

South Heart Wellness Committee

May 2020---- Wellness Policy Update for 2019-2020

Physical Activity: All guidelines are being met. Our physical education teachers always have fun but physical activities for their students to participate in during class time.

Nutrition Education and Promotion: Our school lunch program has a variety of vegetables that are served on the salad bar each day. The kitchen part of the cafeteria has posters up promoting fruits, vegetables, drinking milk and not soda, and promoting healthy snacks. Our kitchen staff has been working really hard to prepare meals for the community since we started this distant learning. On average, they have been putting together around 10,100 healthy meals for our community.

The Great Body Shop: This curriculum is taught in the elementary starting at pre-K thru 6th grade. This curriculum touches on a variety of things like promoting nutrition, exercise and making correct choices.

Other School Sponsored Activities

Fitness Friday for Staff: This is open to any of the SH staff and it promotes physical activity and teamwork. This year the Wellness Committee had two Fitness Fridays and the staff that attended could wear appropriate workout attire to school those days.

Walking/Running program: This program has been a success every year. It allows the students to go outside and walk/run around the track before school starts. The walking would start at 8 and the bell would ring at 8:15 so the students could make their way into the school so they were ready for class. On an average we would have between 80-100 students out on the track. This was so fun to see them interacting with their peers and getting some fresh air. We would try to have the program run Tuesday thru Thursday, depending on the weather and supervision. Individual cards are handed out to each student that goes out on the track. After their first four laps the student receives a chain and a

foot and then after that, every even lap they would receive a foot for their chain. When their card is full, the student will receive another card, and so on. Each card shows that the student did 5 miles. The committee was going to start up a 15 mile, 25 miles, 35-mile club etc.... and put the individual names on the wall of the elementary gym after they hit a certain club but unfortunately we were unable to do this because of the distant learning that had taken place.

Fun hour for grades K-3 and the track meet for grades 4-6: Unfortunately, these were unable to happen due to the distant learning that had to take place toward the end of the school year.

Competitive Food and Beverage Sales: No competitive food or beverage sales were held during school hours.

Hydration Standards: The water fountains are found throughout the school and are in working condition. The students are given ample amount of opportunities to get free water throughout the day at the water fountains. The lunchroom has water set aside for anyone that would like some during the lunch hours. The committee reviewed the beverages that were in the vending machines and decided the Body Armor Lyte was not within the guidelines for consumption during school hours, so it was removed.

Qualifications and Training: The Roughrider Health Conference is set up to promote healthy lifestyle concepts to ND students, school personnel and the community. South Heart has been very fortunate to have some of our teachers attend. This year at the conference the teachers that attended had to develop an action plan on how they could achieve this at SH School. Sun safety and mental health were also some topics covered at this conference. Our team, of SH teachers, that went earned the spirit award because they were always prompt and ready for new information and brought lots of energy to our school.

Wellness Committee Members 2019-2020

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