

Blaine School District No 503

School Wellness Goals - USDA Nutrition Program



Goals related to wellness, physical fitness, and nutrition listed below were adopted by each school building. All goals will be assessed on a three year basis along with district compliance with its wellness policy and alignment to model wellness policies.

Revised March 16, 2018

Blaine Primary School

1. Educate staff on healthy ways to celebrate and reward students.
Brainstorm alternatives to sugar and junk food in class parties and incentives.
2. Provide annual opportunity for staff to discuss what has been working well in their classroom to promote healthy food choices or alternatives to sweets.
3. Install a water bottle filling station
4. Increase recess time or quantity
5. Provide a before or after school physical activity program

Blaine Elementary School

1. Educate staff on healthy ways to celebrate and reward students.
Brainstorm alternatives to sugar and junk food in class parties and incentives.
2. Provide annual opportunity for staff to discuss what has been working well in their classroom to promote healthy food choices or alternatives to sweets.
3. Host an annual health promoting event
4. Install a water bottle filling station
5. Provide a before or after school physical activity program

6. Actively role model healthy habits to students. For example, display an apple or carrots on the teacher desk or mention exercise.
7. Hang posters or artwork encouraging exercise, water drinking, or smart food choices
8. Encourage PTO or ASB fundraisers that involve physical activity and healthy food options

Blaine Middle School

1. Install a water bottle filling station
2. Provide a before or after school physical activity program
3. Actively role model healthy habits to students. For example, display an apple or carrots on the teacher desk or mention exercise.
4. Hang posters or artwork encouraging exercise, water drinking, or smart food choices
5. Encourage PTO or ASB fundraisers that involve physical activity and healthy food options

Blaine High School

1. Place fruits and vegetable offerings right next to the cashier so they aren't missed
2. Meet annually with Food Service Director to review vending machine compliance with Smart Snacks
3. Install a water bottle filling station