

Wellness Committee Report
Assessment and Implementation
Dated: January 25, 2024

Wellness Committee meeting held on 1-25-2024 to review Ulen-Hitterdal School's Local Wellness Policy (LWP) to determine what has been accomplished, and what new objectives could be added.

Highlights of the Review:

Nutrition Education and Wellness Promotion—snack cart going well with 100% participation; snacks brought in for birthdays and parties have been fairly compliant with guidelines. Elementary teachers continue to incorporate nutrition into daily lessons.

*Encourage staff to serve as good role models to participate in staff wellness program, make healthy food choices, and encourage students in their choices.

USDA School Meal Program. School meal participation high with average of 92% of students eating school lunch, and 55% of students eating breakfast.

*Review grades 11-12 open campus policy.

Competitive Food and Other Foods - All food and beverages sold through vending machine are compliant with Smart Snack regulations.

The school does not allow food fundraisers to be held during the school day. All fundraisers require administration approval.

Physical Education and Physical Activity - Physical Education classes for elementary and high school students continue to be stated in the LWP. All classes are structures so at least 50% of the time is active movement.

PA or recess is not used as punishment, except occasionally as noted in the current LWP.

*Check with K-6 teachers to encourage all to incorporate at least an additional 15 minutes daily for physical education (playtime, stretching, yoga, light calistenics).

*Encourage students to walk or bike to school, creating map of the safest routes around town.

Note: Consider incorporating mental health in to LWP for all grades.

*Areas with new improvement objectives developed.