

Woods Services Wellness Goals

Nutrition Education

<u>Goal</u>	
New nutrition messages will be promoted bimonthly by live streaming on Woods.net.	Met
Woods Services shall provide appropriate training to all staff on the components of the Student Wellness Policy.	Not met

Physical Activity

<u>Goal</u>	
Physical activity breaks shall be provided for elementary students during classroom hours.	Met
At least four (4) times per week, all students will participate in a physically active recreational activity such as exercise, playground activity, etc...	Met
After-school programs shall provide developmentally appropriate physical activity for participating students.	N/A ¹
After school recreational activities appropriate to the client's developmental and physical capabilities will be provided including healthier eating options and healthier eating activities.	Met
At least one school wide physical activity will be implemented each year.	Met

Notes:

¹After school programs are not offered at this time

Physical Education

<u>Goal</u>	
A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program as appropriate for students with developmental disabilities and special needs	Met
Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity as consistent with their level of disability.	Met
Collaborate for Quarterly Activities.	Met

Increase activities to include creative activities for more challenge.	Met
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Other School Based Activities

<u>Goal</u>	
Nutrition content of school meals shall be available to students and parents/guardians as requested.	Met
Students may be involved in menu selections through various means.	Met
Staff and students will be surveyed biannually on ideas/suggestions for improving school meals.	Met
Taste tests will be conducted for new menu items for new healthy alternatives that staff and students like.	Met
The Farm to Table concept will be researched for some of the schools.	Not met ²
A Salad Bar for some of the schools will be researched.	Not met ³
National Nutrition Month will be pursued beginning with one week and working up to one month and will involve the students in various nutritional activities (posters, games).	Met
Involve the community to conduct nutrition activities such as health fairs, nutrition presentations and to participate in the Wellness Meetings.	Not met
Use Alliances For A Healthier Generation and Team Nutrition USA for Wellness Policy reviews and upgrades.	Met

Notes:

² Not met due to pandemic restrictions

³ Goal has been discontinued due to health/ safety needs of students served. Prepared salad is now a daily option at school.

Nutrition Guidelines:

<u>Goal</u>	
-Meet the Target Sodium Guidelines as mandated.	Met
-Make the menu visible to the general public using PrimeroEdge technology.	Met