**De Sales School Wellness Policy**

**Component 1: A Commitment to Nutrition & Physical Activity**

The Wellness Committee for De Sales School is made up of the following persons:

Mae Becker, Principal Shirley Bohr, Head Cook

Kathy Becker, Teacher Gwen Imoehl, School Board, Parent

Kevin Bohr, Parent Michelle Dietzenbach, Parent

Torey Keck, Nurse, Parent Robin Timp, Early Childhood, Parent

Wally Witt, Parent Kim Rothmeyer, Parent

Wendy Kuennen, Teacher, Parent Sydney Becker, Student

The Wellness Committee reviews and/or revises the Wellness Program Components to make sure that all areas are addressed. The policy is shared with staff at the fall inservices and is also present to parents at registration night in August. Finally it is presented to the De Sales School Board at the September meeting for final approval.

We have partnered with Luther College in having their student nurses work in our school. They present lessons in each classroom on nutrition and healthy living practices. Educational and motivational materials for good nutrition are displayed in the school cafeteria.

We have insured ample time for physical activity within our daily/weekly schedules. Students in grades 5-8 receive 80/120 minutes of physical education class weekly (alternating weeks of 80 minutes and 120 minutes, given our six day cycle), which exceeds the state requirement. In addition, these students “walk” back and forth to our neighboring public school daily, which is about 10 minutes a day. A ten minute noon “recess” is also provided.

Grades K-4 receive 80 minutes of physical education class each week, along with daily recesses at noon (20 minutes) and in the afternoon (10 minutes). This, too, exceeds the state requirement.

**Component 2: Quality School Meals**

The De Sales School Breakfast Program and Hot Lunch Program follow all Child Nutrition Program standards, with menus meeting nutrition standards established by the U.S. Department of Agriculture. School meals are appealing and tasty and well received by students! Whole wheat foods have been introduced throughout the menu. Food safety is strictly adhered to by the hot lunch staff. Water is available at all meals.

**Component 3: Other Healthy Food Options**

De Sales School has no vending machines and we do not sell food or beverages outside of the lunch program. Preschool and kindergarten receive a healthy snack each day, which may include fresh fruit or vegetables, crackers, cheese, etc. All students are allowed to have water bottles at their desks.

**Component 4: Pleasant Eating Experiences**

De Sales School has made significant improvements to the kitchen/cafeteria environment, including stainless steel countertops, fresh paint, and new tables. Students eat in two shifts (PreK-4 and 5-8) with ample time for eating. Teachers supervise the lunchroom at all times and monitor student trays at the end of the serving line. Handwashing specifically takes place before lunch. Confidentiality is maintained regarding students who qualify for Free/Reduced meals.

**Component 5: Nutrition Education**

Nutrition education begins in the preschool program and extends through 8th grade. Program and nutrition information are integrated throughout the curriculum areas where appropriate, with addition specific classes taught by the student nurses. We are also part of the Team Nutrition program. Instructional and informative posters are displayed in the cafeteria for students to ponder.

**Component 6: Marketing**

De Sales School promotes healthy eating and physical activity through positive motivating messages throughout the school setting. Informational items and healthy habits are shared with parents, including the Words on Wellness (a connection to nutrition and fitness) produced by Iowa State University Extension and Outreach.