



SOUTHWEST PUBLIC SCHOOLS

"Home of the Roughriders"

Southwest Public School Board Members and Community Members,

At Southwest Public School District, we are firmly committed to prioritizing the health and wellness needs of our students and staff above all else. Our exceptional teachers and staff not only educate and challenge our students to reach their full potential but also promote a culture of continuous growth and achievement. We are dedicated to creating an environment where every student feels secure, supported, and appreciated within our school community.

As per our current school wellness policy 5052, the school district is dedicated to fostering a school environment that promotes and supports the cultivation of lifelong wellness. The goals outlined in this policy were carefully determined and selected following a thorough review and consideration of evidence-based strategies. Our wellness team believes that a focus on healthful nutrition and daily physical activity sets students up for success by providing them with the energy needed to navigate their day effectively. Additionally, these practices help students remain focused and attentive during their academic classes, enhancing their overall learning experience.

We have reviewed our wellness policy as part of the USDA Local Wellness Triennial Assessment requirements. Below are the results of that assessment.

Post results of the wellness policy assessment.

Step #1 – Post results of well policy assessment.

The areas of strength for SWPS include, but are not limited to, nutritious school meals, encouragement and promotion of physical activity, and a staff wellness program.

1. Our school excels in promoting wellness through our school lunch program, which offers a diverse range of nutritious meals for our students. Both school buildings provide students with daily access to a fresh fruit and salad bar during lunchtime. Moreover, we are committed to ensuring that all elementary students in grades PK-5 have ample access to fresh fruits and vegetables. The consistent availability of nutritious lunches is an enormous advantage that benefits both our school and our students.
2. The high school and elementary school offer a wide array of classes and courses that emphasize physical activity. At the elementary school level, our students engage in daily physical education classes. Junior high students participate in a week-long program focused on health education. High school students benefit from a diverse range of physical activities, such as physical education, weight training, and lifetime fitness programs.
3. Our final strength lies in the active participation of our staff in the Educators Health Alliance (EHA) wellness program. This initiative is dedicated to fostering health and wellness within our workplace. Through this program, our team receives informative emails containing nutrition tips, recipes, physical challenges to promote activity, and more. The commitment of our staff and teachers to prioritize the well-being of our students is unmistakable, as they consistently demonstrate a genuine dedication to nurturing and encouraging them on a daily basis.

Upon reviewing the district's wellness policy, we identified areas for improvement. Our focus includes ensuring all students can access PE or weights classes, increasing wellness committee membership, and promoting the fresh fruits and vegetables program on social media. We also aim to enhance the visibility of educational projects on our social media platforms. Our goal is to create a healthier environment by eliminating sugary drinks, providing equitable access to physical education, expanding committee membership, and boosting

awareness of healthy eating and educational initiatives through social media.

Step #2 Post results on progress made in meeting with your 3 district wellness policy goals both as a district and as a building/grade group – k-5, 6-12.

One of the nutrition education goals outlined in the School Wellness Policy is to ensure that water is readily available to students throughout the school day. This objective has been successfully achieved; students can now carry water bottles or Stanley flasks with them at all times. Additionally, water fountains equipped with filling stations have been strategically placed across the school premises. During lunchtime, a 5-gallon water cooler is provided for students to refill their cups. Teachers and staff actively encourage all students to stay hydrated by drinking water consistently throughout the day. Attached is picture of our drinking fountain and filling station.



The School Wellness Policy outlines our physical activity goal, which mandates that our school district's curricula incorporate instruction on physical activity and promote healthy living habits. This objective has been achieved through the implementation of various opportunities for student engagement in recreational physical education, weight training, and health education. Elementary students benefit from daily 25-minute physical education classes, supplemented by a range of health and wellness lessons and activities designed to educate them on the importance of physical activity and healthy habits. Our schedules are listed below.

Southwest Elementary Master Schedule 2023-2024

	8:00 8:15	8:15 8:45	8:45 9:15	9:15 9:45	9:45 10:15	10:15 10:40	10:40 11:00	11:00 11:30	11:30 11:40	11:40 12:05	12:05 12:30	12:35 12:45	12:45 1:15	1:15 1:45	1:45 2:15	2:15 2:45	2:45 3:15	3:15 3:40
Preschool -Lambing						Specials @ 10:15	Pre-K Lunch/Dismiss			Lunch Break								Title
Preschool -May								Lunch Break	Pre-k Lunch 11:30-12:00				Spec @ 100					

	8:00 8:15	8:15 8:45	8:45 9:00	9:00 9:15	9:15 9:30	9:30 9:45	9:45 10:00	10:00 10:15	10:15 10:30	10:30 10:45	10:45 11:00	11:00 11:15	11:15 11:30	11:30 11:45	11:45 12:10	12:10 12:35	12:35 12:45	12:45 1:00	1:00 1:15	1:15 1:30	1:30 1:45	1:45 2:00	2:00 2:15	2:15 2:30	2:30 2:45	2:45 3:15	3:15 3:40	
Kindergart enKeenpo rtz	Open ing & Brea kfast	WIN TIME	PE	SPEC										11:40 Lunch	Reces s									Thur-Library				
Kindergart enBilleter	Open ing & Brea kfast	WIN TIME	SPEC	PE										11:40 Lunch	Reces									Thur-Library				
1st- Overton	Open ing & Brea kfast	WIN TIME		SPEC	PE									11:45 Lunch	Reces									T-TH Counselor				
1st- Santana	Open ing & Brea kfast	WIN TIME			SPEC	PE								11:45 Lunch	Reces			T-TH Counselor										
2nd- Ruggles	Open ing & Brea kfast	WIN TIME	Wed-ART											11:50 Lunch	Reces						PE	SPEC						
3rd- Kennedy	Open ing & Brea kfast	WIN TIME	Mon-ART											Reces s	Lunch 12:05	12:35 12:50	PE 12:50-1:15				SPEC							
4th- Ramsay	Open ing & Brea kfast	CORE 1- 4TH MATH			WIN TIME	CORE 2 5th Math					Reces s	Lunch 12:10	Read aloud	M-W- 4th science T-Th- 5th Science		PE M-TH	SPEC M-TH	BAND M-W										
Ramsay Friday	Open ing & Brea kfast	BAND	ART	4th Math			CORE 2 5th Math							Science Every other Friday		Homeroom -handwriting/SH												
5th- Wilcox	Open ing & Brea kfast	CORE 1- 5TH ELA			WIN TIME	CORE 2 4th ELA					Reces s	Lunch 12:15	Read aloud	M-W- 5th Social Studies T-Th- 4th Social Studies		SPEC M-TH	PE M-TH	BAND T-TH										
The final Friday	Open ing & Brea kfast	CORE 1- 5TH ELA			WIN TIME	CORE 2 4th ELA					Reces s	Lunch 12:15	Read aloud	M-W- 5th Social Studies T-Th- 4th Social Studies		SPEC M-TH	PE M-TH	BAND T-TH										

The final goal set by our district was to ensure ample time for students to enjoy their school - provide

This objective was successfully achieved by granting all students a minimum of 30 minutes for lunch. The attached bell schedule above clearly illustrates the allocated time for students to have their lunch.

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2023-2024 SCHEDULE

Monday-Thursday	8:02-8:54	8:56-9:48	9:50-10:42	10:44-11:36	11:36-12:06	11:38-12:30 12:06-12:58	12:30-1:00	1:00-1:52	1:54-2:46	2:48-3:40
	1	2	3	4	LUNCH A	5	LUNCH B	6	7	8
Arnold, Tersen	SS8	WORLD GEO	WORLD GEO	WORLD HIST		WORLD HIST	LUNCH	PLAN	JH PE	JH PE
Rice, Kenzie	ELEM	ELEM	PLAN	ART 3		ART 1	LUNCH	JH ART	ART 4	ART 1
Barnett, Kim	INTRO TO STRENGTH	PLAN	STRENGTH	6TH GRADE PE		STRENGTH	LUNCH	HEALTH/PE	STRENGTH	INTRO TO STRENGTH
Brodd, Michael	REC PE	MATH 8	MATH 7	REC PE		PLAN	LUNCH	INTEGRATED MATH	JH PE	JH PE
Chesterman, Caleb	SPEECH	LIT 6	LIT 6	ENG 8	LUNCH	LIT 8		SPEECH	ENG 9	PLAN
Harris, Kristen	PERSONAL FINANCE	JOURNALISM	PLAN	PERSONAL FINANCE	LUNCH	TECH 6		TECH 6	PERSONAL FINANCE	JOURNALISM
Harris, Lynn	SPANISH 1	COLLEGE ENGLISH	ENG 12	SPANISH 3		DRAMA	LUNCH	PLAN	SPANISH 2	SPANISH 1
Helberg, Jay	PHYSICS	GENERAL SCIENCE	SCIENCE 8	PHYSICAL SCIENCE		CHEMISTRY	LUNCH	PLAN	JH PE	JH PE
Hengen, Dennis	WOODS	PLAN	WOODS	ELECTRICAL WIRING	LUNCH	WOODS		WOODS	WOODS	WOODS
Jonte, Chelsea	BIOLOGY	BIOLOGY	ANATOMY	PLAN	LUNCH	SCIENCE 7		ANATOMY	SCIENCE 6	SCIENCE 6
Lashley, Emily	APPLIED ALG	ALGEBRA 2	PLAN	TRIG/PRE CALC	LUNCH	CONSUMER MATH		CONSUMER MATH	JH PE	JH PE
Loker, Logan	ALGEBRA 1	APPLIED GEO	APPLIED ALG	PLAN		ALGEBRA 1	LUNCH	GEOMETRY	MATH 6	MATH 6
Rice, Peggy	AMER GOVT	AMER GOVT	AMER GOVT	SS7	LUNCH	CIVICS 8		PLAN	AMERICAN HIST	AMERICAN HIST
Robinson, Jenna	PLAN	STUDY SKILLS	ENGLISH 12	STUDY SKILLS	LUNCH	STUDY SKILLS		CONSUMER MATH	STUDY SKILLS	JH PE
Roggenkamp, D	MUSIC 6	WEBSITE	VOCAL	PLAN		DRAMA	LUNCH	JH BAND	7-8 Vocal	BAND
Roggenkamp, Les	ANIMAL SCIENCE	INTO TO AG	PLANT SCIENCE	INTO TO METALS		METAL FAB	LUNCH	AG BUSINESS	PLAN	AD
Slaten, Mackenzie	ENG 7	LIT 7	ENG 10	ENG 10		ENG 10	LUNCH	ENG 11	ENG 11	PLAN
Thayer, Chelsie	HUMAN DEV	PLAN	HUMAN DEV	FOODS		FOODS	LUNCH	HEALTH/PE	7-8 FCS	INTRO TO HEALTH
Wilson, Stacy	ART 6	ENG 6	ENG 6	PLAN	LUNCH	SS6		SS6	JH PE	JH PE
Friday	8:02-8:46	8:48-9:32	9:34-10:18	10:20-11:04	11:04-11:34	11:06-11:50 11:36-12:22	11:52-12:22	12:24-1:08	1:10-1:54	1:56-2:40
10:00 Late Start	10:00-10:35	10:38-11:12	11:15-11:50	11:53-12:28	12:28-1:05	1:08-1:43		1:46-2:21	2:24-3:00	3:03-3:40
2:00 Dismissal	8:02-8:40	8:43-9:21	9:24-10:02	10:05-10:43		10:46-11:24	11:24-12:00	12:03-12:41	12:44-1:16	1:19-2:00

To enhance our school wellness policy, we aim to establish a 5-year cycle for the Continuous Improvement Process (CIP) team, incorporating a health and wellness committee catering to both students and staff. Staff members will be invited to volunteer for committee participation. The committee will schedule regular meetings throughout the year and diligently document the initiatives undertaken to achieve our objectives. This dedicated wellness team will consistently evaluate the policy, providing regular assessment updates to the Southwest Public School Board of Education.

The school and the public will be made aware of these updates by posting on our school website, presenting at regular scheduled school board meetings, posting on our social media sites, and placing in the local newspaper.

Respectfully,

School Wellness Committee