

STUDENT WELLNESS ANNUAL REPORT

Directions : Program Administrator is to complete in consultation with Wellness Committee and submit to Division Director by May 30 each year.

NUTRITION EDUCATION				
ITEM	YES	NO	N/A	COMMENTS
Student health has been integrated into school subjects without displacing academic standards based on nutrition education.	X			Sunrise has certified health and physical education teachers, home economic teachers and school nurses that assist the teachers with integrating nutritional education into the school subjects. Teachers continue to use wellness sites including gonoodle.com, USDA student wellness, Jump with Jill, and My Plate. Health and nutrition is integrated into our recess, physical education classes and home economics classes. The Wellness committee provided the following: Moving Mondays, Bunny Hop, Turkey Trot, and Reindeer Run and other healthy activities. The sunrise garden committee and home economic classes provided exposure to the source of healthy foods through outdoor garden activities, planting, tending and harvesting. The food service, and home economics instructors routinely teach other educational skills along side nutrition education. Our teachers will often use a nutrition lesson as a platform to teach another skill, such as our SLP's use of the "news to you" program that uses a cooking class to promote language acquisition.
Nutrition education is obtained through encouragement and support of healthy eating by the student. This enhances readiness for learning and increases student achievement.	X			Only healthy snacks were permitted in classrooms. Students participated in preparing and sampling healthy food during home economics classes and explored growing vegetables throughout the year with the garden committee.
All students are provided with the knowledge and skills needed to lead healthy lives.	X			Instruction follows state standards. Students participated in fitness activities and classes throughout the school year. Teachers explored ways to include physical activity into academics throughout the week. Teachers also explored relaxation and stress management as well as nutrition lessons and promoting eating of fruits and vegetables were also included. The health and physical education teachers and instructed proper hygiene habits through the healthy relationships curriculum. Health classes provided hygiene instruction topics for student learning of: washing, showering and bathing, washing hair, dental care, toileting, house hold organization and privacy. Holiday celebrations incorporated physical activity as a way to celebrate some holiday fun by having a Turkey Trot in November, Bunny Hop in April, and Moving Mondays throughout the year. Students celebrated by trotting, hopping, and moving around outside the school to seasonal music. Holiday dances was also sponsored by student activities as a way to celebrate with physical movement.
Nutritional education is behavior focused and provided in accordance with state regulations and standards.	X			Healthy snack foods were encouraged at all times through the cafeteria program. The cafeteria offered a healthy classroom party menu for special occasions. Classroom snacks follow the healthy snack standards.
ITEM	YES	NO	N/A	COMMENTS
Nutritional and physical education is provided for a balanced lifestyle.	X			Following the state standards, nutrition education is provided by classroom teachers during health classes. Fitness classes were provided in the schedule. Life-long activities are taught and encouraged to take place outside of PE class. Introduced ways to celebrate with physical activity, through a Turkey Trot, The Bunny Hop and Moving Mondays
Nutritional education is extended to engage and involve families and communities.	X			Healthy foods were encouraged to be sent in for classroom snacks and student lunches. All parents were given a menu of healthy items to order from the cafeteria for special occasions. Wellness activities were outlined in the school newspaper.

<p>Nutritional messages are encouraged to be disseminated through multiple venues.</p>	<p>X</p>		<p>This was done during physical education classes, home economic classes and wellness activities, and posters displayed by cafeteria staff to promote healthy eating. We provided healthy snack information in our parent packets with a classroom party menu with only healthy items. Nutritional information was available in the cafeteria with the focus on the serving line. The students watched videos, read text, and were provided visuals. Teachers explored with students internet and technology sources such as gonoodle.com, and jumpwithjill.com.</p>
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PHYSICAL ACTIVITY				
ITEM	YES	NO	N/A	COMMENTS
Provide opportunities for developmentally appropriate and inclusive physical activity for all students.	X			Throughout the school day physical activity is encouraged for all classes. We have tricycles (multiple sizes) and walkers that are used. Physical education classes routinely scheduled in the use of the Wiis through the "Wii fit to all classes". Physical education classes are adapted to meet developmental and physical needs. We have a playground that is available at recess time, during class time brain breaks and during physical education. Teacher also use active academics and deskercise activities to promote activity breaks and movement during classroom instruction. Holiday Turkey Trot, Bunny Hop and Moving Mondays included all students of all ability, Staff support was provided were needed.
Students participate in a variety of age-appropriate activity to achieve optimal health, wellness, fitness, and performance.	X			Adaptive physical education students experience movement that consists of: crawling, walking, running, galloping, jumping, sliding, skipping, hopping, waving, dodging, riding a tricycle, pushing a scooter, wheelchair (self –wheeling) pushing, pulling, hanging, rolling, climbing, static balance, dynamic balance, and ball skills (catching, throwing, dribbling, kicking, and shooting) dance (rhythmical movements, locomotor movements, and rhythmic patterns). Secondary students work on wellness through fitness, sports and improving performance. All school activities are designed with wellness considerations.
Student use of physical activity facilities outside of school hours is encouraged.	X			It is encouraged, but not all students have access to physical activity facilities. Information sent to the school from outside agencies is distributed to families. Summer opportunities are also sent home to all families.

PHYSICAL EDUCATION				
ITEM	YES	NO	N/A	COMMENTS
The Certified Physical Education Teacher integrates developmental skills and knowledge in the curriculum for lifelong health-enhancing physical activity.	X			Adapted physical education is a developmentally appropriate program designed to enhance the well being of the individual in accordance with his or her capabilities to attain his or her maximum level of physical performance. The program emphasizes fundamental skill development so students have the ability to participate and enjoy sport/leisure time activities that promote health enhancing benefits.
All students learn, practice, and are assessed on developmentally-appropriate skills and knowledge necessary for lifelong health-enhancing physical activity.	X			All Sunrise students are enrolled in a physical education class where they receive appropriate instruction and are assessed on their skill level, taking into consideration their special needs. We promote life long physical activity habits with use of the playground, and Wii fitness equipment and classroom desk stationary bikes. Wellness and student activities sponsor school wide events this year to promote movement and physical activity.
Safe and adequate equipment, facilities, and resources are provided for physical education courses.	X			All equipment, facilities, and resources that are provided for physical education courses are routinely inspected by our Sunrise physical education teacher, as well as AIU physical therapists and head custodian to ensure that the equipment is safe and adequate. Our playground was designed with consideration of the special needs of our students.
A sequential physical education program consistent with the State Board of Education curriculum regulations and Health, Safety, and Physical Education academic standards is implemented.	X			A sequential program based on state mandated academic standards provides adapted physical education students with opportunities to develop motor skills and cognitive strategies necessary for implementing personal physical conditioning through motor movement, motor skills, team sports, and physical fitness.
Foods available during the school day are offered to students with consideration for promoting student health and reducing childhood obesity.	X			In the cafeteria, low fat ingredients, fat-lowering prep methods, all white meat chicken, lite to no margarine use, emphasis on fruits and vegetables is implemented. Peanut butter is no longer offered due to allergies and Wow soy butter is substituted. Sunrise received a healthy snack grant to provide the elementary students with fruits and vegetables for snack 3x per week.
Compliance with nutritional guidelines for competitive foods.	X			Nutrition Inc. followed all guidelines

NUTRITIONAL GUIDELINES AND SCHOOL-BASED ACTIVITIES

ITEM	YES	NO	N/A	COMMENTS
The checklist is used to signify compliance within Nutritional Standards for competitive foods.				
A la Carte Foods	X			Cafeteria--all low fat, low sugar, single serving size--all smart snack standards in place as required by HHFKA
A la Carte Beverages	X			Cafeteria--all low fat and skim milk/water account for 75% of beverages offered -- All smart snack standards in place as required by HHFKA Juice is 100% real fruit juice
Vending Foods			X	No vending machines available to students
Vending Beverages			X	No vending machines available to students
Fundraisers (available during the school day)			X	NA
School Store Foods	X			All food items purchased for the Sunrise store are healthy snacks and meet guidelines
School Store Beverages	X			All food items purchased for the Sunrise store are healthy snacks and meet healthy snacks guidelines
Faculty Lounges	X			The vending machines in faculty lounge continue to have healthy snacks available to staff when they are back up and running.
Cafeteria/Meal Environment	X			Cafeteria uses low fat ingredients, fat-lowering prep methods, all white meat chicken, lite to no margarine use, and emphasis on fruits and vegetables. Peanut butter is no longer offered due to allergies and wow soy butter is substituted. Gluten free items have been added for students. Cafeteria is inviting to students to promote healthy eating behavior. Signs promote or encourage students to take a well balanced meal. Fresh fruits and vegetables are always positioned at the beginning of the serving line.
Staff Development	X			Staff Wellness committee provides activities and information to all during the school year. Staff lounge bulletin board provides wellness resources and information. This year they sponsored a health recipe sharing. The committee meets once a month. All staff in the cafeteria receive continuing educational training that is required by HHFKA Professional Development Guidelines. The Wellness Committee sponsored The Run/Walk for Your Heart to encourage healthy life choices and to lead students by example. A Wellness Site was created on the staff portal which promoted up to date information on healthy living, healthy recipes, healthy technology, health products and positive quotes to motivate staff.

Nutrition Content and Menus	X			Cafeteria provides balanced meals with strict servings from 5 food groups. All menus are entered into Primero Edge menu analysis program to ensure all requirements are met.
Rewards/Classroom Parties/Holiday Celebrations	x			Healthy snack list suggestions have been provided to all of the staff in the form of emails and hand-outs. Food for classroom celebrations and school wide events were limited to only healthy snacks. Nutrition Inc. provided a menu of healthy items they would prepare for teachers and parents upon request.

Program/School: Sunrise School

Report Submitted by: David Campos

Date: 6/20/23