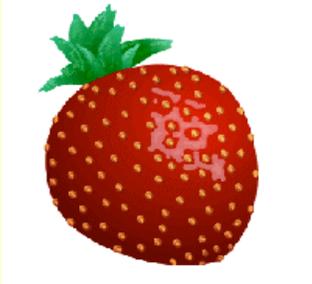


Wellness Policy

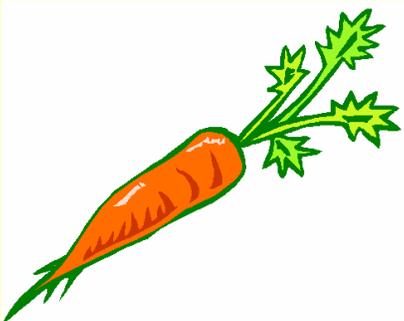
Toutle Lake School District #130, 5050 Spirit Lake Hwy, Toutle, WA

WE'RE GETTING HEALTHIER!

It's a fact – healthier students are better learners. That's why our school is launching a school-wide wellness initiative to make Toutle Lake School a healthier environment for everyone. We're part of a movement across Washington and the nation to make our schools healthier places to learn and work.



Our Wellness Policy Team is in charge of implementing our school's wellness policy. The wellness policy addresses school meal programs, nutrition education, physical activity and foods available during the school day. We are providing more nutritious yet tasty food options so that students can choose healthier foods for their meals and snacks. We are also increasing opportunities for physical activity.

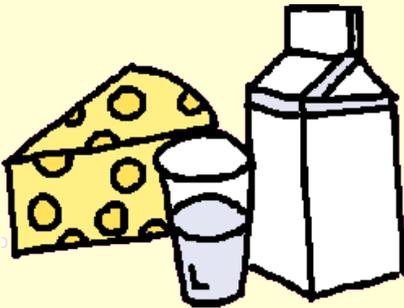


Some of the wellness policies currently in place include:

- Passing the semi annual Health Department Food Inspection Reports.
- Certification in the new meal patterns—*see explanation below
- Participation in the First Annual Jog-A-Thon in the Elementary
- Purchasing electronic pedometers to be used in the secondary PE/Health classes measuring walking/running distances and calculate calories consumed.
- Posting the Nutrition and Physical Activity Wellness Policy on the school website – www.toutlesd.k12.wa.us

Some new policies the Wellness Policy Team will be working on this school year include:

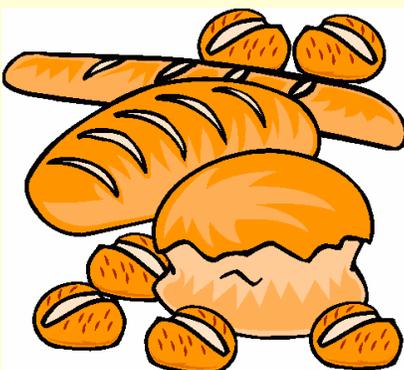
- Participation in the Elementary for Lil Squatches Fun Run & annual Jog-A-Thon
- Elementary “Nutrition Nuggets” sent out in the Friday folders
- Secondary “Teen Food & Fitness” sent throughout the school year with Progress/Report cards.
- Updating the Student & Staff handbooks to include the information on the Wellness Policy.



Future ideas include:

- Participation in the Junior Chef Club I & II
- School Garden

Watch the school newsletter and website for regular updates from the Wellness Policy Team. Creating a healthier school environment is a team effort to include staff, students and parents.



* *Toutle Lake School District is in compliance with the meal pattern requirements in effect for School-Year 2013-2014.*

- *The minimum required food quantities for all meal components are available to students in every serving line.*
- *All labels and/or manufacturers specifications for food products and ingredients used to prepare school meals indicate zero grams of trans fat per serving.*
- *All Pre-K meals are compliant with the current meal patterns for the age/grade group being served, as applicable.*