

Osage Co. R-I  
Wellness Plan  
Annual Report  
December 2021

### **Goal/Activity Progress and Future Goals/Activities**

#### Crossover of Plant Science with Elementary

- Spring of 2021
- Mrs. Keilholz & third grade planted various vegetable seeds
- The greenhouse students paired with the third graders on 2 occasions to learn about and practice transplanting their vegetables.
- Plan to do this again this year but adding to the content.
  - Discussion of plant life cycle
  - Plant care after they take it home and plant it.

#### Farm To School

- Food Service Department has purchased more food items from local farm vendors.
  - Nolte Hills Nursery- Tomatoes, Cucumbers, Peppers, Broccoli

#### *Physical Activity Opportunities for Student:*

##### *K through 8<sup>th</sup> Grade:*

- K through 6<sup>th</sup> Grade Student get Physical education 45 minutes a week.
- K through 6<sup>th</sup> Grade student get Recess two times a day for 15 minutes for total of 30 minutes a day.
- 7<sup>th</sup> and 8<sup>th</sup> Grade students get 45 minutes of Physical Education each day of the week.

##### *High School Physical Education Class:*

- **Team Sports** students get 45 minutes of Physical Education each day for 5 days.
- **Individual and dual sports** class students get 45 minutes of Physical Education each day for 5 days.
- **Body Conditioning Class** students get 45 minutes of Physical Education each day for 5 days.

##### *Extracurricular Activity Sports:*

- **Junior High:**
- **Cross country for 7 and 8<sup>th</sup> grade** from August to the end of October. Practice and meets each week day for three months.

- **Junior High Basketball Boys and Girls** from August to the end of October. Practice and games each week day for three months. 6 cross country played basketball also and had two practices a day. One in the morning and one after school.
- **Junior High Track Boys and Girls** from March 1<sup>st</sup> to the end of April. Practice and meets during the work week.

### **High School:**

- **Volleyball Girls** have practice starting in August and goes through October. 3 Months and practice and games.
- **Cross country** has practice starting in August and goes through November. 3 months of practice and cross country meets during the week and about 5 Saturdays during the season. 3 volleyball played ran cross country so they had two practice a week. Volley ball games and cross country during the week.
- **Varsity Basketball Girls and Boys** start in November and goes through March. 5 months of practice and games during the week and may have games on Saturday.
- **Varsity Track Girls and Boys** start in March and goes through May. 3 months of practice and track meet during the week and have meets on Saturday.

### **NASP 4<sup>th</sup> Grade through 12<sup>th</sup> Grade**

- 4<sup>th</sup> grade through 12<sup>th</sup> Grade practice archery 2 day a week and participate in meets on Friday and Saturday from December through March.

### **Food items sold in addition to Breakfast and Lunch Program**

Items sold out of the AG/FFA Classroom

- Meat sticks from <https://www.countrymeats.com/>
- Leftover drinks and snacks from Barnwarming
  - Dr. Pepper, Mt. Dew, Pepsi, Water
  - Zebra Cakes, Cosmic Brownies, Oatmeal Cream Pies, Swiss Rolls, Honey Buns, Nutty Bars, Fudge Rounds
- Leftover Fruit from Fruit sales
  - Apples, Oranges, Clementines, Pears

#### Items sold at Grog Coffee Shop (STUCO)

- Coffee shop one day per week
- All 16 oz drinks
  - Fruit Smoothie made from mix, milk, and ice
  - Ice Coffee either caramel or vanilla mix, milk, ice, either French vanilla or caramel coffee syrup, and chocolate or caramel ice cream syrup
  - Black coffee- Folgers medium roast
  - Coffee creamers - French vanilla and caramel macchiato
  - Hot chocolate- mix, marshmallow, whipped cream, chocolate syrup
  - Hot green tea-
  - Hot caramel macchiato- coffee, caramel creamer, and caramel syrup

#### Items sold a la carte during lunch – limit two per day

- Cheetos Baked Crunchy RF
- Chip Doritos Cool Ranch RF 1oz
- Chip Doritos Nacho Cheese RF 1oz
- Chip Baked Lays Sour Cream & Onion .875 oz
- Cookie Chips Ahoy 100 cal
- Cookie Oreo 100 cal
- Cookie Lorna Doone 100 cal
- Frog spite Tube 3.0
- LF Cookie N Cream bar 2.5 oz
- Lf Vanilla Mini Cone 2.5 oz
- RF Strawberry Crunch Bar 2.75 oz
- 3oz Vanilla Cup LF
- Chips BBQ Lays 1oz
- Lays original 1oz
- Funyuns original 1.25 oz
- Cracker Cheez-it WG .75oz
- Cracker Graham Teddy Cinnamon .75oz
- Cracker Graham Scooby 1oz
- Favored Water Propel 16.9 oz
- Gatorade 20 oz
- Juice flavored Switch 100%
- Gardetto original snack mix 1.75oz
- Ice cream sandwich RF 3.5 oz
- Chocolate Crunch bar RF 2.75 oz
- Orange Sherbert tube 3.0
- Fudge bar 2.5 oz
- Pringles 1.3
- Chips ruffles Cheddar & Sour Cream 1.12

#### Vended Items- Food (JH/HS Building)

- Bags of chips are between 1 ¼ - 2 oz
  - Cheez It
  - Ruffles Cheddar Sour Cream
  - Doritos Nacho Cheese
  - Sun Chips Garden Salsa
  - TGIF Potato Skins
  - Fritos Chili Cheese
  - Cheetos
  - Ruffles Double Crunch
  - Funions
  - Cheetos Cheddar Jalapeno
  - Mrs. Freshleys Jumbo Honey Buns
  - Mrs. Freshley's Mini Donuts
  - Mrs. Freshley's Glazed Iced Honey Bun
  - Mrs. Freshleys Chocolate Cupcakes
  - Cloverhill Cheese Danish
  - Pop Tart Chocolate Chip
  - Little Debbie Fudge Round
  - Kellogg Rice Crispy Treat
  - Black Forest Juicy Burst Mixed Fruit
  - Munchies Cheese and Crackers
  - Munchies Peanut Butter and Crackers
  - Austin Cheddar Cheese and Crackers
  - Peanut M&M's
  - Skittles
  - Twix
  - Snickers
  - Reese's Cups
  - Pop Tarts Brown Sugar
  - Mrs. Freshleys Buddy Bars
  - Sandwich Cremes
  - Serenity Chocolate Chip Cookies
  - Roasted and Salted Peanuts
  - Trails Best Salami

Vended Items – Drinks (JH/HS Building)

- 20 oz bottles- flavors vary
  - Aquafina Water
  - Pepsi
  - Diet Mountain Dew
  - Diet Pepsi
  - Mug Root Beer
  - Crush
  - Mountain Dew
- 16 oz cans
  - Kickstart- flavors vary

**2021-22 Goal Implementation**

ACTIVITY	RESPONSIBLE PARTY	START DATE	COMMENTS
OA Update Policy/Reg 2750 in Wellness Plan	Mr. Best	Dec 2021	
OA Post Annual Report on website and complete report annually.	Mr. Best	January 2021	
NG/NP – Promote participation of Farm to School through various media options.	Mrs. Porter/Mrs. Kuschel	Dec 2021	Local newspaper, social media, photos
NE- Incorporate MU Extension Nutrition Education into elementary classrooms.	Elementary staff, MU Extension	Dec 2021	
NP- Promote overall student health/wellness through challenges, incentives, media campaign, etc	Student groups, teachers, principal	Dec 2021	Class challenge in PE, use Mass Media, etc
NE/OA- Implement plant science crossover units between Ag classes and elementary classes.	Ag teacher, elementary teachers	Dec 2021	