

North Star School Wellness Policy 2015

Goal Area	Goal	Objective	Notes
Vending	Offer healthy food choices in vending.		
		Bring in a vending machine with healthy snacks.	Done
Concessions	Offer a wide range of foods, including multiple healthy options.		
		Concessions will offer at least 2 lower sugar beverage options such as, but not limited to, water, unsweetened ice tea, vitamin water, Sobe and lemonade (Minute Maid.)	
		Concessions will offer a fruit choice, and healthy snack options such as, but not limited to, string cheese, nuts, fruit snacks, jerky, crackers, hard pretzels, large pickles, fresh vegetables and low fat ranch and caramel dip.	
		Concessions will offer a healthy meal option in addition to the regular menu items such as, but not limited to, soups, wraps, sandwiches, and lower in fat hamburger.	
Lunch Program	Offer best possible lunch program for all students.		
		Continue to meet state and federal guidelines.	
		Continue to offer multiple choices at the high school each day. (Offer entrée, leftover entrée, soup, salad bar, and multiple fruit and vegetable options.)	
		Increase fruit choices at the elementary to include three canned options and one fresh every day.	
		Offer an expanded salad bar at the elementary. (Try out some new items occasionally.)	
	Offer separate menus at the HS/JH and elementary.		
		Plan each monthly menu separately in order to provide options that are more suitable to each group.	
		To ensure that there is variety and expanding horizons in the elementary menu, require elementary to have a unique fruit or vegetable every two weeks, and also to try a unique meal once per month.	

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Breakfast Program	Offer the best possible breakfast program to all students.		
		Try to offer healthier options, and not offer Rice Crispie Treats, Goldfish, and other low-nutrition snacks on any regular basis.	
		Ensure that there is always 1 hot breakfast option in each school.	
		Have at least 3 canned fruit options and 1 fresh fruit option available in the elementary breakfast.	
	Bring back fresh fruit program at the elementary.		
		Develop a schedule (1 time/ 2 weeks?) that is attainable, and provide funding via program or general fund budget. Could be incorporated into History or Math as a co-curricular activity.	Not going to happen this year due to lack or perssonel to do it.
Physical Fitness	Create a community fitness center in Gildford and Rudyard.		
		Seal off main school so that those wishing to use the center may access that but not the rest of the school.	Concerns include liability issues for school, monitoring (video system?), insurace.
		Remove / move some weight equipment in order to accommodate other workout machines.	
		Purchase two elipticals and a treadmill or other fitness machine for each workout center.	Funding attained via community or school sources, maybe grants?
		Provide a music player in each facility for entertainment purposes.	
	Offer adult fitness groups.		

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		Create school and community groups for fitness on evenings during the school week. Advertise that the school will be hosting a pickleball evening, etc... around town and in the newsletter.	Example would include pickleball currently on Tuesday, basketball on Sunday, walkers during school day.
	Encourage more physical activity during classes.		
		Encourage teachers to plan for stretching and movement in their class in order to allow students time to be more active and help them reengage in learning.	
	Offer more activity classes in high school if possible.		
		Offer at least one class such as weight lifting or advanced PE.	Being offered this year.
Healthy Habits	Create healthy habits and life-long activities for our staff and students.		
		Look into offering a program such as NorthWestern Energy's Health Fitness program.	Do a school-wide challenge between staff, or staff and students.
		Encourage teachers at the elementary to get students moving at recess time. They can all walk a lap together, or do another activity that gets everyone involved in an activity that can be a life-long healthy habit.	
		Incorporate activities into our PE classes that can be life-long healthy habits, such as walking, golf, tennis, or other sports that can be played long after students leave school.	
		Encourage teachers to participate in healthy habits activities with students throughout the year, such as walking, working out, and active games.	

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		Have students and teachers walk together during lunch or recess periods.	Elementary will have all students complete one or two laps at the start of each recess this year.
		Possibly add Mr. Simonson's Health Class Healthy Tidbit of the month to the newsletter.	