

Creighton Community Schools
2022-2023 Wellness Committee Meeting
April 21st, 2023
1:00 pm at High School Office

Group was composed of administration, business manager, kitchen manager, physical education teacher, and students

Policy - [Link](#)

1. Nutrition and Meals - Goal 1 - Include a wider variety of nutritious foods preferred by students.
 - a. Policy - "Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff, and community advisory groups whenever possible."
 - b. What are your favorite meals?
 - c. What meals or salad bar options would you like to see considered?
 - d. Other input from students and staff

2. Physical Education - Goal 2 - Include a wider variety of physical activities during PE classes that are preferred activities.
 - a. Policy - "Physical Education Program: The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students."
 - b. Input from students and staff

3. Health Education
 - a. Policy - "Students shall be taught communication, goal setting, and decision making skills that enhance personal, family, and community health. Students shall have to opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs."
 - b. Input from students and staff

4. Sleep

- a. Policy - “Students will learn about the importance of getting the required amount of sleep or rest.”
- b. Input from students and staff

5. Discuss Mental Health Plan and Goals - Goal 3

- a. [Blue print](#)