

Sargent Public Schools Patrons,

Our district works tirelessly to support the needs of the whole student, to ensure that all students are safe, supported, engaged and challenged each day at our school. Research show that improving aspects of student's wellbeing in schools- such as supporting mental health, encouraging physical activity and providing nutritious meals also helps improve academic success of students. As part of the USDA requirements, Sargent Public Schools Wellness Committee has assessed our wellness policy and evaluated State recommendations. We have links to our School Wellness Policy Assessment Survey Results, our Wellness Progress Results and the current School Wellness Policy. We also are working on evaluating our current policy to see what changes need to be made to adapt the latest guidelines.

The committee formed new goals at our July 5<sup>th</sup> meeting and will add the following to continue to improve student's overall wellbeing in Sargent Public Schools:

**Wellness Committee Goals**

1. To include a monthly menu to be shared with the public of breakfast and lunch options starting September 1, 2023.
2. Staff education on federal and state lunch regulations as well as best practices for creating a positive eating environment yearly.
3. Implement a student led menu four times a year by the 2023-2024 school year.
4. Experiment with the implementation of an open seating plan for elementary school lunch during the 2023-2024 school year.
5. Implement before lunch recess for the 2024-2025 school year.
6. To ensure that physical activity is not withheld as punishment starting during the 2023-2024 school year. Implementing a walking program for discipline issues in its place.
7. To publish wellness policy on school website for public access.

For questions or concerns, please contact a member of the school wellness committee.

Kristin Slagle, Laura Kipp, Levi Likens, Abby Taylor, Rod Richardson, Holli Tobias, Marty Riddle, Makenna Brunken, and Debbie Gumb