisers and at physical activity events should be readily available if appropriate. All items offered will reinforce the importance of healthy choices.
6. Fundraising efforts will be supportive of healthy eating by emphasizing the sale of healthy food items or of non food items. Refer to Appendix B: Using Fundraising Activities and Rewards that Support Student Health. All school fundraisers need approval from the building administrator.
7. Drinking water and hand-sanitizing facilities will be conveniently available for students at all times.
8. Soft drinks will not be available to school students during the school day.
9. Vending machine sales are only permitted at Deer River High School. Vending sales will only be permitted when breakfast and lunch are not being served.

10. Classroom celebrations should encourage healthy choices and portion control. Items brought in from outside the school shall be purchased. Homemade food items are not acceptable. (Due to the fact that many students have food allergies.)
 - a. Teachers are encouraged to limit celebrations with food. (Refer to Appendix A: Dietary Guidelines for Americans 2010.)
 - b. Snacks served during the school day will meet nutrition guidelines above, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. ISD 317 will continue to search for outside financial resources to enhance the food service budget to incorporate nutritionally sound foods into the school day (for example: Minnesota's Department of Education's Fresh Fruits and Vegetables Grant).

11. Using food or beverages for rewards and punishments at ISD 317 is discouraged.
 - a. If an individual student's Individualized Education Plan (IEP) outlines the use of food for behavior modification, a teacher may use food as a reward for that student. But, food shall be used as a last alternative for behavioral modification as part of an IEP, and teachers should minimize classroom use and provide healthy food when available.
 - b. Teachers are encouraged to use physical activity as a reward for academic performance or good behavior, as appropriate.
 - c. Refer to Appendix C: Alternatives to Food As Reward

12. ISD 317 will not allow tutoring, clubs, or organizational meetings or activities during mealtimes, unless students may eat their meal during such activities.

B. Physical Activity and Physical Education

1. Physical education classes will be taught by licensed physical education teachers as provided for in Minnesota Law

2. ISD 317 will ensure that every student from Kindergarten through twelfth grade receives regular quality physical education as required by Minnesota Law.

3. ISD 317 will facilitate students' participation in daily moderate to vigorous physical activity in accordance with nationally recommended guidelines.
 - a. ISD 317 recognizes the recommendations made by the National Association for Sport and Physical Education standards. Please see Appendix D, Moving into the Future: National Standards for Physical Education 2nd Edition.

4. Physical Education Teachers will develop and implement curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition and health.
5. The physical education curriculum will provide safe and satisfying physical activity for all students, including noncompetitive and life-long sports.
6. ISD 317 elementary schools will provide daily recess that encourages physical activity.
7. Organized before/after school programs provide age-appropriate physical activities that appeal to a variety of interests.
8. Adequate space and equipment will be available for participation in physical activities.
9. ISD 317 will take advantage of opportunities to make buildings more accessible and safe for students walking and biking to school.

C. NUTRITION EDUCATION

1. Nutrition education will be well-integrated within a comprehensive school health education program and will include instruction that helps students learn more about the importance of various food groups; caloric, sugar and fat intake; healthy cooking methods; the recognition of the role media play in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
2. Nutrition will be reinforced by school personnel and will be integrated into various subject areas.
3. Nutrition education will include reinforcement of the importance of physical activity and the health risks associated with a sedentary lifestyle.
4. Staff primarily responsible for nutrition education will be properly trained and regularly participate in professional development activities to effectively deliver quality nutrition education.

D. Communication with Parents

1. ISD 317 will provide educational information and encourage healthy eating and physical activity for families, both within the home and outside the home. Family members should be engaged as a critical part of the team responsible for teaching children health and nutrition.
2. ISD 317 will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. ISD 317 will encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. ISD 317 will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.
5. ISD 317 will post and update the wellness policy on the school district's website.

E. Implementation

1. The Wellness Advisory Committee will submit the policy draft to the Superintendent for approval and recommendation that the draft be adopted by the Board of Education
2. The Superintendent will identify a Wellness Advisory Committee comprised of representatives including:
 - District Staff
 - Teachers
 - Food Service personnel
 - Athletics
 - Health Education Teacher
 - Physical Education Teacher
 - Administration
 - Students
 - Parents
 - Community Members
3. The Superintendent shall execute administrative procedures that promote compliance with district Wellness Policy and Guidelines. These procedures shall include adoption of guidelines, designation of district level and site-based staff

responsible for policy implementation and participation in the development of a work plan with district wide assessment, time line, and evaluation indicators.

4. The Wellness Advisory Committee will:

- a. Elect a chair to represent the committee.
 - i. Job duties of the chair include:
 1. Support committee members to conduct periodic meetings of the wellness committee and sub-groups that may form.
 2. Assist with preparation of meeting notices, agendas, and minutes, and facilitate follow through on assignments or action items.
 3. Ensure a connection between wellness committee projects in accordance to the action plan and update action plan accordingly.
 4. Document and keep up to date the activities and accomplishments of the wellness committee including: agendas, minutes, and the list of specific goals/progress for each year.
- b. Draft a procedure for policy implementation to be reviewed every 3 years.
- c. Identify specific areas of improvement and set recommended standards for food items sold on campus for the campus including but not limited to:
 - Food and Nutrition Department
 - Snack bar areas
 - School Stores
 - Sporting event concessions
 - Vending Machines
 - Extra-curricular events involving food items
 - Fundraisers involving food items
 - Classroom Celebrations
- d. Identify specific areas of improvement for physical activity and physical education.
- e. Identify specific areas of improvement for nutrition education.
- f. Develop a staff wellness program.

F. ASSESSMENT AND ACCOUNTABILITY (How to measure implementation)

1. The wellness advisory committee will conduct an annual assessment, decide on specific goals related to the Wellness Policy for the year and utilize an action plan format to accomplish goals. Refer to Appendix E: Deer River School Nutrition Goals and Action Plan.

a. The wellness advisory committee shall meet a minimum of two times annually to monitor and evaluate the implementation of the policy.

b. The wellness advisory committee will inform and update the public (including parents, students, and others in the community) about the content and implementation of the local school wellness policy.

2. The wellness advisory committee will report the annual assessment, goals and progress on goals related to the Wellness Plan to the School Board.

The report will include:

- a. the extent to which schools under the jurisdiction of the local educational agency are in compliance with the local school wellness policy;
- b. a description of the progress made in attaining the goals of the local school wellness policy.

3. The wellness advisory committee will review the wellness policy at least every 3 years and recommend changes to the school board.

4. The wellness advisory committee will measure the implementation of the Wellness Plan by: documenting meeting agendas, minutes and the list of specific goals/progress for each year. This documentation will be kept in the Wellness Committee Manual.

Legal References:

42 U.S.C. § 1751 et seq. (Richard B. Russell National School Lunch Act)

42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966)

P.L. 108-265 (2004) § 204 (Local Wellness Policy)

7 U.S.C. § 5341 (Establishment of Dietary Guidelines)

7 C.F.R. § 210.10 (School Lunch Program Regulations)

7 C.F.R. § 220.8 (School Breakfast Program Regulations)

Resources:

Minnesota Department of Education, www.education.state.mn.us

Minnesota Department of Health, www.health.state.mn.us

Action for Healthy Kids Minnesota, www.actionforhealthykids.org

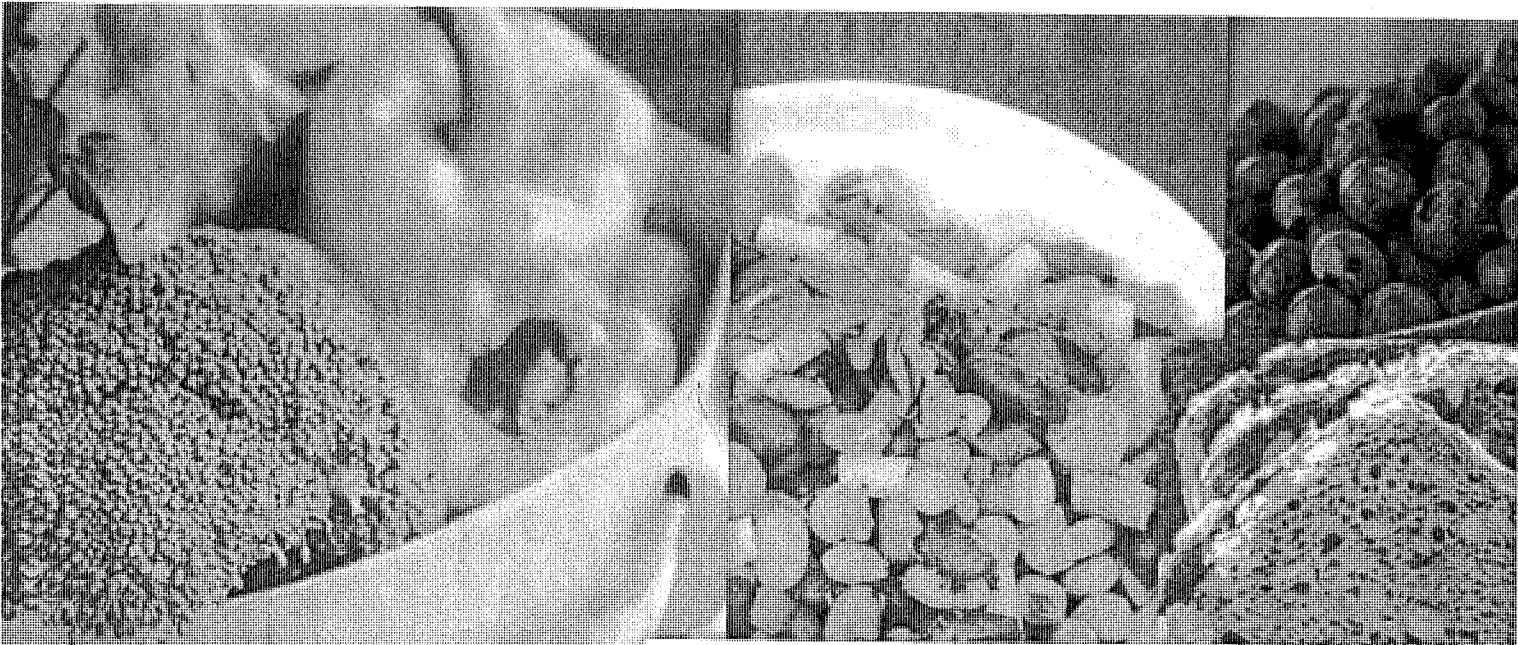
Centers for Disease Control and Prevention, Making It Happen!

School Nutrition Success Stories,

<http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/pdf/exec.pdf>

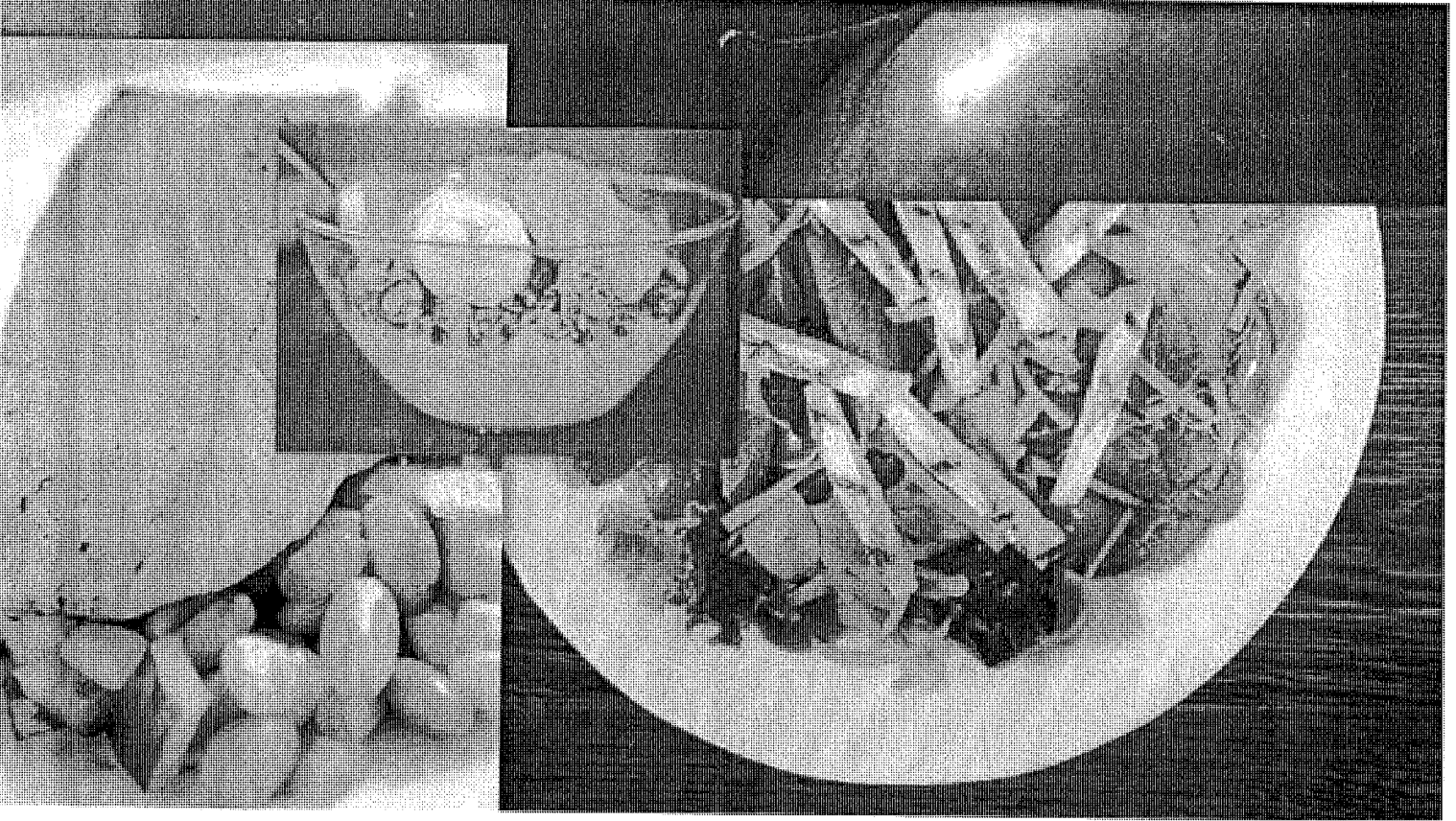
Connecticut State Department of Education, www.sde.ct.gov

National Association of Sport and Physical Education, <http://www.aahperd.org/naspe/>



Dietary Guidelines for Americans 2010

U.S. Department of Agriculture
U.S. Department of Health and Human Services
www.dietaryguidelines.gov



Appendix B: Use Fundraising Activities and Rewards that Support Student Health

Source: <http://www.cdc.gov/healthyYouth/nutrition/MakingItHappen/pdf/pproach6.pdf>

What does it mean to use fundraising activities and rewards that support student health?

- Fundraising supports student health when it involves selling nutritious foods and beverages (fruits, vegetables, 100% fruit juice, low-fat milk) or selling non-food items including wrapping paper, candles, or student artwork. Schools can raise money and promote health through hosting active events including walk-a-thons or jump rope contests.
- Rewards support student health when they involve using non-food items or activities to recognize students for their achievements or good behavior, if an extrinsic reward system is used. These types of rewards include stickers, books, or extra time for recess.

Why use fundraising activities and rewards that support student health?

- Fundraising supportive of student health becomes part of a school's consistent, positive health message. It is a public demonstration of the school's commitment to promoting healthy behaviors among students, families, and the community at large. The use of non-food rewards supports classroom nutrition education, does not tempt students to over-consume food, and provides no reason for students to reward themselves by eating when they are not hungry.
- Foods that are used as rewards are viewed as more desirable by children.
- The practice of using foods as a reward may create the risk that children tie them to emotions, such as feelings of accomplishment.

What are alternatives for school fundraising activities and rewards?

What to sell:

- Fresh and exotic fruit
- High quality potatoes and onions
- Nuts
- Popcorn
- Gift wrap
- Magazine subscriptions
- Garden seeds
- Candles
- Discount coupon books
- Raffles of gift baskets
- Temporary tattoos

- Books
- Plants (Poinsettias and wreaths in December, Lilies and bulbs in the spring)

Host an event:

- Car wash
- Walk-a-thons, bike-a-thons, jog-a-thons, skate-a-thons, etc.
- Family bingo nights
- “Hire a student day” for odd jobs (with proceeds going to the school)
- 3-on-3 basketball tournaments
- Silent auctions
- Talent shows
- Host a 5k, and/or 10k run
- Silent Auction

Rewards

The options for non-food rewards are limited only by imagination, time, and resources. Matching the reward with the action is an appropriate place to start.

For example:

- Children who complete reading assignments can be rewarded with a book, magazine, or word-play activity book;
- Students who complete a class project can receive a pencil or eraser; and
- Classes who behave well can be given extra time to play outside.
- Walk with the principle

Other resources for rewards ideas include:

- The Texas Department of Agriculture, “*Non-Food Ways to Raise Funds and Reward a Job Well Done, A Quick and Easy Idea List to Inspire Schools and Parents*”
www.agr.state.tx.us/foodnutrition/newsletter/NonFoodRewards.pdf
- Michigan’s Team Nutrition and Michigan State University Extension, “*Alternatives to Using Food as a Reward*”
www.msue.msu.edu/fnh/tn/foodrewards.pdf.

Alternatives to Food as Reward

Promoting a Healthy School Environment



Food is commonly used to reward students for good behavior and academic performance. It's an easy, inexpensive and powerful tool to bring about immediate short-term behavior change. Yet, using food as reward has many negative consequences that go far beyond the short-term benefits of good behavior or performance.

Research clearly demonstrates that healthy kids learn better. To provide the best possible learning environment for children, schools must provide an environment that supports healthy behaviors. Students need to receive consistent, reliable health information and ample opportunity to use it. Finding alternatives to food rewards is an important part of providing a healthy school environment.



"Rewarding children with unhealthy foods in school undermines our efforts to teach them about good nutrition. It's like teaching children a lesson on the importance of not smoking, and then handing out ashtrays and lighters to the kids who did the best job listening."
Marlene Schwartz, PhD, Co-Director, Rudd Center for Food Policy and Obesity, Yale University

Consequences of Using Food as Reward



Compromises Classroom Learning: Schools are institutions designed to teach and model appropriate behaviors and skills to children. Nutrition principles taught in the classroom are meaningless if they are contradicted by rewarding children with candy and other sweets. It's like saying, "You need to eat healthy foods to feel and do your best, but when you behave or perform your best, you will be rewarded with unhealthy food." Classroom learning about nutrition will remain strictly theoretical if schools regularly model unhealthy behaviors.

Contributes to Poor Health: Foods commonly used as rewards (like candy and cookies) can contribute to health problems for children, e.g., obesity, diabetes, hypertension and cavities. Food rewards provide unneeded calories and displace healthier food choices.

Encourages Overconsumption of Unhealthy Foods: Foods used as rewards are typically "empty calorie" foods — high in fat, sugar and salt with little nutritional value. Decreasing the availability of empty calorie foods is one strategy schools can use to address the current childhood obesity epidemic.

Contributes to Poor Eating Habits: Rewarding with food can interfere with children learning to eat in response to hunger and satiety cues. This teaches kids to eat when they are not hungry as a reward to themselves, and may contribute to the development of disordered eating.^{2,3}

Increases Preference for Sweets: Food preferences for both sweet and non-sweet food increase significantly when foods are presented as rewards. This can teach children to prefer unhealthy foods.^{3,4}



About 20 percent of children are overweight.¹ Over the past three decades, the childhood obesity rate has more than doubled for preschool children aged 2-5 years and adolescents aged 12-19 years, and it has more than tripled for children aged 6-11 years.



What Schools Can Do

Ideas for Alternatives to Using Food as a Reward ^{5,6}

Schools can help promote a healthy learning environment by using nonfood rewards. The ideas below are just a beginning and can be modified for different ages. Be creative, and don't forget the simple motivation of recognizing students for good work or behavior.

Elementary School Students

- Make deliveries to office
- Teach class
- Sit by friends
- Eat lunch with teacher or principal
- Eat lunch outdoors with the class
- Have lunch or breakfast in the classroom
- Private lunch in classroom with a friend
- Be a helper in another classroom
- Play a favorite game or do puzzles
- Stickers, pencils, bookmarks
- Certificates
- Fun video
- Extra recess
- Walk with the principal or teacher
- Fun physical activity break
- School supplies
- Trip to treasure box filled with nonfood items (stickers, tattoos, pencils, erasers, bookmarks, desktop tents)
- Dance to favorite music in the classroom
- Paperback book
- Show-and-tell
- Bank system - Earn play money for privileges
- Teacher or volunteer reads special book to class
- Teacher performs special skill (singing, cart wheel, guitar playing, etc.)
- Read outdoors or enjoy class outdoors
- Have extra art time
- Have "free choice" time at end of the day or end of class period
- Listen with headset to a book on audiotape
- Items that can only be used on special occasions (special art supplies, computer games, toys)



Middle School Students

- Sit with friends
- Listen to music while working at desk
- Five-minute chat break at end of class
- Reduced homework or "no homework" pass
- Extra credit
- Fun video
- Fun brainteaser activities
- Computer time
- Assemblies
- Field trips
- Eat lunch outside or have class outside



High School Students

- Extra credit or bonus points
- Fun video
- Reduced homework
- Late homework pass
- Donated coupons to video stores, music stores or movies
- Drawings for donated prizes among students who meet certain grade standards



Share what works! Let us know your strategies to motivate students so we can share with others.

For more information on a healthy school environment, contact Susan Fiore, MS, RD, Nutrition Education Coordinator at susan.fiore@ct.gov or (860) 807-2075.

References

1. Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of overweight and obesity in the United States, 1999-2004. *JAMA* 295:1549-1555. 2006.
2. Puhl R. and Schwartz, MB (2003). If you are good you can have a cookie: The link between childhood food rules and adult eating behaviors. *Eating Behaviors*, 4, 283-293
3. Birch LL. Development of Food Preferences. *Annu Rev Nutr* 1999, 19:41-62
4. Fisher J, Birch LL. Restricting access to palatable foods affects children's behavioral response, food selection and intake. *Am J Clin Nutr* 1999;69:1264-72
5. Alternatives to Using Food as a Reward. Michigan State University Extension, 2003. <http://www.tn.fcs.msue.msu.edu/foodrewards.pdf>
6. Non-Food Ways to Raise Funds and Reward a Job Well Done. Texas Department of Agriculture, 2004. http://www.squaremeals.org/vgn/tda/files/2348/3614_1034_NonFoodRewards.pdf

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Connecticut State Department of Education
Bureau of Health and Nutrition Services and Child/Family/School Partnerships



September 2004 rev. 2/07

Appendix D

Moving into the Future: National Standards for Physical Education, 2nd Edition

Source: <http://www.aahperd.org/naspe/standards/nationalStandards/PEstandards.cfm>

The goal of the National Association of sports and Physical Education standards is to develop physically-educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. The purpose of the National Standards document is to provide the framework for quality physical education.

Standard 1:

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2:

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.

Standard 3:

Participates regularly in physical activity.

Standard 4:

Achieves and maintains a health-enhancing level of physical fitness.

Standard 5:

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6:

Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.



Deer River School Nutrition Action Plan, Goals, and Action Steps Worksheet
Get Fit Itasca/SHIP

Updated by Meghan Bown, June 21, 2011

| Action Items | Individuals/Entities Involved | Implementation Steps | Timeframe | Status |
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| <p>Goal 1: Deer River Schools will adhere to district wellness policy.</p> <p>1.1 Assess current school wellness policy, edit to be more specific and determine enforcement plan.</p> | <p>Minnesota Public Health Law Office Wellness Committee Coordinator Administration School Board Community</p> | <p>1. Coordinator will send the current wellness policy to the MN Public Health Law Center. They will send back legal ideas of what can be done to strengthen and evolve the current policy. 2. The coordinator will present the suggestions to the wellness committee for added thoughts and revisions. 3. The wellness committee will present the changed policy to the superintendent of schools. 4. The superintendent will make recommendations to bringing the policy to the school board. 5. The policy will be brought to the school board and be voted on.</p> | <p>January 2011 to September 2011</p> | <p>January 2011- The policy has been given to the Public Health Law Offices and suggestions have been made. June2011 redrafted the policy</p> |

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| <p>1.2 Foods and beverages available during the day should minimize the use of trans and saturated fats, as well as sodium and sugar.</p> | <p>Food service staff Administration Students Teachers Parents</p> | <p>1. Identify which items are high in trans and saturated fats, as well as sodium and sugar 2. Work with food staff to determine the consequences of eliminating such items. 3. Determine appropriate substitutions for items that violate the policy 4. Make changes to the options with products that meet policy guidelines 5. Provide opportunities for students to try the new products 6. Implement new items into the regular food options 7. The price of the foods will be raised of those that remain available that contain higher trans and saturated fats, as well as sodium and sugar. 8. It has also been discussed in the committee that open campus allows students access to foods that are high in trans and started fats. A closed campus policy would prevent this.</p> | <p>Spring 2011 Foods to be implemented fully into the Fall 2011 school year</p> | <p>1. Talking points for a closed campus have been developed. 2. Inquired with Minnesota Public Health Law Office regarding liability of open campus.</p> |
| <p>1.3 Nutrition information for products offered in snack bars, a la carte, vending and school stores, fundraising and at physical activity events should be readily available at the product display. Items offered should reinforce the importance of healthy choices.</p> | | | | |

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| 1.4 More drinking fountains will be added to the High School to make drinking water more accessible to students | Administration maintenance staff wellness committee | 1. Wellness Committee will contact maintenance and figure out feasibility. 2. Explore other options beyond | Spring 2011 | |
| 1.5 Develop guidelines on celebrating healthy birthdays and celebrations in the classroom. | Coordinator Wellness Committee Administration | 1. Create a plan for moving this forward Who plans the celebrations (teachers, parents)? 2. | 2013 | |
| Goal 2: Deer River schools will educate staff, students and parents about health, including nutrition and physical activity. | | | | |
| 2.1 Incorporate nutrition lessons into daily curriculum. | University of MN Extension, Leech Lake Band of Ojibwa Nutrition Education/ Diabetic Education Principle Teachers Wellness Committee | 1. King Elementary will work with Gail Pollard of Extension to schedule the teaching of Go Wild with Fresh Fruits and Vegetables in the second grade classrooms. 2. The Wellness Committee will explore other opportunities for healthy lifestyles teachers to come into the other grades to teach healthy eating and active living. (principle and staff have expressed that it is easier for them to have someone else come in rather than them learn another curriculum) | Continuous | *Gail Pollard taught 6 weeks of Go Wild With Fresh Fruits and Vegetables to the 3 2nd grade classrooms in fall of 2010 |

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| <p>2.2 Electronic Board Info at the Deer River High School will have wellness information in it</p> | <p>Wellness Committee High School Administration & office staff</p> | <ol style="list-style-type: none"> 1. Identify who is responsible for the writing and printing of the daily bulletin. 2. Research a 365 day wellness tip quote or data 3. Submit the data to be added to the bulletin 4. Get approval for the addition 5. Make the additions | <p>Spring 2011</p> | <p>Completed.</p> |
| <p>2.3. All students will be continuously exposed to new healthy, nutritiously sound food products. To increase their palate to include these foods.</p> | <p>Coordinator Wellness Team Kitchen staff Food Service Director Volunteers</p> | <ol style="list-style-type: none"> 1. Work with food service staff to create a sampling schedule and budget at the Senior High School 2. Expose the students to new products repeatedly and encourage them to try them 3. Incorporate these products into the school food menu | <p>Continuous</p> | <p>Completed.</p> |
| <p>2.4. Work with the Western Itasca and Deer Path Shopper to allow wellness information to be published regularly in the newspaper</p> | <p>Community Members Coordinator Get Fit Itasca Superintendent</p> | <ol style="list-style-type: none"> 1) Schedule a meeting with the owner operator of the newspaper 2) express concerns about the current way that the paper works with people to let the community know what is happening 3) Try to allow them to let us do a weekly/monthly wellness article | <p>Apr-11</p> | |

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| <p>2.5. Monthly newsletters will be sent home (via Tuesday Folders) that highlight health, nutrition and physical activity.</p> | <p>Coordinator secretarial staff teachers</p> | <p>1) Coordinator will prepare a monthly newsletter that highlights health, nutrition, physical activity, and school wellness updates monthly 2) Community Education Programmer will make copies for Tuesday Folders 3) Teachers will place materials in the Tuesday Folders to be sent home to students 4) Families will receive the information</p> | <p>2010/2011 School Year</p> | <p>* Newsletter Sent out * October 2010 * November 2010 * December 2010 *January/February 2011 * April 2011 * May 2011</p> |
| <p>Goal 3: Deer River school foodservice will continue to meet and exceed USDA nutrition requirements for school meals.</p> | | | | |
| <p>3.1. All school food offerings will be nutritionally defensible; prohibit foods of low nutritive value (e.g. donuts, potato chips, cookies.) *Donuts are not currently on the menu, ala carte potato chips have been downsized in size, Sun Chips remain on the lunch menu because they count as a whole grain product.</p> | | | | |
| <p>3.2. Only low fat milk (skim, 1%)</p> | <p>Administration Food Service Staff Coordinator</p> | <p>1. Food service staff will remove 2% from the menu 2. Food Service staff will create a plan to phase chocolate milk out of the menu</p> | <p>2010 to 2012</p> | <p>2010/2011 school year- Chocolate milk is served 1X weekly at the King Elementary School. Only Skim and 1% are offered at both schools</p> |

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| <p>3.3. The food service staff will have the equipment needed to supply students with low trans and saturated trans fats, reduced sodium and sugar foods (including a stove top)</p> | <p>Coordinator Food Service Director Administration Maintenance</p> | <p>1. Maintenance and Toni will look for a location in the kitchen for the stove. 2. Coordinator will search for funding to purchase and install the stove. 3. Stove will be purchased and added to the high school kitchen. 4. Stove will give the kitchen the ability to create dishes that are lower in trans and saturated fats, sodium and sugar using cooking methods such as sauté, boiling, and stir fry</p> | <p>2010/2011 School Year</p> | <p>The grant was submitted to the region by the February deadline. We did not get the grant approved until the April grant review. The check was received in May, but the previously used stove that it was written for had been sold. We are currently waiting on another used stove.</p> |
| <p>3.4. Breakfast choices will be limited to only healthy choices.</p> | | | | |
| <p>3.5. The school will continue to search for outside financial resources to enhance the food service budget to incorporate nutritionally sound foods into the school day (for example: The Fresh Fruits and Vegetables Grant)</p> | <p>Wellness Committee Administration Get Fit Itasca Coordinator Staff Community</p> | | <p>Continuous</p> | <p>* FFVP Grant in School 2010/2011 School Year *The School applied for the FFVP grant for the 2011/2012 school year</p> |
| <p>Goal 4: Deer River schools will maintain an environment that enables and promotes children to eat healthy and be physically active.</p> | | | | |

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| <p>4.1. The school will hold activities (e.g. health fairs, diabetic walk) that educate and engage students in healthy behaviors.</p> | <p>Wellness Committee Administration Coordinator Staff Community</p> | <p>1. The Wellness Committee will host the annual health fair during a PIE Night at King Elementary School. 2. The Wellness Committee will work with Community Education and coordinate events which focus on active living and healthy foods choices.</p> | <p>Continuous</p> | <p>Deer River Health Fair January 2011, Candle Light Skiing February 2011, Family Roller Skating Night April 2011, Family Prom May 2011, Senior Citizens Prom May 2011, Walk for Diabetes May 2011</p> |
| <p>4.2. Staff will advocate for state/federal legislation that promotes health, physical activity and nutrition.</p> | <p>Coordinator Staff</p> | <p>1. The Coordinator will communicate with staff about upcoming opportunities to promote health, physical activity, and nutrition at a state and federal level.</p> | <p>Continuous</p> | |
| <p>4.3. Foods and beverages will only be eaten in designated areas (commons area and/or with teacher permission)</p> | <p>Wellness Committee Administration Staff Coordinator</p> | <p>1. Find out the rules from administration. 2. Enforce the existing rules with the students</p> | <p>2010/2011</p> | <p>Still in progress</p> |

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| <p>4.4. Start a school community garden, to educate on where food comes from, and incorporate the fresh produce into the school's food supply</p> | <p>Wellness Committee (Garden Committee) Coordinator Boys and Girls Club staff and students Maintenance 4th and 5th grade teachers & students Service Volunteers 4H Coordinator</p> | <p>1. Interested member of the Deer River Wellness Committee will recruit others to participate in a garden committee 2. Committee will work with staff, maintenance and administration to determine the logistics of the garden 3. Connections will be made with those that could help with organizing, planning, curriculum, and sustainability of the garden 4. Finances of the garden will be explored 5. Garden will be developed by staff, students and volunteers 6. 4th grade will plant the garden 7. Boys and girls club will help with continued maintenance throughout the summer 8. produce will be given to the school food service to be implemented into the summer feeding program and the school lunch program</p> | <p>2010/2011</p> | <p>January 2011- Garden Committee has been formed February 2011 applied for SHIP funds June 2011 received SHIP funds</p> |
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| Action Item | Desired Outcome | Evaluation Measures/Methods | Progress Towards Outcomes |
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| <p>Goal 1 : Deer River Schools will adhere to district wellness policy.</p> <p>1.1 Assess current school wellness policy, edit to be more specific and determine enforcement plan.</p> | <p>Strengthened wellness policy</p> | <p>(I will track a bullet point document of what has been changed if it is needed to promote the new policy within the media or to describe to staff what the specific changes are)</p> | |

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| <p>1.2 Foods and beverages available during the day should minimize the use of trans and saturated fats, as well as sodium and sugar.</p> | <p>The price of the foods that are higher in trans and saturated fats as well as sodium and sugar will cost more than those that are lower in trans and saturated fats as well as sodium and sugar.</p> | <p>-Documenting in monthly Activity and Outcomes Report -Photographing -Sales Tracking</p> | |
| <p>1.3 Nutrition information for products offered in snack bars, a la carte, vending and school stores, fundraising and at physical activity events should be readily available at the product display. Items offered should reinforce the importance of healthy choices.</p> | <p>Student and staff have access to the nutritional information</p> | <p>-Document in the monthly reports -Photograph any new signage</p> | |

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| 1.4 More drinking fountains will be added to the High School to make drinking water more accessible to students | Drinking water is more available | Document in the monthly Activity and Outcomes Reports Photography | |
| 1.5 Develop guidelines on celebrating healthy birthdays and celebrations in the classroom. | could be: 1) A policy or guideline is developed that ensures all birthdays and celebrations are recognized with healthy foods and activities 2) Options for healthy birthdays and celebrations will be provided to all staff and party planners | Document in the monthly Activity and Outcomes Reports | |
| Goal 2: Deer River schools will educate staff, students and parents about health, including nutrition and physical activity. | | | |
| 2.1 Incorporate nutrition lessons into daily curriculum. | Increase student knowledge of healthy eating | -Evaluation results from Extension and their tools documentation (How many students have been reached, what grades, How often) in monthly Activity and Outcome Report | |

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| <p>2.2 Electronic Board Info at the Deer River High School will have wellness information in it</p> | <p>Increase student knowledge of healthy eating</p> | <p>-Document in the monthly Activity and Outcomes Reports</p> | <p>A list of quotes was submitted to the high schools Secretary and they will be incerted weekly! starting the 2011 - 2012 school year.</p> |
| <p>2.3 All students will be continuously exposed to new healthy, nutritiously sound food products. To increase their palate to include these foods.</p> | <p>1) Students are exposed to new foods 2) Food service staff will gain knowledge about students acceptance of healthier food options 3) New foods will be implemented into the school menu</p> | <p>-Like/dislike spread sheet -photo documenting -Documentation of the menus (this can be done through the actual menus or by tracking the school's purchasing</p> | <p>-1) King school received a FFVP Grant for the 2010/2011 School Year, A like/Dislike spread sheet as been created 2) Get Fit Staff did a kiwi demo with King students in September 2010 (see photos) 3) Kiwi appears regularly on 2010/2011 school lunch menus. 4). A fresh fruit and/or vegetable was offered two to four times weekly for 6 weeks for the students and staff at DRHS to sample. Most items sampled were added to the month of May menu</p> |
| <p>2.4 Work with the Western Itasca and Deer Path Shopper to allow wellness information to be published regularly in the newspaper</p> | <p>Increase community knowledge of healthy eating</p> | <p>Document in the monthly Activity and Outcomes Reports</p> | |

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| 2.5. Monthly newsletters will be sent home (via Tuesday Folders) that highlight health, nutrition and physical activity. | Increase family knowledge of healthy eating | -Document in the monthly Activity and Outcomes Reports | * Newsletter Sent out * October 2010 * November 2010 * December 2010 * January/February 2011 * April 2011 * May 2011 |
| Goal 3: Deer River school foodservice will continue to meet and exceed USDA nutrition requirements for school meals. | | | |
| 3.1. All school food offerings will be nutritionally defensible. Prohibit foods of low nutritive value (e.g. donuts, potato chips, cookies.) *Donuts are not currently on the menu, ala carte potato chips have been downsized in size, Sun Chips remain on the lunch menu because they count as a whole grain product. | Deer River schools food offerings will support nutritious food selections | -Document in the monthly Activity and Outcomes Reports -Photographing -Sales Tracking | |
| 3.2. Only low fat milk (skim, 1%) | The menu will only serve skim and 1% milk | -Document changes in the monthly Activity and Outcomes Report | 2010/2011 School year -High School removes 2% milk (only choc, 1% and skim are served daily) King School removes 2% and chocolate is only served 1 day a week (1% and skim served daily) |

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| <p>3.3. The food service staff will have the equipment needed to supply students with low trans and saturated trans fats, reduced sodium and sugar foods (including a stove top)</p> | <p>The kitchen staff will have an increased access to healthier food preparation equipment</p> | <p>-Document in the monthly Activity and Outcomes Reports -Photographing -Interviews with food service staff</p> | <p>January 2010 -Photos have been taken of the existing kitchen and a baseline interview has been done with Food Service Director</p> |
| <p>3.4. Breakfast choices will be limited to only healthy choices.</p> | <p>Deer River schools breakfast offerings will support nutritious food selections</p> | <p>-Document in the monthly Activity and Outcomes Reports -Photographing -Sales Tracking</p> | <p>2010/2011 School year-King School switches to Notables 3 days a week this breakfast is free for all students, 2 days a week the students must pay for a hot breakfast that includes items such as pancakes, breakfast pizza, ect.</p> |
| <p>3.5. The school will continue to search for outside financial resources to enhance the food service budget to incorporate nutritionally sound foods into the school day (for example: The Fresh Fruits and Vegetables Grant)</p> | <p>Additional funding has been secured for the Deer River School Service</p> | <p>-Document in the monthly Activity and Outcomes Reports</p> | <p>July 2010 -Fresh Fruits and Vegetables Program Grant was awarded to King School</p> |
| <p>Goal 4: Deer River schools will maintain an environment that enables and promotes children to eat healthy and be physically active.</p> | | | |

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| <p>4.1. The school will hold activities (e.g. health fairs, diabetic walk) that educate and engage students in healthy behaviors.</p> | <p>1) Events are held in Deer River Schools 2) There is participation in the events that are held</p> | <p>-Document in the monthly Activity and Outcomes Reports</p> | <p>February 9, 2010 Candle Light Skiing Event, April 8, 2010 Deer River Health Fair, 266 attended January 13, 2011 Deer River Health Fair, 114 attended February 3, 2011 Candle Light Skiing Event 211, April 5 & 12, 2011 Family Rollar Skating Night 120 attended between each nights, May 8, 2011 Family Prom 102 attended, May 9, 2011 Senior Citizens Prom 100 attended, May 19, 2011 Walk For Diabetes, 250 attended.</p> |
| <p>4.2. Staff will advocate for state/federal legislation that promotes health, physical activity and nutrition.</p> | <p>Staff will be notified when the state and federal legislation is making decisions around school wellness</p> | <p>-Document in the monthly Activity and Outcomes Reports</p> | |
| <p>4.3. Foods and beverages will only being eaten in designated areas (commons area and/or with teacher permission)</p> | <p>Deer River High Schools will have a policy in place that states food and beverages (excluding water) will be consumed in designated areas.</p> | <p>-Document in the monthly Activity and Outcomes Reports</p> | <p>Still in progress.</p> |

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| <p>4.4. Start a school community garden, to educate on where food comes from, and incorporate the fresh produce into the school's food supply</p> | <p>1) Students are engaged in the creation and maintenance of a school garden. 2) Produce from the garden is incorporated into the food service program</p> | <p>-Log Book/Tracking -Document in the monthly Activity and Outcomes Reports -Photographs -Weighing of foods brought to the school food service program from the garden (Tracking of products harvested)</p> | <p>Grant submitted and dollars received. Project still in progr</p> |
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