

AHSTW CSD Wellness Policy Goals and Action Plan:

Wellness Plan Implementation, Monitoring, Accountability, and Community Engagement:

Action Step	Indicators of success	People to involve	Timeline
<p>A School Wellness Committee (SWC) will be established. Meets at least once annually to evaluate the effectiveness of the Wellness Plan and to set goals for the upcoming school year.</p> <p><u>SWC oversees the following tasks:</u></p> <ul style="list-style-type: none"> ● Tri-Annual Review of Wellness Policy ● Distribution of the Wellness Policy ● Implementation of the Wellness Policy. ● Required Monitoring and Record Keeping for the Wellness Policy. 	<ul style="list-style-type: none"> ● Annual Meeting ● Review of Wellness Policy ● Development of Healthy Snack material to share with parents. ● Nutrition Promotion 	<p>Superintendent</p> <p>Building Principal</p> <p>Staff Members</p> <p>FSMC Representative</p> <p>Parents</p>	<p>Currently meets in September & May.</p>

Concept: Guidelines for food available at AHSTW CSD			
Action Steps:	Indicators of Success:	People to Involve:	Timeline:
<p>Meals served through the National School Lunch program will:</p> <ul style="list-style-type: none"> • Meet at a minimum nutritional requirements established by state and federal laws. • Offer a variety of fruits and vegetables. • Serve only low-fat (1%) and fat free milk and nutritionally equivalent non-dairy alternatives. (As defined by the USDA.) • Ensure that half of the grains in meal planning are whole grain. 	<ul style="list-style-type: none"> • The Food Service Director will plan and record menus in compliance with USDA recommendations. • Review of menus by Department of Education with suggestions and recommendations for menus 	<ul style="list-style-type: none"> • Food Service Program Director • Regional Food Service Program. 	<ul style="list-style-type: none"> • Beginning of School Year.
<p>All foods and beverages sold individually outside the reimbursable hot lunch program during the school day will meet nutrition standards as required by state or federal law.</p>	<ul style="list-style-type: none"> • AHSTW will not sell foods and/or beverages outside the reimbursable hot lunch program during the school day. After school food and beverage sales for AHSTW concession stands will not be sold before 4:00 p.m. 	<ul style="list-style-type: none"> • Food Service Directors • Building Principal 	<ul style="list-style-type: none"> • Beginning of the 2025 school year.

<p>Parents will be encouraged to send healthy snack items for regular and birthday snacks.</p>	<ul style="list-style-type: none"> ● A list of healthy snacks will be sent home annually with each family. 		
<p>All foods made available at AHSTW CSD adhere to food safety and security guidelines.</p>	<ul style="list-style-type: none"> ● All food service providers will receive training ● All food service workers will participate in ongoing professional development. ● Guidelines and requirements for food safety will be shared with sponsors of school fundraisers and Concession Stand ● On-going review of food service program 	<ul style="list-style-type: none"> ● Food Service Directors ● Building Principal ● AHSTW Food Service Director [Oversight] 	<ul style="list-style-type: none"> ● Beginning of the school year. ● Monthly food service program reviews.

Concept: Nutrition Education Guidelines			
Action Steps:	Indicators of Success:	People to Involve:	Timeline:
<p>Review K-8 Health and Physical Education curriculum to ensure nutrition education, healthy eating, and physical activity are incorporated into the program.</p>	<ul style="list-style-type: none"> ● Elementary classroom teachers integrate nutrition into science, health, and P.E. curriculum ● Healthy Snacks List ● Teachers encourage physical activity. 	<ul style="list-style-type: none"> ● Classroom Teachers ● Physical Education Staff ● School Nurse 	<ul style="list-style-type: none"> ● School Year Curricular Reviews and Lesson Plans.
<p>Increase student, parental, and staff awareness of the importance of healthy eating and physical activity in their child's overall wellness.</p> <p>Increase communication to students and parents regarding caloric balance between food intake and physical education.</p>	<ul style="list-style-type: none"> ● Add a wellness link to AHSTW CSD's webpage referring students, staff, and parents to current health, nutrition and wellness websites. ● Parent information may be obtained through the health, nutrition and wellness websites 	<ul style="list-style-type: none"> ● Superintendent ● Technology Director ● School Nurse ● Building Principals 	<ul style="list-style-type: none"> ● May 2026

Concept: Physical Activity			
Action Steps:	Indicators of Success:	People to Involve:	Timeline:
AHSTW will provide P.E. classes with a minimum of 60 minutes per week for elementary students and 80 minutes per week for middle & junior high students.	<ul style="list-style-type: none"> ● School Schedules 	<ul style="list-style-type: none"> ● Building Administrators ● Physical Education Staff 	<ul style="list-style-type: none"> ● Beginning of each school year.
K-5 grade students will have a minimum of 30 minutes of physical activity per day. Middle and junior high students will have a minimum of 120 minutes of physical activity per week.	<ul style="list-style-type: none"> ● School Schedules 	<ul style="list-style-type: none"> ● Building Principals ● Guidance Counselors 	<ul style="list-style-type: none"> ● Beginning of each school year.
Students in grades K-6 will participate in an annual Track & Field day to promote physical fitness	<ul style="list-style-type: none"> ● Annual PK-6 grade track meet. 	<ul style="list-style-type: none"> ● Primary & Middle School PE Staff 	<ul style="list-style-type: none"> ● April / May of each calendar year.
Students and teachers will participate in special programs that promote healthy lifestyles	<ul style="list-style-type: none"> ● Jump Rope for Heart ● President's Challenge 	<ul style="list-style-type: none"> ● Physical Education Staff 	<ul style="list-style-type: none"> ● Winter Months

Concept: Promote Wellness in Other School-Based Activities			
Action Steps:	Indicators of Success:	People to Involve:	Timeline:
AHSTW will support parents' efforts to provide a healthy diet and daily physical activities.	<ul style="list-style-type: none"> ● Website Links to promote healthy diet and daily physical activities. ● Encouraging parents to pack healthy lunches. 	<ul style="list-style-type: none"> ● Building Principals ● Staff Members 	<ul style="list-style-type: none"> ● Beginning of School Year 2026
Increase opportunities for students to have physical activity during the school day beyond P.E. classes.	<ul style="list-style-type: none"> ● Integrate physical activity into classroom lessons. ● Brain Breaks: Encourage teachers to provide short physical breaks between lessons or classes. 	<ul style="list-style-type: none"> ● Classroom Teachers ● Physical Education Teachers ● Guidance Counselors 	<ul style="list-style-type: none"> ● Spring PD [2026]
Promote staff wellness by encouraging healthy eating, physical activity, and other elements of a healthy lifestyle.	<ul style="list-style-type: none"> ● Staff Wellness Activities 	Mr. Darin Jones Mr. Aaron Allspach Culture Committee Members	January / February of each calendar year.