



**WELLNESS POLICY 2.95  
ANNUAL BOARD UPDATE  
JUNE 2, 2009**

**Nutrition-** Gulf District School's Food Service Department has effectively used the food production / menus to promote lower saturated fats, low-fat options and more than the minimum requirement for fruits and vegetables in meals served to children. We also continue to incorporate nutrition education through the use of bulletin boards and USDA sponsored promotions. Healthy menus are distributed to students and parents as well as broadcast on local news station.

**Physical Activity-** Students in grades K-5 have a minimum of 150 minutes of physical education per week. This meets the state guidelines for increased physical education in our elementary schools. Students in grades 6-8 are scheduled for a minimum of 75 hours of physical education per year. Students in grades 9-12 are required to take the HOPE course which is a year long course for which one (1) credit is earned. Physical activity opportunities are also offered in the after-school tutoring program as well as healthy snack choices.

**School Based Activities-** Health Services personnel continue to enhance employee health. Screenings for blood pressure, blood sugar, cholesterol, height and weight are offered to all employees. The School Health Nurse sends a monthly newsletter to the email address list with tips for better nutrition, exercise and overall better lifestyle choices. Students are given instruction in areas of good nutrition, disease prevention and drug and alcohol prevention. Students are also offered classes in making good choices and conflict resolution.

**Nutrition Guides-** All foods served in the Gulf District Schools follow the traditional meal patterns provided by the National School Lunch Program. These guidelines require the use of products that are high in fiber and low in fats, sugars and sodium. During the compliance review conducted in December, 2007, the Wellness Program received good comments. The district was commended for the use of the monthly newsletter and the implementation of the nutrition standards.