

# Spirit Elementary Wellness Plan

**We are a "Team Nutrition School"**

**2019-2020**

**Principal:** Carrie Devaney

**Wellness Contact Person:** Dixie Larsen

Spirit Elementary plans to participate in the following ways:

## **I. Nutrition**

- Use the cafeteria to provide learning opportunities by decorating the area with wellness educational posters and nutrition materials.
- The school website will include nutritional information to guide parents in dietary decisions for their children.
- Share information about the nutritional content of meals with parents and students. Such information could be available on menus, or the schools website.
- Our website will encourage parents to allow their children to eat a healthy breakfast at school.
- Assure students have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.

## **II. Physical Activity**

- Our school will encourage parents and teachers to provide snacks that will make a positive contribution to children's diets and health, with an emphasis on water as the primary beverage.
- Our school will make provisions for Elementary school students to have supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.
- Students will participate in indoor activities when the heat index rises to a level that is unsafe for outdoor play.
- The district sponsors a Fitness Festival and students will prepare by participating in activities by age group during PE instructional time.

### **III. Healthy Life Habits**

- Provide information about the harmful effects of using tobacco, drugs and alcohol.
- Our counselor's office will be a resource center for students to use to get help in combating the use of tobacco, drugs and alcohol.
- Schools will provide access to hand washing or hand sanitizing and encourage students to maintain clean hands especially before they eat meals or snacks and after using restroom facilities.
- Teachers will reinforce good hygiene and proper hand washing techniques with their students.
- The school will take a proactive stance to fighting and Seasonal Flu outbreaks, Norovirus, addressing the H1N1 (Swine Flu) and the MRSA viruses by stressing universal precautions via our website. We will offer free flu shots from Healthy Schools with parent permission.
- Dental Health: Have DOH visit the school with an assembly to teach the importance of brushing, flossing and overall dental health. Participate in the Dept. of Health Dental program offering free dental care to all students submitting a parent permission form by due date.
- Intermediate students will participate in a bicycle safety course which includes a bike riding component.

### **IV. Staff Wellness**

- Provide opportunities for the faculty and staff to become more physically fit: by encouraging walking on campus in groups.
- Encourage participation in a Weight Watchers at Work program. If the minimum amount of individuals cannot be reached, then assist those interested in obtaining the vouchers to attend Weight Watchers in the community.