



SUPERINTENDENT WELLNESS POLICY REPORT TO THE KIRKWOOD ELEMENTARY SCHOOL DISTRICT BOARD OF TRUSTEES. NOVEMBER 18, 2013

The goal of the Kirkwood Elementary School District is to provide students with not only the ability to learn in the classroom but to develop a healthy lifestyle by promoting healthy eating, social and emotional growth and physical activity. To accomplish this goal, the district has implemented a local wellness program.

Parents, staff, students,, members of the school board as well as members of the public are invited to participate in the development, review and periodic updates of the Local Wellness Policy. Meeting dates and times are posted on the website, on the lighted outdoor sign and in the monthly Bobcat Bulletin. The latest School Site Council meeting was held on October 21, 2013.

The school promotes a healthy school environment where all students are protected from harassment, discrimination, intimidation, and bullying. Policies are reviewed and updated regularly and made available to staff, parents and students. All staff participates in anti-bullying training. When available, assemblies and presenters are made available to students.

All foods available during the school day comply with the National School Lunch Act and USDA Dietary Guidelines for Americans. Drinking water is made accessible to students during meal and snack times. Sixty percent of the students participate in the lunch program. Seventy three per cent of this figure is free and reduced meals. Over fifty percent of our student population attend our after school program where a nutritious snack is served.

The food service program is monitored to be in compliance with established nutrition guidelines. District policies have been reviewed and updated as the guidelines and regulations have changed in the National School Lunch Program. The Tehama County Environmental Health Department conducted two inspections of the school facilities in the 2012-13 school year. No findings were noted. Designated staff also conducted compliance/safety inspections. The district participates in state and federal audits and submits reports as required to these agencies.

A snack bar is available after school for co-curricular activities. Nutritious as well as non-nutritious snacks are served outside of the district's meals programs.

(The USDA and the Kirkwood Elementary School District are equal opportunity providers and employers)



KIRKWOOD
ELEMENTARY SCHOOL
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Nutrition education to teach, encourage and support healthy eating will be, when appropriate, integrated into other academic subjects in the regular education program. Classes participated in the Dairy Council Nutrition Education Program. The cafeteria displays posters to promote students access to basic nutrition concepts and to promote healthy choices. Information is provided to parents when available through excerpts from publications such as *The Parent Institute* to assist them with incorporating healthy habits into their children's lives.

All staff participates in professional development when available. Subjects may include, but not be limited to, tobacco awareness, Red Ribbon Week activities, AIDS Prevention Education (7th & 8th), cyber bullying education and food service trainings when needed including SERVE SAFE.

All students receive a minimum of 200 minutes of physical education during a two week period and at least 20 minutes a day of supervised recess. The district currently has no student on an exemption from physical education. The 5th and 7th grades participate in the yearly CA Physical Fitness Testing Program. Results are made available to parents, school site council and school board. Opportunities are available to students to participate in extra- curricular sports, the small school's yearly track meet, basketball jamboree and other events that may arise.

All staff receive a copy of the Wellness Policy at the beginning of each school year as well as copies of all updates made during the year. Copies of the policies are maintained in each classroom binder, kitchen, cafeteria, and parent handbooks.

This report was presented to the Kirkwood Elementary School District Board of Trustees on November 18, 2013.

It will also be presented to the School Site Council at the next meeting to be held in January 2014

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