

The intention of this report is to delineate, for the school board, the ways in which the Wellness Policy #732 of Kato Public Charter School was implemented during the 2017-2018 school year. The following statements will be noted with the policy section numbers they address.

**GUIDELINES**

- III. A. 1. - Kato Public Charter School limits access to the “Application for Educational Benefits” qualifications to three individuals on staff: Lisa Donth, Food Service Coordinator, Kristen Flowers, Primary Food Service Monitor and the school’s Director.

Daily lunch rosters are marked by Kristen Flowers with qualifying levels for each student served following the lunch service and turned into Lisa Donth for review and claims filing.

The “Application for Education Benefits” roster and original applications are kept in a locked filing cabinet to which only Lisa Donth and the school’s Director have access.

A spreadsheet with cumulative lunch account balances, deposits, and lunch purchases uses coding to report free, reduced, and full-pay qualifications for verification and monthly claims. This spreadsheet is maintained by Kristen Flowers; audited and used for claiming by Lisa Donth.

- III. A. 2. - Hand sanitizer is provided for the student’s use at the beginning of the serving line.
- III. A. 3. - Kato Public Charter School’s lunches are served in the Presentation Area and student lunch room at the school building. Students are allowed to collect and eat their lunches during any activity that takes place during the designated student lunch period.
- III. B. 1. - Kato Public Charter School currently contracts with Loyola Catholic Schools to provide Federally compliant lunches for its students.
- III. B. 2. - Monthly menus are created by Loyola Catholic Schools and reviewed/approved by Kato Public Charter School.
- III. C. 1. - Kato Public Charter School offered Exploratories, Friday Enrichments and Short Block classes that provide nutrition and health education throughout the school year:

First Aid and CPR	Learn safety, first aid and CPR. Taught by MSU Health Education students in the presentation area. All 9th grade students require d to sign up.	Exploratory
Health	various health topics taught by MSU students	Exploratory
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High School Health	Hlgh school students will use critical thinking process to discuss many aspects of sexuality. Taught by the MSU Health Education Students	Exploratory

Kato Public Charter School has included health curriculum in its Minnesota Course Catalog listings:

*Health Exploratories - #1701*  
*Health Education - #1707*

- III. C. 2. - Kato Public Charter School has chosen to remove all vending machines from the building and to focus fundraising efforts on non-food related sales to ensure compliance with the Federal nutritional guidelines for all food products sold to students.

- III. D. 1. - Kato Public Charter School has purchased and implemented the health and physical activity curriculum support material *Moving into the Future: National Standards for Physical Education.*
- III. D. 2. - Kato Public Charter School offered Exploratories, Friday Enrichments and Short Block classes that provided physical activity practice and education throughout the school year:

Advanced Physical Training	This will be a heavy participation physical training class where students will receive a letter grade. You will be monitoring your growth and progress every week. Be sure to wear appropriate clothing and footwear.	Short Block
Art walk Downtown	Art walk Scavenger Hunt downtown. Explore the sculptures and prizes for completing the entire scavenger hunt! Wear appropriate walking shoes. In case of inclement weather, it will be rescheduled.	Friday Enrichment
Ballroom Dance	Students will learn a variety of dance steps (waltz, cha-cha, cowboy 2-step). Dancing with a partner will be required	Exploratory
Bike Ride	Students are required to bring their own bicycle for this Friday Enrichment. We will be taking a bike ride to Sibley Park, then to Vetter Stone Park along the river bike path. Be sure you are wearing appropriate clothing for the weather and the activity.	Friday Enrichment
Garbage cleanup walk	Students will work in pairs to do beautification (clean up) along the walking path to Sibley Park, and at Sibley Park. (Pairs because one student will be holding a trash bag while their partner is picking up trash). The expectation is that all students actively participate in this activity, while also enjoying the beautiful weather and an afternoon walk.	Friday Enrichment
Heart and Sole	The Heart & Sole curriculum is rich with themes girls can relate to, addressing the whole girl - body, brain, heart, spirit and social connection - and building important life skills such as team building, developing a support system, boundary setting, decision making, asking for and providing help and more.	Exploratory
Modern/Ballet Dance	Move through space, time and use energy! Basics in ballet will be foundation to modern dance. Wear clean socks, non-binding clothing.	Exploratory
Physical Training	Students go through the ROTC warm up drills to work on physical fitness	Short Block
Physical Training I	Students will work on stretching and endurance in this outdoor version of Physical Training. Be sure to bring appropriate clothing and footwear.	Exploratory
Really Really Long Walk	Weather pending, students will go enjoy the [hopefully] beautiful spring weather and go for a walk on the Riverfront Trail	Friday Enrichment
Relaxation techniques	We will be going through many strategies like Guided Imagery, Yoga, Muscle relaxation, Meditation, and just simple reading.	Friday Enrichment
Rock Climbing (HS)	Students will be climbing at MSU's Rock Climbing Wall. Please remember to wear clothing that you can move around in easily. This will be geared towards HS. Priority is given to students who have not done the climbing enrichment before.	Friday Enrichment
Rock Climbing (MS)	Students will be climbing at MSU's Rock Climbing Wall. Please remember to wear clothing that you can move around in easily. This will be geared towards MS. Priority is given to students who have not done the climbing enrichment before.	Friday Enrichment
Spring Walks	Join me for welcoming spring walks. Please wear appropriate shoes.	Short Block
Stress relief techniques	Professional yoga instructor, Stephanie Wendland, will be here to teach you some mental and physical techniques to reduce stress in your life. Wear comfy clothes.	Friday Enrichment

Kato Public Charter School has included physical activity curriculum in its Minnesota Course Catalog listings:

*Physical Education Project - #1801*

*Hiking - #1803*

*Outdoor Skills - #1804*

- III. E. 1. - Kato Public Charter School presented the Exploratories, Friday Enrichments and Short Block classes for each block in emails and during conferences to allow parents the opportunity to encourage physical activity choices by students.

- III. E. 2-4 - Kato Public Charter School holds parent teacher conferences four times per year. During these conferences Advisor discussions include the importance of good nutrition and physical activity for the students and the impact these items have on their academic success.
- III. E. 5. - Kato Public Charter School distributes the monthly lunch menu through its newsletter.

#### **IMPLEMENTATION AND MONITORING**

- IV. B. - This document is the FY18 annual report to the School Board of Kato Public Charter School
- IV. C. - The Curriculum Committee of Kato Public Charter School ensured that Wellness related choices are presented each block as evidenced in the listings for III. C. 1. and III. D. 2 above.

#### **GOALS/PLANNING**

In the upcoming year it is the school's goal, as it relates to the school's wellness plan/policy, to:

- Incorporate Edmentum health and physical education curriculum into each student's schedule.
- Find ways to improve parent notification and participation
- Improve staff training materials
- Expand curriculum offerings using new curriculum resources purchased through Edmentum
- Research vending machine options that will comply with Federal nutritional standards for food sold in schools
- Find creative fund raising tools unrelated to foods of minimal nutritional value

Respectfully Submitted,

Lisa Donth  
Business Manager/School Nutrition Program Coordinator  
November 1, 2018