

Wellness Policy Tri-Annual Assessment 2021

Armada Area Schools

Nutrition Education Goal:

Krause Elementary Students will have lessons on Proper Handwashing and basic Hygiene.

Action Step: Review Curriculum per grade, K-5 and include education on proper hand washing and hygiene to improve overall health and hygiene. The curriculum will include and demonstrate Proper Handwashing, and the importance of hygiene, each class, up to 2 Restroom breaks per day

Timeline: to be completed with in the 2020-2021 school year.

Measurement: Check with the teaching staff, and confirm it was completed by the end of the 20-21 school year.

Stakeholders: Teaching Staff and Students.

Lead Person: Kurt Sutton, Krause Elementary Principal

Complete: Yes, students were taught the proper hand washing skills, and routinely washed hands, before breakfast and lunch everyday in classrooms, and had 2 bathroom breaks per day.

Update Section A:

Change "food Pyramid Guide to read "My Plate" In Section A. 2 of the Districts wellness policy

Action step, email District Policy coordinator, request the change be made.

Timeline: to be updated in the 2021-2022 School Year

Measurement: Check to see if the policy has been updated, in all areas online on the www.armadaschools.org website

Lead Person: Terry Tomayko, Secretary to the Superintendent, Kelly Skokna District Curriculum Director

Stakeholders: District and the Wellness Policy

Complete: Completed and Board approved March 2021.

Nutrition Promotion

Armada High school, Armada Middle School, and Krause Elementary school Students will have access to Nutrition Education, in the hallways, and common areas, to encourage Healthy Food Choices

Action Step: Install the USDA my plate signs throughout the building as well as other nutritional signs supporting the importance of Proper Nutrition.

Timeline: to be completed within the 2020-2021 school year.

Measurement: worked with Building Principal's and Building Staff to verify signs were posted, and remain in place in each building.

Stakeholders: Foods Service Director, Teaching Staff and Students.

Lead Person: Melissa Elliott, Food Service Director

Complete: Yes, 5 signs were posted, per school, USDA Choose My Plate posters, completed 5-21-2021

Physical Activity

Krause Elementary, weekly, have a 10 extra minutes of physical activity, in addition to already scheduled recess and physical education class.

Action Steps: Work with Teaching staff and building Principals, to build in a school wide 10 minutes of additional physical activity, weekly

Timeline: To have this implemented by the end of 1 Trimester, (Thanksgiving Break)

Measurement: Check to be sure plan has been implanted by building Principals

Lead Person: Nancy Meogel Wellness committee Chair/physical Education Teacher

Stakeholders: Students and Staff

Complete: Yes, every Thursday, from 8:40 am. To 8:50, music is played over the intercom system of the school, and announcement is made for Move yourself Thursdays, and students are encouraged to move, any way possible, dancing, jogging in place, jumping jacks, for the full 10 minutes.