

Wellness Action Plan

Nutritional Educational Goals

The goal of this plan is for nutrition education, physical activity and other school-based activities to be designed to promote student wellness in a manner that the Frontier School District determines is appropriate. The nutrition guidelines selected by Frontier School District is that most foods provided by Frontier School promote student health and reduce childhood obesity. The plan measures how fully the plan is implemented. The Superintendent is charged with operational responsibility for ensuring that the school adheres to the local wellness policy 2510.

The involvement of the community, including parents, students, and representatives of the school, the school board, school administration will be included in the wellness action plan.

Physical and Health Education

Each class at Frontier will have health education each week as provided by their classroom teacher and the Physical Education teacher. This will include food health, healthy habits, mental health as well as physical activity instructional health. Physical Education will be provided to all students K-6 for at least 45 minutes per week. Seventh and eighth grades will take health class for one quarter of each year and cover material required in the health benchmarks provided by OPI. Additionally, at least one quarter of each year these students will participate in a physical activity elective class.

Nutritional Standards for Food Items

This plan encourages snacks, foods, and beverages meet healthful criteria that include:

- Having less than 35% sugar,
- Having less than 35% fat,
- Serving fresh fruit and vegetables at least twice per week,
- Serving green and bright orange vegetables weekly,
- Providing snacks with sodium and calorie content that are within the daily allowable limits,
- Ensuring beverages served at meals contain no caffeine and few nonnutritive sweeteners,
- Providing safe drinking water to all people in the school,

The availability of food items at Frontier School will occur each morning at snack time, approximately 10 am, as well as provided at lunchtime each day. When the afterschool program is available a snack will also be available to each student participating. Only water will be dispensed from the pop machines until 4:15 pm each school day.

Other School-Based Wellness Activities

The activities provided at Frontier School will be designed to promote student wellness in a manner that the Frontier School District determines is appropriate. These activities will be varied and available often, including facility availability for adult and student extracurricular functions involving physical activity.

Governance and Evaluation

This program will be evaluated each year using an instrument such as a survey to provide guidance for ways to improve practices at Frontier School.