

Nawayee Center School's Wellness Policy 2011-2012 School Year

Nawayee Center School is a very small inner-city alternative school. Our population at any given time is 90 to 100% Native American students who live in poverty (currently 97% live in poverty). Since we are so small, with limited resources we do a great deal of partnering with other community agencies to meet the unique health needs of our population.

To continue to expand our healthy nutrition available to students on a daily basis:

- Fresh food from local markets when available
- Fresh food from our garden when available
- Monitor and make adjustments with our caterer, Lancer Dining when needed
- Responsible party - Lead Teacher

Timeline:

- Continuous, ongoing

Indicators:

- By an increase in students selecting healthier foods

Stakeholders:

- Students, staff, and families
- Lancer Dining
- Philadelphia Community Farms
- Native Harvest
- Dream of Wild Health
- Local markets
- Native American Community Clinic

Communication:

- Letters and mailings
- At Community Feasts
- Parent/community/school activities
- Face book and other internet preence

School Snacks:

- To see an increase in students choosing healthy snacks provided by the school

Activities:

- Continue to seek funding for healthy foods
- Continue to increase student awareness of healthy choices
- Responsible party - Health Coordinator

Timeline:

- Ongoing through summer school 2011

Indicators:

- Measured by students identifying and seeking out healthy snacks

Stake holders:

- United Way
- Department of Indian Work (DIW)

Communication:

- Grants
- Site visits
- Program collaborations

Guidelines for reimbursable school meals:

- Distribution of Application Packets for School Year 2010-11 Minneapolis School District
- Household letter about school meal benefits
- Instructions for completing the *Application for Educational Benefits* form.
- *Application for Educational Benefits* form.
- Minnesota health care programs as required by subdivision 6 of Minnesota Statutes section 256.962. [View Statute](#). The memorandum and flyer for *Minnesota Health Care Programs Notification* are available in English and Spanish on the Minnesota Department of Education (MDE) Website. [View School Nutrition Programs – Student Meal Applications](#).
- Directly Certified Students (Public Schools) No application needed
- Civil Rights Section on Application (school identification when necessary)
- “Meal Benefit Form” made available as needed for various languages
- Verify application is complete
- Letter of notification to families of eligibility status
- Fall application verification

Nutrition Guidelines for all food on campus:

- Replaced soda machines with fruit juice and water (years ago)
- Healthy snacks in vending machines
- Fresh Fruits and Vegetables available
- Healthy snacks as a part of both Men’s Health and Women’s Health
- Junk food is not allowed in classrooms

What would we like to see happen:

- Wider variety of fruits and vegetables provided from our caterer
- Less processed food from caterer

- Increased funding for healthy, locally produced and organically grown/raised food

Evaluation:

- Healthier choices by students
- Less illness
- Continued improvement in health screening outcomes

Involvement

- Ann Dauphinais, Parent – No phone or email checks in on a regular basis with us and has been involved for several years
- Other parents welcome
- All staff and students

Other school based activities, wellness goals:

- Garden
- Field trips
- Grow lab
- Dream of Wild Health
- Diabetes screening
- Division of Indian Work (DIW) diabetes prevention educators
- Students work with staff creating healthy feasts for community activities
- Field trips
- Physical Education classes

Would like more affordable access to gyms and other facilities

Indicators:

- Ownership, involvement, and willing participation

Stakeholders:

- Running Wolf Fitness Center
- Parents and family members

Nutrition education goals:

- DIW weekly diabetes education
- Nutrition Education imbedded in science, men and women's health and social studies
- Hands on cooking healthy food
- Native American Community Clinic (NACC) provides overall health screening four times per year

Continuation of collaboration efforts

Indicators:

- Healthy Choices evaluation four times yearly
- Staff observation
- Enthusiastic involvement in community garden and visits to local healthy food growers (farmers market)

Physical Activity:

- Fall and spring daily outdoor activities
- Wii Fit and Wii Sports
- Basketball practice daily during season
- Active field trips
- Exercise equipment – stationary bikes, fitness balls, jump ropes, etc.
- Traditional Native dance
- Belly Fit

Goal(s):

- We would like to acquire or have access to a consistent, local, physical space

Indicators:

- Improved health mental and physical
- Improved endurance

Goals:

- Students recognize the value of physical activity and willingly participation in activities
- Students will develop life long engagement in an activity or activities they enjoy
- Provide a variety of physical activities which incorporate traditional Native values and teachings

Action steps:

- Continue improving on current path
- More traditional dancing
- More traditional drumming
- Teach Lacrosse

Responsibility of all staff

Timeline:

- Ongoing

Measurement:

- Student engagement
- Student requests for more activities

Stake holders:

- DIW
- Students
- Staff
- Parents
- Community

Communication:

- Letters and mailings
- At Community Feasts
- Parent/community/school activities

Other school based activities:

Objectives:

- To provide students with a variety of learning experiences related to healthy eating and lifestyle
- Continue to engage community organizations in providing nutrition education and diabetes prevention
- Continue to engage and seek out new collaborations to provide physical space for P.E. classes

Joe Rice - Responsible party

Timeline: ongoing

Measurement:

Students sign up for memberships to RWFC

Increased activities and learning experiences

Stake holders for overall wellness plan:

All students
 All staff
 All parents
 Community
 NACC Clinic
 Outward Bound
 DIW /GMCC
 MIWRC
 Youth Link
 Center School Staff
 Philadelphia Farms
 YWCA

Dream of Wild Health
Native Harvest