

North Star School Wellness Policy 2022-23

Goals and Objectives

- ***Goal 1: Offer healthy choices for snacks during the day for students.***
 - Objective 1.1: Offer snacks at the MS/HS via vending machine that meet the healthy food guidelines.
 - Objective 1.2: Allow students to take an extra item at breakfast to have as a snack during the day at the elementary.
 - Objective 1.3: Do not allow students to access the Coca-Cola vending machine at the high school during the day.
 - Objective 1.4: Encourage parents to bring healthy, low sugar snacks for student's birthdays and other celebrations.
 - Objective 1.5: Teachers will not utilize candy or other high-sugar snacks as incentives or rewards in their classrooms.
- ***Goal 2: Offer healthy options when concessions are available.***
 - Objective 2.1: Concessions will offer low sugar beverage options such as unsweetened tea, water, flavored waters, or sugar-free carbonated drinks.
 - Objective 2.2: Concessions will offer a fruit choice, and healthy snack options such as, but not limited to, string cheese, nuts, fruit snacks, jerky, crackers, hard pretzels, large pickles, fresh vegetables and low fat ranch.
 - Objective 2.3: Concessions will offer a healthy meal option in addition to the regular menu items such as, but not limited to, soups, wraps, sandwiches, and lower in fat hamburger.
- ***Goal 3: Offer the best possible lunch and breakfast programs for our students and staff.***
 - Objective 3.1: All school meals will meet the appropriate state and federal requirements for nutrition, health, and safety.
 - Objective 3.2: Programs at both schools will continue to offer multiple options at each meal to meet the needs and tastes of the students.
 - Both school will offer fresh salad and fruit bars.
 - Both schools will offer soup as a regular option for students.
 - Objective 3.3: Both schools will offer regular hot breakfast options.
 - Objective 3.4: Both school will ensure that students have access to both breakfast and lunch programs.
 - When students arrive late or otherwise have trouble accessing the program, efforts will be made to get them breakfast or lunch.
 - Objective 3.5: School cooks will be encouraged to try new meals, fruits, and vegetables and expose students to non-mainstream foods and foods of different cultures.

Goal 4: Encourage physical fitness in our students, staff, and community.

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- Objective 4.1: Staff will demonstrate healthy habits with students whenever possible.
 - Staff at the elementary will continue to require students to complete 1 lap at least 1 time per day during recess.
 - Staff at the elementary will have at least 1 structured recess per day for grades 4-5.
- Objective 4.2: Administration will work with staff to create an incentive structure for physical fitness and wellness related activities.
 - The program will encourage staff to get regular yearly physicals, address health concerns, and develop healthy habits such as physical fitness activities.
- Objective 4.3: Both school buildings will be fitness centers for the communities.
 - The district has an established program allowing staff and adult community members access to the gym and fitness areas during non-school hours, and during school hours for activities that do not interfere with the regular operation of the school.
- Objective 4.4: Offer adult fitness groups and activities.
 - These could include group activities utilizing school facilities such as basketball, pickleball, and other gym based activities.
 - Staff are encouraged to create their own fitness groups and utilize the school's facilities.
- Objective 4.5: Teachers will incorporate movement into their classes to improve fitness and learning.
 - Activities such as yoga, Go Noodle, daily stretching, and the daily mile are encouraged.

We invite our community members to participate in the development, review, update and implementation of our Local School Wellness Policy. For more information, contact the School Business Office at: 406-355-4481 or email: anerat@nsschools.org