

Washakie County School District #1

Health and Wellness



District Plan

2010-2011

District Policy...

2.12 HEALTHY KIDS

Washakie County School District No. 1 shall promote student well being and academic achievement by supporting a school environment that encourages and models nutritious eating habits and physical activity. We believe that this type of school environment will lead to a healthy lifestyle.

The five basic components of this healthy school environment include:

- (a) Nutrition education—students will learn to use appropriate resources and tools to make informed and educated decisions about healthy lifelong eating habits; students are provided a model of a nutritious breakfast and lunch each school day, which follows federal guidelines. In the lunch program, students select a minimum of three of five food groups provided (protein, fruit, vegetable, bread, and milk). In the breakfast program, students select a minimum of three of the four food groups provided.
- (b) Physical activity—support/schedule daily opportunities for physical activity throughout the school day and encourage students to make healthy lifestyle decisions in reference to a variety of physical activities.
- (c) Physical Education Standards/Health Standards taught—teach/incorporate standards into our school community, emphasizing the importance of healthy lifestyle choices.
- (d) Other school-based activities—recognize the various influences (i.e. family, community, culture, marketing and advertising, and peers) on nutrition and physical activity choices.
- (e) District wellness advisory board—maintain a district wellness advisory board to monitor and review the policy.

District Wellness Advisory Council...

The goal of the council is to involve parents, students, school food service personnel, teachers, administrators, and the public in the development of a healthy school nutrition environment; to assess needs; to use resources effectively; and to establish a plan for development, implementation, and measurement of the policy.

1. District Wellness Advisory Council
 - Council Representation: Teachers, students, parents, school board members, administrators, medical professionals, coaches, school food service personnel, school/district nurse, and the general public
2. School Level Wellness Committee
 - Committee Representation: students, parents, teachers, administrators, school nurse, coaches, and school food service personnel.
 - Maintain, monitor, and review implementation procedure, reviewing suggestions and recommendations to improve overall health and wellness with specific practices that address the needs of the school.
 - Report to the District Wellness Advisory Council

District Procedures...

The objectives of Worland Schools are:

- To produce a responsible, enterprising, and well-informed citizenry, fully cognizant of the factors, which make one's life rich and worthwhile, fully instructed as to the blessings, which our American way of life affords.
- To give the pupil knowledge of the subject matter which he/she will need for successful living.
- To impart to the pupil knowledge about how to attain and maintain good health.
- To convey to each pupil the importance of worthy home membership.
- To assist the pupil in selecting and preparing for a suitable vocation.
- To impress upon the pupil the duties and responsibilities of good citizenship.
- To encourage the pupil to use leisure time in a constructive manner.
- To emphasize to the pupil the importance of personal integrity, good moral character, and self-respect.
- To provide opportunities for developing leadership skills, self-esteem, initiative, and the ability to organize personal affairs.
- To expose the pupil to the beautiful and artistic aspects of our society with the hope to develop a love and appreciation for it.
- To teach the pupil to be tolerant of the views held by others while standing firmly for those that he/she honestly feels are right.
- To keep all instruction on a strictly non-sectarian basis while creating within the pupil, knowledge that will reveal to him the wonders of the world.

East Side Procedure...

Procedures:

Nutrition Education

- Marty Moose Program: 5 weeks in the 3rd grade classroom
- Library: Books on the food pyramid, sports, and activities
- Healthy Menus: 5th grade students elicit help from the school lunch program personnel to write healthy menus for school lunch
- Nutrition Unit: Kindergarten
- Snacks: Kitchen provides healthy snacks for all students two times per week
- Water Bottles: Students are encouraged to bring water bottles.

Physical Activity

- Hand Held Games: Not allowed in school
- Game Lines: Painted and maintained on playground
- Playground Balls: Provided to all classrooms
- Physical Activity: Incorporated in all classrooms daily
- Walking Competitions: Organized before school and during recess time

Physical Education Standards and Health Standards

- Grades K – 1: Teach dental hygiene unit and field trip to dentist
- Grade 1: Teach hand washing and germ awareness unit
- Grade 3: Teach dental hygiene
- Grade 5: Teach about puberty
- Provide Incentives: Participants in physical activities as Turkey Trot, Jump Rope for Heart
- Professional Development: For staff on playground – activities and equipment

Other School-based Activities

- Healthy Food and Drinks: Encourage to be brought from home
- Nutrition and Activity Calendars: Provide in monthly newsletter
- Healthy Food and Drinks: Provide during parent and family nights and activities
- Healthy Choices: Encourage parent group for fund raising
- Health Challenges: Monthly for staff

South Side Procedure...

The South Side Health and Wellness Plan follows the district criteria set forth in the District Wellness Policy.

Nutrition Education

- South Side students will have access to appropriate resources/tools to make informed and educated decisions about healthy, lifelong eating habits.
- In 2nd grade students will design a class project that will promote healthy lifestyle choices.
- Using the Marty Moose Health Education Program, students in the 3rd grade will be given the tools to make healthy food choices.
- For the hot lunch program the staff will discuss and put up posters about the benefits of making good choices in eating throughout the year. The staff will encourage all students to try the food selections offered at school.
- Books are available in the media center about healthy life-style choices.
- Principal newsletters will contain healthy food choice ideas for parents to share with their children.
- A program could be offered on making informed decisions as a Family Fun Night Activity. This program will be recommended to the Title I Parent Involvement Committee.
- Fourth and fifth grade students will elicit help from the school lunch personnel to propose/write healthy menus for school lunch.
- Students will select a minimum of three of five food groups provided by the hot lunch program. The breakfast program will encourage students to select a minimum of three of four food groups.
- Every effort will be made by the food service staff to offer well-balanced and nutritious meals.

Physical Activity

- P.E. and recess schedules will support daily opportunities for physical activity and encourage students to make healthy lifestyle decisions in reference to a variety of physical activities.
- All classroom teachers are urged to find a way to incorporate movement into class as part of everyday learning experiences.
- Spark (as well as yoga, Brain Gym, and crossover activities) will be used by various teachers.
- Fitness tests will continue to be part of the P.E. program.
- Annual Jump Rope for Heart and Hoop Shoot for Heart activities will continue to be promoted in the course of the school year.
- The school will continue to promote student activity, providing interesting and exciting playground equipment and games and encouraging high energy activities during recess.

Physical Education Standards and Health Standards

- Physical Education and Health Standards and Benchmarks are taught and are the basis for the Physical Education and Health curriculum.
- Physical Education and Health Standards and Benchmarks are recorded and are a part of every student's permanent cum folder.

Other School-based Activities

- The staff recognizes and values the influences of family, community, and culture of students. Considering the influence of marketing, advertising, and peers on society, parents are encouraged to consider choices for treats by bringing treats/snacks that celebrate ethnic diversity.
- The staff will offer suggestions for student cold lunches, encouraging well-balanced meals, free of sugar-based drinks.

West Side Procedure...

The West Side Health and Wellness Plan follows the district criteria set forth in the District Wellness Policy.

Nutrition Education

- West Side students will have access to appropriate resources/tools to make informed and educated decisions about healthy, lifelong eating habits.
- In 2nd grade students will design a class project that will promote healthy lifestyle choices.
- Using the Marty Moose Health Education Program, students in the 3rd grade will be given the tools to make healthy food choices.
- For the hot lunch program the staff will discuss and put up posters about the benefits of making good choices in eating throughout the year. The staff will encourage all students to try the food selections offered at school.
- Books are available in the media center about healthy life-style choices.
- Principal newsletters will contain healthy food choice ideas for parents to share with their children.
- Fourth and fifth grade students will elicit help from the school lunch personnel to propose/write healthy menus for school lunch.
- Students will select a minimum of three of five food groups provided by the hot lunch program. The breakfast program will encourage students to select a minimum of three of four food groups.
- Every effort will be made by the food service staff to offer well-balanced and nutritious meals.

Physical Activity

- P.E. and recess schedules will support daily opportunities for physical activity and encourage students to make healthy lifestyle decisions in reference to a variety of physical activities.
- All classroom teachers are urged to find a way to incorporate movement into class as part of everyday learning experiences.
- Spark (as well as yoga, Brain Gym, and crossover activities) will be used by various teachers.
- Fitness tests will continue to be part of the P.E. program.
- Annual Jump Rope for Heart and Hoop Shoot for Heart activities will continue to be promoted in the course of the school year.
- The school will continue to promote student activity, providing interesting and exciting playground equipment and games and encouraging high energy activities during recess.

Physical Education Standards and Health Standards

- Physical Education and Health Standards and Benchmarks are taught and are the basis for the Physical Education and Health curriculum.
- Physical Education and Health Standards and Benchmarks are recorded and are a part of every student's permanent cum folder.

Other School-based Activities

- All classroom teachers will be urged to seek out community nutrition experts to come in and offer students tools for making healthy lifestyle nutrition choices.
- The staff will encourage healthy food choices to be brought from home for lunches and parties.
- It is recommended that healthy choice challenges for staff, students, and families to be made throughout the year, such as a family rides bikes at night.

Worland Middle School Procedure...

Procedures:

Nutrition Education

Worland Middle School provides nutrition education in the following areas:

- Health Class in grades 6, 7, and 8
- Family and Consumer Science Classes in grades 6, 7, and 8
- Posters demonstrating relevant information posted throughout the school
- The school lunch program implemented via federal guidelines

Physical Activity

Worland Middle School provides appropriate physical activity in the following areas:

- Physical Education classes in grades 6, 7, and 8
- Intramural sports to include activities such as gymnastics, boys and girls basketball, and girls volleyball
- Various classroom activities that are designed for cooperative learning involving physical movement

Physical Education and Health Standards

Worland Middle School endorses and addresses standards in the following areas:

- Health standards are addressed and assessed in health class during grades 6, 7, or 8
- For all food available on campus during the school day
- Provide healthy foods and drinks through the school lunch program and vending machines.

Other School-based Activities

- Designed to promote student wellness goals
- Continue to promote wellness activities through health classes and exploratory classes

Maintain a District Wellness Advisory Council

- Monitor and review policy
- Provide a representative on the District Wellness Committee
- Meet monthly to discuss important issues related to wellness
- Disseminate information to all middle school staff

Worland High School Procedure...

Nutrition Education

- Nutrition education classes are offered in the following courses: Health, Health Sciences; Adult Living, Single Living, and Creative Cooking.
- Nutrition information is provided to students and parents via school newsletters and parent meetings for different athletic activities provided y the school.

Physical Activity

- A variety of athletic activities are offered in conjunction with the Wyoming High School Activities Association for each season.
- The school encourages students to participate in physical education classes beyond the required program, which includes educating students about healthy lifestyles and providing opportunities to experience activities that are suitable to continue beyond high school years.

Physical Education and Health Standards

- All physical education standards are addressed and assessed in the required freshman physical education classes, as well as elective physical education classes.
- Health standards are addressed and assessed in the freshman health class, which is required, and elective classes, such as Adult Living, Single Living, Creative Cooking, and Health Science classes, follow up with presentations and assessments in health education.

Other School-based Activities

- The high school promotes student advocacy and provides support for students throughout the years of attendance.
- The high school encourages staff members and coaches to include outside resources to promote nutrition education for students.
- The staff encourages the selection of appropriate foods by students that promote healthy choices.
- Assemblies to the student body, regarding healthy lifestyle choices and factors that affect how those choices are made, are encouraged.

Points of Interest...

Definition of Terms

Premiums are the amount you pay for your insurance policy, often deducted directly from your paycheck.

Deductibles are paid out of pocket for each year before insurance kicks in. Each family member usually has a separate deductible.

Co-payments are flat fees charged each time you visit the doctor or use any medical service, regardless of the cost of the procedure.

Coinsurance requires you to pay a percentage of the total cost of care. Many plans require either coinsurance or co-pay but some charge both.

Maximum out-of-pocket expense is the most you'll have to spend before all of your medical bills are covered.

Reasonable & Customary is the amount determined to be "reasonable & customary" for the services rendered. The insurance will cover this amount.

Preferred Provider allows for adjusted fees for office calls and various procedures.