

## **2020-2021 Dubois K-12 Wellness Goals**

### **Nutrition Education and Promotion Goals/Implementation**

#### **Goal #1: Add Smart Snack Calculator to Website**

**Date of implementation:** Fall 2020

**How will the goal be implemented?** The Smart Snack Calculator will be added to the district web page to promote healthy snack choices. [Smart Snack Calculator](#)

**Projected Outcome:** Parents, staff, and students will have the opportunity to use the calculator to choose a nutritious snack at school or at home. Less sugar and processed foods will be brought to school for snack time. Staff is able to incorporate into lesson planning as appropriate for class.

#### **Goal #2: Reducing added sugars at breakfast**

**Date of implementation:** September 2020 approved for the grant

**How will the goal be implemented?** We applied for the Siggis Grant to Reduce Sugar at Breakfast in September 2020. An assessment of current breakfast menus was done to determine the current % of added sugars. Taste-testing with staff and students has been scheduled. We will choose which lower sugar menu items we as a district will be added to our menu based on student and popularity. We will then determine the % of added sugar we have reduced in our menu cycle. Finally, we will determine how we as a district can sustain the reduced sugar menu items.

**Projected Outcome:** Reduce added sugars in our breakfast menu. Also, add new menu items to our breakfast menu.

**Actual Outcome:** The taste test of new recipes is scheduled for April 3 and 13, 2021.

#### **Goal #3: Assist STUCO (Student Council) in the setup of a vending machine.**

**Date of implementation:** This will be determined by the STUCOs timeline.

**How will the goal be implemented?** Our food service director has supplied the group with the Smart Snack-approved list of food items to fill the vending machine. Under the federal guidelines, this allows the vending machine to stay on during school hours.

**Projected Outcome:** Students will have the opportunity to purchase low sugar drinks and snacks throughout the day.

**Actual Outcome:** TBD

## Physical Education/Physical Activity Goals/Implementation

**Goal #1:** Our school will continue “*OREO*” (Outdoor Recreational Educational Opportunity), days will be added to our goals as they are quarterly events for 6-12.

**Date of implementation:** Continue quarterly events.

**How will the goal be implemented?** Students grades 6-12 are scheduled to attend these seasonal days of recreation and education.

**Projected Outcome:** Hiking, skiing, ice skating, snowshoeing, snowboarding, canoeing, swimming, and kayaking will be enjoyed by students while educational aspects are added to the day.

**Actual Outcome:** This has been a popular event enjoyed by all students, we will continue to make this a wellness goal at Dubois K-12 school

**Goal #2:** Our school will continue to celebrate days of awareness. World Down Syndrome Day, Diabetes Awareness Month, Heart Health Month (Kids Heart Challenge, previously known as Jump Rope for Heart), by involving our K-12 students and staff with physical activity during these days.

**Date of Implementation:** The continuing goal with additions in December 2021.

**How will the goal be implemented?** For the 2020/2021 school year, we will continue to celebrate awareness days and add this new day to the calendar. In December (2021) we will have designated staff head the [National Disability Day information](#).

**Projected Outcome:** Increase physical activity within the student body and staff, while building unity and strengthening relationships between K-12 grade levels.

**Actual Outcome:** Celebrated World Down Syndrome Day with a student by walking the track as a school on March 19, 2021.

## Other Activities that Promote Student Wellness

**Goal #1:** The Harvest Hoedown will be a focus for our school the week of Thanksgiving break.

**Date of implementation:** Fall 2021

**How will the goal be implemented?** We will use this time to combine all of our students, kindergarten through 12th grade, and designated staff. We are supporting the mindset of togetherness on this school day. By encouraging social, physical, and in many cases for some students emotional wellness on this fun day. Because of COVID restrictions, make accommodations to ensure this event will continue in our building.

**Outcome:** TBD (Fall 2021)

**Goal #2:** We will provide tools to help our students handle psychological needs. By knowing our students and actively listening to them, we will be able to identify those with this need. We will then be able to take a preventative approach to our student's psychological needs.

**Date of implementation:** Immediately

**How will the goal be implemented?** Links will be placed on our district website for student and staff use. With the resources available, we will make ourselves available to help students that we know are struggling with day-to-day emotions, stress, and or anxiety.

Click [HERE](#) for a video on stress management tips for teens.

Go [HERE](#) to find out why we lose control of our emotions.

[How to help kids weather tough times](#)

[How to help kids cope with stress](#)

[How to help children and teens manage stress](#)

**Outcome:** TBD