

Wellness Plan Update Executive Summary

School District of Rib Lake - 6-18-24

Introduction

Nutrition and physical activity are known to influence a child's development, potential for learning, overall sense of well-being, and risk of illness through adulthood. Students who practice good nutrition and engage in daily physical activity attend school with bodies and minds ready to take advantage of the learning environment. The School District of Rib Lake, therefore, encourages all members of the community to help create and support a school environment that emphasizes healthy, life-long habits of good nutrition and physical activity.

The Rib Lake School Wellness Plan identifies goals to achieve these outcomes. The Triennial Assessment of our Plan was completed June 12th, 2024. Here is the update of our current goals and outcomes at this time.

School District of Rib Lake

The School District of Rib Lake shall maintain, implement, and inform the school community and general public about a local school wellness policy that meets the requirements of federal law. The local school wellness policy required by federal law is a written plan (Wellness Plan) that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available to students on the school campus during the school day are consistent with applicable minimum nutritional guidelines and standards.

Progress Update

The Wellness Committee continues to meet and review our policy annually to stay compliant. The District has made progress in the implementation of physical activity and physical education goals. All students are instructed on the importance of physical activity, along with knowledge and skills for specific physical activities.

All students received health education instruction that includes nutrition education. We promoted and offered a variety of fresh fruits and vegetables.

We have been able to make progress in the Other School-Based Activities areas, for students and staff.

Staff Wellness Challenges -- Our Wellness Team offers Wellness Challenges to our staff members and we opted to have three monthly wellness challenges in January, February, & March during the last 3 school years. Staff were very responsive and greatly appreciative of the wellness focus. Those who met the set goals were entered into a drawing for prizes. During the challenges the prizes we offered were gift cards from local businesses, which helped support our community as well as reward our staff. Our wellness challenge participation rates are listed below:

DATE	STAFF PARTICIPATION
January 2022	25
February 2022	27
March 2022	37
January 2023	35
February 2023	28
March 2023	24
January 2024	39
February 2024	35
March 2024	31

The District devoted Community Programs Funds (Fund 80) to promote physical activity and overall wellness and community education with parents, children and other members of the Rib Lake and surrounding communities. The **Rib Lake Community Program (RLCP)** was developed for these services. Community support and participation was very positive. Promotion was done through direct mailings, emails, Facebook, and word of mouth.

Date	Activities offered	Participants
2021-2022	Due to Covid restrictions, still was unable to offer any classes	N/A
2022-2023	Indoor Walking, Cake Decorating (3 classes), Ceramics (8 classes), Community Chess (6 nights), Pinochle Club (4 nights), Pickleball (6 nights), Basics of Crocheting (4 classes)	93

2023-2024	The Basics of Canning (2 classes), Memory Totes for Children (1 class), The Art of Charcuterie Boards (1 class), Holiday Cake Decorating Class (1 class), Women's Volleyball League (9 nights), Pickleball (8 nights), Introduction to the Cricut (1 class), Valentine Cupcake Decorating Class (1 class), Introduction to CAD using SKETCHUP (4 classes), Indoor Walking	150
-----------	---	-----

Fitness Center -- The District provides access to the school's Fitness Center for all community members at a nominal charge and free for all staff and students to assist in the promotion of fitness skills that will assist them in achieving a healthy lifestyle. The Fitness Center has contemporary equipment, cardio/nautilus and free weights, knowledgeable staff, easy access, and flexible hours. **99 community members** were given fobs to use the Fitness Center outside of school hours. **Students** use the Center during school as part of their physical education training and/or sports training. An estimated 15 staff use the Fitness Center regularly. We will continue to promote this valuable service to our school and community.

Conclusion

Despite the previous challenges of the COVID-19 pandemic, we have been able to make progress on our Wellness Plan goals. The Wellness Steering Committee will review the Triennial Assessment results in the fall of 2024 to determine other revisions and modifications that may be necessary as we move forward.