

Local Health and Wellness Report

Board Policies 5515 and 6700-6702



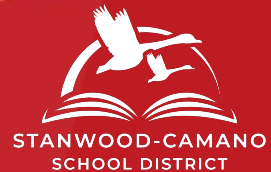
Every student is empowered to learn in an inclusive setting and is prepared for the future of their choice!

Board Policies 5515 and 6700-6702

Policy 5515 — Commitment to prevent and address secondary traumatic stress for staff by supporting mental health in the workplace.

Policies 6700-6702 — Commitment to provide students with access to nutritious food, and opportunities for physical activities and wellness.

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Workplace Secondary Trauma

Secondary traumatic stress — Emotional exhaustion resulting from first hand exposure to the traumatic experiences of others

Proactive Measures for Staff Wellness:

Workforce Mental Health Committee that focuses on the following:

- Sharing resources and supports available (Wellness workshops, wellness monthly calendars, Employee Assistance Program (EAP), District newsletter wellness reminders)
- April SEL presentation and information on EAP
- Committee sponsored activities (district wide chili cook off, wreath making, rock painting, step challenge)
- Sharing links for self-assessment tools
- Gathering staff feedback
- Building activities (monthly step challenges, pickleball, book clubs, walking group)

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District-Wide Workforce Mental Health Committee

Dave Austin (Teacher/PSMS)

Ryan Barci (Principal/TCE)

Randi Bachand (Teacher/UES)

Holly Christmas-Harris (AP/SMS)

Tricia Clearman (Paraeducator/EBE)

Christine Del Pozo (Exec. Dir. of HR)

Kadi Ferguson (Teacher/SES)

Azra Grudic (Student Support
Advocate/SHS/LHHS/Lincoln
Academy)

Randi Johnson (Teacher/CES)

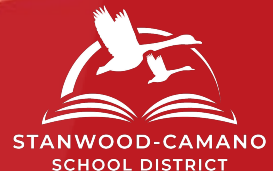
Angela Jones (Teacher/SHS)

Casey Lamb-Scott
(Paraeducator/SHS)

Stacy Masters (Teacher/EBE)

Christine Wiedmann
(Teacher/SES)

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Employee Assistance Program (EAP) Data

Category	2021	2022	2023	2024	2025
# of Cases	12	16	22	21	45
% of Employees	1.72%	2.35%	3.27%	3.13%	4.44%

Topics for 2025: Anxiety/Stress, Depression, Domestic Violence, Elder Care, Family/Parenting, Financial, Grief/Loss, Home Ownership, Legal Counsel, Mental Health, Relationships/Marital Issues, Trauma/PTSD, Work Conflict

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District Health and Wellness Committee

Jennifer Allen (Exec Director of Student Support Services)

Mary Hoffman (District Nurse)

Michelle Huntley (Secretary of Food Services)

Courtney Niebruegge (Parent CES)

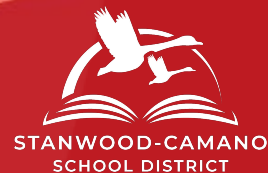
Rebecca Schumer (Teacher SES)

Deka Smith (Exec Director of Special Services)

Donald Vennetti (Director of Food Services)

Erin Walker (Teacher TCE)

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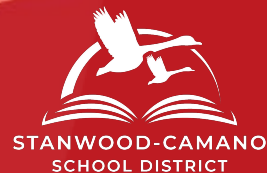
District Health and Wellness Committee

The Health and Wellness Committee convenes to review district policy and propose adjustments to procedure

Currently working on the Triennial Assessment:

- November 12, 2025
 - Policy 6700 — Nutrition
- February 18, 2026
 - Policy 6701 — Recess and Physical Activity
- May 27, 2026
 - Policy 6702 — Wellness

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Policy 6700 Nutrition — Healthy Foods

We follow USDA Standards for Child nutrition during breakfast and lunch service, including:

- Fresh fruit and vegetable salad bars at all grade levels. Commodity dollars provide the ability to purchase American grown fruit and vegetables that are available year-round.
- We serve whole grains in over 80% of our grain offerings daily.
- District is exceeding current sodium requirements, with proposed changes on the way.
- Menu plans help us meet the nutritional requirements of our students by grade levels K-5, 6-8 and 9-12, averaged over the serving week.
- All of this is to help our students have healthy choices so their growing bodies and minds can function the best that they can.



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Policy 6700 Nutrition — Limiting Sodium

USDA Recommended Sodium Levels per week	<u>currently met</u> Current Sodium Limit: In place through June 30, 2027	Sodium Limit: Must be implemented by July 1, 2027
Lunch Grades K-5	≤ 1,110 mg	≤ 935 mg
Lunch Grades 6-8	≤ 1,225 mg	≤ 1,035 mg
Lunch Grades 9-12	≤ 1,280 mg	≤ 1,080 mg
Breakfast Grades K-5	≤ 540 mg	≤ 485 mg
Breakfast Grades 6-8	≤ 600 mg	≤ 535 mg
Breakfast Grades 9-12	≤ 640 mg	≤ 570 mg

- Gradual reductions provide suppliers time to adjust sodium content in foods
- Also provides time for student palates to adjust
- Limits apply to the average sodium in lunch and breakfast menus offered during a week, not per day, per meal, or per menu item.

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Policy 6700 Nutrition — Limiting Sugar

Added Sugar - Current Rules

- Product-based limits for breakfast cereals, yogurt, and flavored milk in National School Lunch Program (NSLP) and School Breakfast Program (SBP)
- Implementation date was July 1, 2025
 - Product-based limit for flavored milk also applies to Smart Snacks in School
 - Cereal 6 grams per dry ounce
 - Yogurt 8 grams for a 4 ounce container
 - Flavored milk 10 grams for an 8 ounce serving

Added Sugar - Proposed Rules

- Proposed weekly 10% limit for added sugars in NSLP and SBP
- Implementation date of July 1, 2027

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Policy 6701 Recess and Physical Activity



All district elementary schools must provide a minimum of 30 minutes per day of unstructured recess

All schools are encouraged to adopt a Comprehensive School Physical Activity Program including:

- Quality physical education during the school day
- Opportunities for physical activity before and after school
- Student and family engagement to include physical activity

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6702 Wellness

This policy outlines the commitment to providing a healthy school environment that supports student learning and long-term well-being through a culture of movement, nutrition and building positive relationships through engagement activities



The District Wellness Committee meets regularly to review procedures and activities related to wellness for both students and staff

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