

Duluth Edison Charter Schools

DECS Wellness Policy

Annual Report 2014-2015

Wellness Policy Goal

Highlights

2014-15:

- Second Annual DECS Legacy Dodgeball Tournament.



- Participated in 2015 National Get Fit Don't Sit Day.



- Fourth year of the staff sports night program to encourage healthy activity outlets for staff.
- Second year of Wellness Wednesday program at Raleigh.
- Continue to be the only Elementary/Middle School in the Northland to host multiple Blood Drives throughout the school year.
- Weekly Health and Wellness bulletins to promote activities for students and staff.

Duluth Edison Charter Schools is proud to offer wellness education and opportunities to students and staff. DECS strives to promote the importance of a healthy diet as well as taking advantage of physically active opportunities in order to grow, learn and thrive. We believe good health fosters student attendance and education. In compliance with Section 204 of Public Law 108-265 of the Child Nutrition and WIC Reauthorization Act, the DECS Wellness Committee provides this annual report for the 2014-15 school year.

The four components reviewed and required by policy include:

1. Nutrition Education
2. Physical Activity
3. Other school-based wellness activities
4. Nutritional guidelines for all foods available on campus during the day (Minnesota Department of Education, 2007).

2014-2015 Health and Wellness Goals and Initiatives review

1. Formation of the DECS Health and Wellness Student Council.

- Our definition of Health and Wellness is the overall physical, mental and emotional well being of an individual. Our Health and Wellness focus should be on getting people active and eating healthy.
- We can get more students involved in Health and Wellness opportunities in our community by providing opportunities here at school for them to build upon. Our focus needs to be encouraging students to get involved by providing more activities at recess, during PE and before and after school.
- We can increase Health and Wellness activities at recess by increasing our recess time, providing more space and providing more structured activities during the recess time. Our focus is how to create more opportunities for students to get active at recess utilizing the time and space we currently have.

2. 2015 before 2015

- At the date of this publication over 1,500 activities have been submitted totaling 8650 miles, surpassing our goal of 2015 miles by 6635!!

3. Health and Wellness survey

- The Health and Wellness survey was sent out in January 2015 to DECS students, staff and families.
- While the overwhelming majority of those who responded are pleased with the Health and Wellness education and activities we provide, there is still a strong desire for more activities and green space.

Duluth Public Schools Academy

Wellness Policy

Health and Wellness Goals and Initiatives for 2015-2016:

1. In collaboration with the DECS Athletics program, provide youth and adult events in our community.

The purpose of these events will be to educate and promote DECS Health and Wellness in our community. Events such as summer youth soccer camp and winter ski/bike race will be planned and held.

2. Increase Health and Wellness activities during recess.

Working with the Health and Wellness team and student task force, we will aim to provide more active outlets during the recess time period.

3. Seek out grant resources in order to provide further outlets for Health and Wellness.

Research and apply for grant funds with the goal of securing the funding needed to upgrade the climbing structures in our schools.

Please note this report reflects a progressive change and improvement to our wellness education program. Activities, trainings and opportunities listed are in addition to previous accomplishments. If you are interested in reviewing previous reports please contact me at:

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GoNoodle.com

GoNoodle.com is a free online program that channels student's energy and stimulates learning. Without leaving the classroom, students participate in a variety of purposeful movement designed to get the wiggles out and refocus the classroom, all in five minutes or less. Integrating movement with core subjects to create highly replayable brain breaks that develop memory and fluency in math, spelling, and vocabulary. The result: teachers tell us GoNoodle helps students perform better.

"Our class started using GoNoodle this year and the children loved it! They always participated and after the break they were refocused and ready to learn. I saw better concentration and less "wiggles" in my classroom especially during reading time! Some of the children liked it so much they use this at home. If I forget to do a break they remind me! I will use this again next year."

-Deb Welch, 2nd Grade Lead Teacher

Nutrition Education

Donika Hoppenyan is the Food Service Director from Lancer Hospitality and a member of the Wellness Committee. Donika reports that Lancer provides nutritious meals and education to our students and staff. This year we have seen a positive change in the school lunch program. The students have been more involved in trying different fruits and vegetables from the fresh variety on the salad bar. Donika's personal goal as Director is to educate and show students that they **do have a choice** and within that choice explain what nutrients they will benefit from.

The following is a list of practices food service has put in place this academic year to ensure meals served are nutritious:

- Collaborates weekly with Lancer's Nutritionist to design and customize monthly menus to ensure healthy eating habits that taste great and keep the nutritional base as the priority.
- Utilizes trained staff to prepare and serve fresh main entrees as well as offering a wide variety of salads, fresh vegetables and fruits that students can choose from daily.
- Donika educates healthy eating habits and introduces new ideas through staff interaction as well as meeting with student council and utilizing posters that are placed in the cafeteria.
- Monitors and evaluates the wellness policy to see where any advancement or changes can help continue the goal of overall student nutrition wellness.
- Lancer is committed to students, families and school staff to deliver the highest quality of meals and salad bar options while keeping guidelines in place. Lancer believes in team efforts to maintain good relationships with students, staff and parents while offering the best in child nutrition.

Jump Rope For Heart

Students were engaged in jump roping activities for 3 weeks, in attempt to build up skills for our Jump Rope for Heart celebration day that took place on February 12th and 13th, 2015. Students were encouraged to participate in the Jump Rope for Heart fundraiser. All the proceeds of the event are donated to the American Heart Association to help for research and cure purposes. Students engage in the activities to create an understanding of community engagement and real world problem solving. Students are excited and recognize they are helping others in a positive manner. This year we raised a total of over \$7000 for the American Heart Association.

Minnesota Department of Education. (2007). *Local wellness policy: A guide for development and local wellness policy development tool*. <http://education.state.mn.us>.