

FY 17 Wellness Policy Goals/Progress of Implementation

1. Incorporate more healthy snacks and meals
 - a. Seek student input for EAMS menus - student taste test
 - b. Fresh Fruit and Veggie Grant at Eastwood
 - c. Fresh fruit daily for breakfast or lunch for all students
 - d. Begin preparing for after the bell breakfast for all students in FY 18
(Students who are late to school - make sure that they are provided breakfast)
2. Promote Student and Family Fitness
 - a. Girls on the Run - Eastwood
 - b. Heart and Soul - EAMS
 - c. Fitness Gram Physical Fitness Test - K-8
 - d. Staff Fitbit incentive program
3. Provide a new proactive Health curriculum for students in grade 6-8 at EAMS (SPARK program)

Wellness Committee Members

Virgil Moore - Superintendent

Jill Miller - Curriculum and Instruction/Wellness Coordinator

Emily Bunyard - District Nurse

Brenda Studnicki - Cafeteria Manager

Kelli Decker - Instructional Coach/teacher

Karen Caire - Instructional Coach/teacher

Russ Colona - teacher

Christa Lee - teacher

Randy Beckman- teacher

Stacey Egan - principal

Matt Stimac - principal

Emily Warnecke - Student Services

Alyssa Smith - principal

Janet Buttry - parent/teacher

Rita White - Community Member/Nurse

Edie Scifes - Community Member

Whitney Eberhart - teacher

East Alton District #13 Wellness Policy located at www.easd13.org (Menus and District Documents)

Please send comments or suggestions to: Jill Miller Curriculum and Instruction Coordinator, jmiller@easd13.org