

Wellness Policy Assessment, April 18, 2023:

Physical Activity:

High School:

Students at the high school level are not having physical activity be a portion of any discipline or punishment. The majority of our physical activity takes place in the lab setting and varies based upon the lab. Our Criminal Justice and Sports Exercise Therapy labs have physical training as part of their lab requirements, and they train 2-3 days each week on cardio, weights, and/or agility. Our Trade and Industry lab students spend the majority of their lab time on their feet completing physical labor tasks. Our Business and Service lab students vary in their physical activity. However, all business and service students are required to get up and move around periodically throughout their lab periods. This is documented in classroom management plans. The physical footprint of our building is relatively large, which leads to students walking some distances during their school day between classes. The physical footprint also allows academic instructors to engage students in physical activities throughout their daily lessons. High school staff has been encouraged to participate in various walking and wellness activities throughout the building, as well as on their own time. We also have multiple staff members now utilizing our training facilities after school, either running or utilizing the weights and training equipment. The health initiative has shown positive results with a high level of participation.

Adult Education:

Adult education students participate in varying physical activities based on their program of study and the activities in specific labs. Many labs require that students stand on their feet, bend and stretch. The Police Academy provides a rigorous physical fitness component as part of the curriculum in preparation for the OPOTA physical fitness test. The Firefighter 1 and EMT Basic programs also provide rigorous activities as part of the course curriculum and training.

The district provides programs with a fitness center equipped with commercial grade treadmills, cross-training elliptical machines, resistance training weight machines and weighted balls to develop core body strength. Truck driving students are instructed on proper nutrition for the over the road truck driver. Students participating in full time programs that are conducted in the classroom are given a maximum of a 10 minute break every hour. This allows students an opportunity to stretch their legs and walk in the building to exercise.

School Based Activities:

Our school schedule and alternate schedules do not cause any disruption to the mealtimes. We set aside approximately 25 minutes each day for students to have their lunch. Students are not pulled from this lunch time for activities. Students may attend meetings with various groups during lunchtime, but students are always provided the opportunity to eat during the meeting. Several of our staff members do eat in our cafeteria area, as well as guests to our building. This allows for them to model the healthy eating habits that our school lunch provides. We have a cashless system in place with each student receiving a personal identification number to purchase their lunch. This system eliminates any stigma or identification as all students, including free and reduced meal students, enter their personal identification number when taking a lunch. Students are encouraged each day by our cafeteria staff to increase their consumption of healthy foods.

Adult Education:

Adult students attending full time programs are given an opportunity to have uninterrupted meal breaks and are provided with a designated area to prepare and eat their meals. There is no food service available to the adult students in the evening. Students are encouraged to pack their own meals and a refrigerator and microwave is provided.

Some training programs provide nutrition education components as part of their curriculum, including STNA, Practical Nursing, Medical Assistant, and CDL, which may encourage healthy eating habits.

Good Health and Nutrition:

The district is meeting the good health and nutrition guidelines that are outlined by the State. Further information can be examined through reports submitted by our cafeteria manager.

Vantage Career Center has also mapped out the distances within the building to allow staff and community members who wish to walk in our building to be able to know the distances they are walking.