

## ALTUS PUBLIC SCHOOLS First Semester Wellness Policy Review

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Altus Schools is truly “on the move” this first semester of SY 2015-16. We took to heart the focus areas for this school year on our prior Wellness Policy Assessment and have gained momentum to achieve the expectations of our local community stakeholders. The proactive efforts of our school and district Wellness Committees have met the mark on many fronts. We have increased physical activity for students and staff, expanded health curriculum in the classrooms, created an information link to parents and the community, collaborated with our many community partners through the Jackson County Community Health Action Team, brought excitement through healthy recipes in our Cafeteria’s and offered consistent nutritional messages for staff, students and parents across the district. We look forward to the next semester with even greater initiatives to share.



Will Rogers Child Nutrition Staff pose for a quick picture before lunch service.

Here are a few of our highlights from the first semester SY 2015-16:



Washington Pre-K students tour the school kitchen during National School Lunch Program Week.

Our district has implemented the Coordinated Approach to Child Health Model bringing nutrition and physical activity education curriculum to every Elementary classroom. We actively collaborated with the OK State University to sponsor the “Farm to You” Program with exhibit tour and lessons for every 4th & 5th grader. We moved into our 5th year to work in concert with the OK State Department of Health and the local Health Department to conduct a Body Mass Index assessment with 3rd-5th grade students, continuing our quest to reduce childhood obesity in Jackson County.

We have put forth efforts to reach out to students, staff and parents. Altus Intermediate School heightened physical activity for students and staff in the “Crab Walk Competition.” Washington Elementary offered a fun and healthy potato bar for students and staff, as well as a “make your own heart healthy pizza.” Sunset Elementary Parent Teacher Organization host an awesome social media page posting their child’s “Movin’ It” photo’s. Roosevelt Elementary promoted a monthly “Outstanding Fitness Award for Students” along with tasty lunch USDA recipes. Will Rogers Elementary conducted a “school wide” pasta salad taste test with positive results and welcomed parents to a special breakfast with their child, resulting in high attendance. Rivers Elementary conducted popular kitchen tours and whole grain taste tests with students. Altus Junior High offered weekly salad and taco bars that has received rave reviews from both students and staff. Altus High School keeps our students and staff active with 5K runs and amazing athletic programs.

We are excited about the future and will continue to seek out initiatives to involve and educate parents, staff and students throughout the second semester this year. We would welcome further community and parents involvement as well as new ideas for our students wellness efforts at each school. Please call Sabina Garrett, Child Nutrition Director, at 580-481-3092 with ideas for the future.

Amanda Davis is the Public Relations Director for Altus Public Schools.