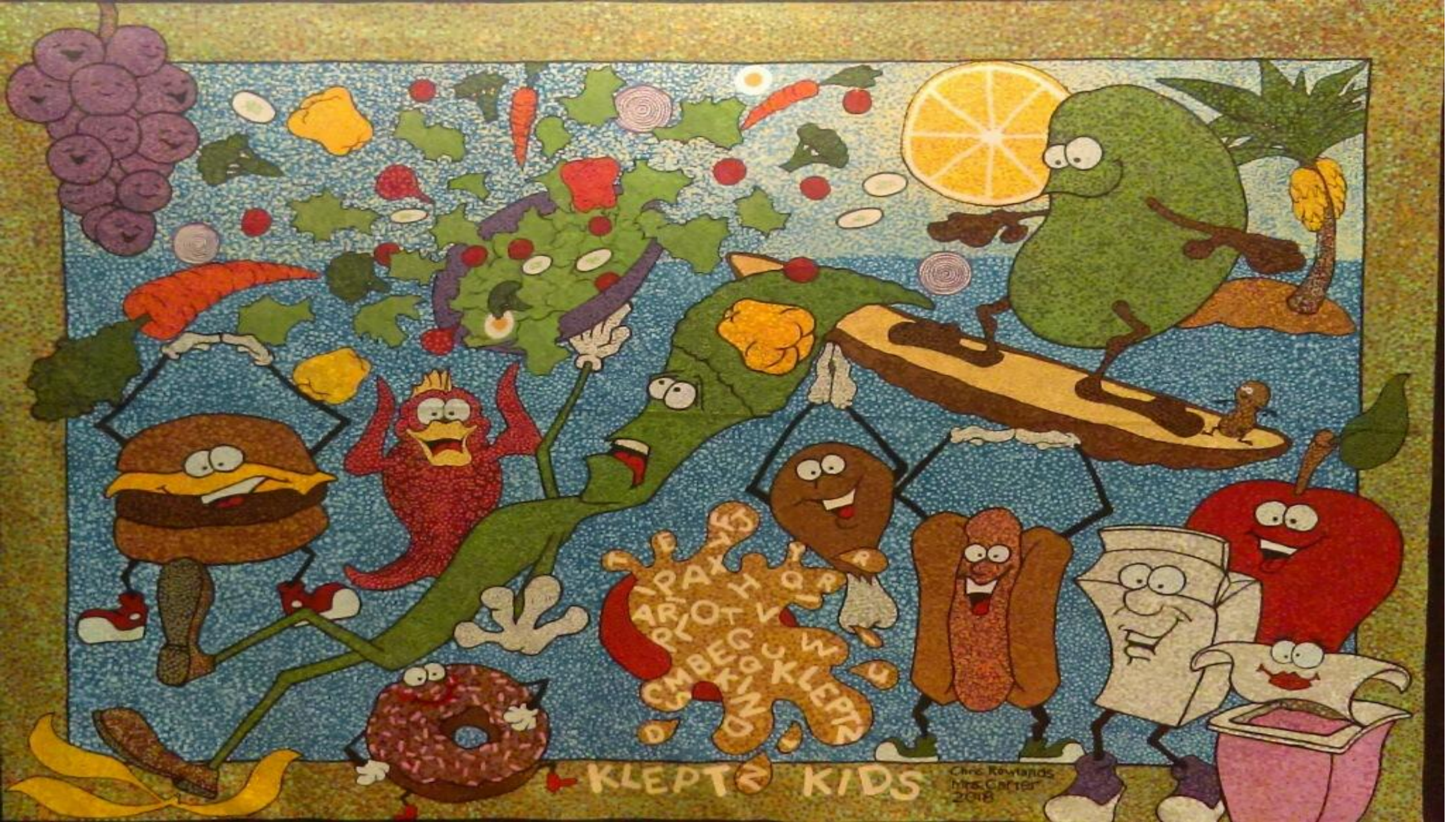


*Northmont City Schools
Wellness Committee
Annual Report 2018 - 2019*

Chris Rowlands
Mrs. Carter
2018



Helping Students Learn, Grow, and Be Healthy

- ★ Together, parents, community members, school staff, and students can create a healthy school nutrition environment
- ★ Students with healthier eating patterns and enough physical activity tend to:
 - Have better grades
 - Remember what was taught in class
 - Are more attentive in class
 - Miss less school time



Food Service by the Numbers

August 2018 - April 2019

Meals Paid, Reduced and Free

Breakfasts: ~ 136,000

Lunches: ~ 607,000

High School: 163,000 +

Middle School: 90,000 +

Union: 61,000 +

Northmoor: 53,000 +

Englewood Hills: 33,000 +

CTC: 169,000 +

Kleptz ELC: 80,000 +

Northwood: 54,000 +

Englewood Elem: 40,000 +

A Wellness Policy Helps Create a Healthy School Environment

Our wellness policy includes:

Health and Nutrition Education

Physical Education and Activity

School-based Activities

Nutrition Services and Promotion

Family and Community Involvement



Importance of Nutrition Education

- ★ Gives students the knowledge, skills, and confidence to make healthy eating choices.
- ★ Nutrition education may include:
 - teaching about healthy meal patterns
 - reading Nutrition Facts labels
 - identifying sources of added sugars, saturated fats



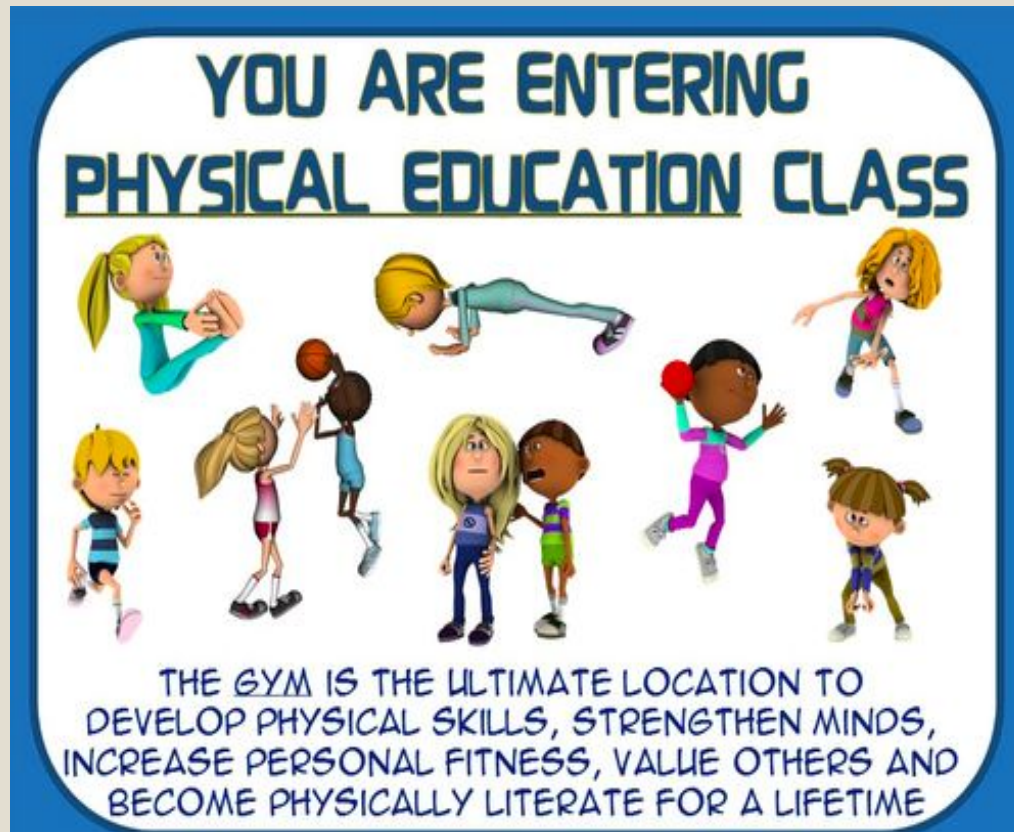
Nutrition Promotion and School Based Activities

- Encourage students to make healthy nutrition choices
- Offer healthy foods
- Attractive clean eating environments
- Environmental friendly practices
- Electronic system of identification to eliminate stigma of students on free/reduced meals
- Opportunities for staff, parents, and community to model healthy eating in school cafeterias



Physical Activity & Physical Education

- We want students to have the opportunity to be physically active at school.



Nutrition Services

- Our wellness policy supports healthy school breakfasts and lunches.
- All other food and drinks sold in school during the school day must follow the Smart Snacks standards.

Smart Snacks regulations standardize nutrition requirements to make sure all kids have access to healthy snacks that are consistent with the nutrition education they receive, and promote overall healthy eating habits.



Nutrition Services



- Meals are accessible to all students
- Variety of foods in school meals
- Promote food choices with Smarter Lunchroom techniques
- Annual continuing training for all food service staff
- Adequate time to eat school meals for students

Family and Community Involvement

- To inform school decision making
- Input on meal programs and food/beverages offered at school
- Access to school facilities



Recommendations for 2019-2020

Create a dedicated website for Wellness

School Nutrition Network Alliance for a Healthier Generation
Annual Wellness Assessment and Report

Market Nutritional Options for Students

Update current school kitchens to promote food choices as part of a healthy lifestyle

Increase Committee Members

Include parent and student voice

Committee Members

- Food Service Director: Pam Pearson
- Health and Physical Education Teacher: Jonathan Billups (NW/EE)
- Mental Health and Social Services: Nikki Tinnerman (DS)
- School Health Professional: Amy Phelps (KELC)
- Member of Public: Lisa Nussman
- School Administrator: Amy Sipes (CO)

Meeting Dates 2019-20

- September 24, 2019
- November 6, 2019
- January 24, 2020
- March 19, 2020

