

Colonial Academy Wellness Goals

Wellness goals for 2019-2020

Continue to expand and develop the Wellness and Nutrition education program by increasing the taste, texture and nutritional experiences (sampling a new variety from different food groups). Individualized selection of student choices for education program.

To incorporate images and information from the Wellness and Nutrition education program using our inneractive media cafeteria signage.

Expand our Breakfast and Lunch choices. Develop a way for students to provide feedback on future meal selections.

Wellness goals for 2018-2019

Develop and implement a student internship program within the school cafeteria to give students the opportunity to experience employment in the foodservice industry (nutrition, sanitation, hygiene, food safety, food production, record keeping and documentation). **Students are learning how to take orders, prepare, and serve in a service oriented experience.**

Improve cafeteria signage, using technology/flat screen, for students in breakfast and lunch lines explaining school wellness policies (reimbursable meals and monthly menus), the signage (flat screen) will also be used a communications board. **Completed by start of school year, new flat screen tv installed by breakfast and lunch lines.**

Expand the Wellness and Nutrition education by increasing the variety of taste and nutritional experiences (sampling a new variety from different food groups). **The Wellness and Nutrition was expanded to include new and different food experiences.**

Wellness goals for 2017-2018

Begin process of having middle school classes move from serve only to offer versus serve lunches. This will allow middle school students develop healthy decision making skills, in choosing their own fruit and vegetable sides. **All middle school classes are now offer versus serve for lunch.**

Integrate the Wellness and Nutrition classes from a stand alone program into the health curriculum to provide more instructional time and learning opportunity. **The Wellness and**

Nutrition was integrated into the health curriculum.

Expand menu choices to provide students with new recipes and more options for healthy entrees, whole grains, fruits and vegetables. The menu included many new recipes for breakfast and lunch, providing the students with different meal options.

Wellness goals for 2016-2017

- Provide parenting classes for students that are becoming parents. We were able to provide parenting and nutrition classes for students who were pregnant, or their significant other was pregnant.
- Involving our students in choosing new breakfast items before they are on the menu. Students enjoyed this. Every month students were offered two choices for a breakfast for the following month and they would choose which breakfast they would like to see on the menu. They looked forward to having a say in the breakfast selection.
- Increase our student participation during the planning and preparing for open house. They will be involved with meal preparation and tasting. We will increase student skills with public speaking and presentation during our open house. Students played a big part in the planning and preparing for open house. Students were able to use their Culinary skills and have a say in what would be served for open house. Seeing their hard work displayed for staff and parents at open house was very rewarding.

Wellness goals for 2015-2016

- Prepare an article for the district newsletter outlining the new requirements and benefits of fruits and vegetables. The bi-monthly newsletter addressed the NSLP audit and overview of findings.
- Update and enhance information available via the Food Services link on district web page Ensure menus and nutritional information are accessible for students and parents. All menus were deemed nutrient sound and met necessary criteria as outlined by NSLP
- Schedule periodic monitoring of student consumption of fruits and vegetables. Met all standards on the NSLP audit with only a few minor corrections
- Increase awareness of teen suicide and provide strategies for students to cope with stressors. Stand for the Silent club began this school year, following a presentation of Stand for the Silent in the fall 2015. All students present for the day attended the presentation. Students cried, learned and helped each other process the emotionality of the program.
- Continue to schedule student activities that promote physical fitness and wellness. Students were provided opportunities to participate in the various wellness and fitness activities, with middle school students provided specifically one period per week to

participate in leadership activities that harnessed fitness, respect, communication, cooperation and team work.

- Enhance the visibility of the Food Services Department
 1. Update the Food Services Web page to make it more user friendly **Complete**
 2. Publish an article for the district newsletter **Complete**
 3. Post nutritional information in school cafeterias and on the Web page **completed, State audit complimented the food posters and information board maintained in the cafeteria area.**
- Enhance Colonial Academy Wellness Policy pending results of triennial NSLP review. **Will need to further develop the newsletter opportunities for school wellness**

Wellness goals for 2014-2015

- Hire Food Service Director **Completed**
- Publicize healthy Food Services selections and encourage students to choose more fruits and vegetables **Students are offered a variety of healthy choices. They are included in trying new menu selections.**
- Increase awareness/prevention strategies relating to Mental Health needs of the Colonial Academy students **Develop and increase coping skills and problem solving skills with students.**