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December 21, 2006

Merle W. Johnson
Assistant Professor of Health & Physical Education
Minnesota State University Moorhead
1104 7th Avenue South
Moorhead, Minnesota 56563

Dear Mr. Johnson:

This letter is in response to your request of collecting school wellness policies from all North Dakota schools.

Because I have obtained copies of the Wellness & Fitness Philosophy, Wellness & Fitness Program, Wellness & Fitness Rules, and Wellness and Fitness Requirements, I am forwarding the adopted policy along with the above mentioned items to you in paper form, as I do not have them on my computer.

I hope this does not cause any problems for your proposed project.

I look forward to reviewing other school policies for comparison to ours.

Sincerely,

A handwritten signature in cursive script that reads "Leona Koch".

Leona Koch, Office Manager
Authorized Representative of the Hot Lunch Program

HEALTHY SCHOOL NUTRITION ENVIRONMENT

The goal of Team Nutrition of Prairie Learning Center is to improve a child's lifelong eating and physical activity habits. For this we are implementing the following guidelines:

Nutrition Education has been implemented in the areas of health, reading, math, and science. Study of the new Food Pyramid and how much is necessary for a child's health and well being will be required.

Physical activities for students are already implemented during Physical Education classes, during the summer school months, 1 hour classes every day; during regular school session, 50 minutes every day. Outdoors are used when conditions are favorable, and use of the gym when inclement weather.

Nutrition Standards are already implemented in the school breakfast and school hot lunch program by use of USDA National School Lunch Program requirements and nutrient standards. In addition, PLC provides a nutritious evening meal as well. Three meals plus a daily snack are served 7 days a week, 365 days a year, for all students who are placed at our facility.

The pop machine is off limits until evening hours after the PLC evening meal is completed.

Attached are copies of our Wellness & Fitness Philosophy, Wellness & Fitness Program, Wellness & Fitness Rules, and Wellness & Fitness Requirements.

The Administrator, Dave Marion, and the Hot Lunch Authorized Representative, Leona Koch are responsible for enforcing the wellness policy.

Team Nutrition Members:

Sharon Leintz.....Head Cook
LaVonne Tweedy.....Board Member
Jamie Krenz.....Physical Education Instructor
Melissa Doll. *Theresa Mathai*.....Elementary Instructor
Neil Gabrielson.....Parent
Sandi Riehl.....High School Instructor
Susan Koch.....Office
Confidentiality does not allow name of student

POLICY ADOPTED: 07-25-06

WELLNESS & FITNESS PHILOSOPHY

- Allowing all residents to participate and succeed at their own level, regardless of physical or mental disabilities.
- Teaching residents how to enjoy using the skills and knowledge they learn in class and applying those skills and knowledge to their lives outside of this facility.
- The main goal of the Wellness & Fitness program is to provide residents with a wide variety of skills and knowledge to establish an alternate lifestyle when leaving the facility, also developing a mindset that resident's will want to maintain physical fitness throughout their lives.

WELLNESS & FITNESS PROGRAM INCLUDES:

- Weight training
- Cardiovascular training
- Stretching/Flexibility
- Games
 - Basketball
 - Flag football
 - Volleyball
 - Dodgeball
 - Whiffelball
 - Softball
 - Floor hockey
 - Races
 - Skiing
 - Snowshoeing
 - Kickball
 - Tug of War
 - Many other activities
- Physical Fitness Testing
 - Shoulder Test
 - Shuttle Run
 - Standing Broadjump
 - Situps
 - Pullups
 - Pushups
 - 400 yd run
 - Indoor/Outdoor Mile (*10 minutes or under is the standard goal in the mile*) (Exceptions or adjustments will be made on an individual basis)
- Aerobic exercises designed to improve cardiovascular fitness:
- Exercises designed to improve strength and flexibility:
- Sports, games and other activities that teach cooperation, sportsmanship, coordination and motor skills.
- Instruction on how physical activity can improve personal health and well-being.

WELLNESS & FITNESS RULES

- 1) Put away all equipment when finished - Treat equipment with respect.
- 2) Put away all clothes/keep locker room orderly/shower in a timely manner.
- 3) Report any horseplay, injuries or incidents to Rec Dept. staff.
- 4) Ask permission to leave the gym.
- 5) Be courteous and respectful to peers and staff.
- 6) Have FUN!

WELLNESS & FITNESS REQUIREMENTS

- 1) Time Management - Be prepared to start class on time
- Be prepared to leave class on time
- 2) Properly Dressed - Must wear t-shirt provided by Rec Dept.
- T-shirt will remain on unless otherwise instructed.
- Must wear gym shorts provided by Rec Dept. or sweat pants provided by Rec. Dept.
- Must wear tennis shoes/NO BOOTS!
- 3) Follow Directions - Must listen carefully to rules and instructions given by Rec Dept.
- Must stay on task
- 4) Daily Participation - Participation in physical fitness activities is part of each class period.
* - No points will be taken for a lack of ability *
* - Points will be taken for a lack of effort -
* - Each resident is required to participate to his best ability
* - Must be on the injury board when sitting out with an injury or Rec Dept. must be notified in advance and given the okay not to participate
- 5) Attitude * - A positive attitude is a must! *