

2016 Progress Review

Cortez District Wellness Committee

A copy of the full District Wellness Policy can be located on the Cortez RE-1 District Website: cortez.k12.co.us click school board, policy manuals, section A, file is ADF or Administrative Dept. Nutrition Services, Health and Wellness Policy tab....

Planning and Outreach

The District Wellness Committee (DWC) realizes the need for an overall district plan to ensure that all aspects of the district wellness policy share continuity within each school. Through evaluation of each school, the DWC will have the capability of measuring the gaps and successes. It is the goal to have each school evaluated by the fall of 2017. The Smart Source Evaluations will provide the DWC with statistics on each school as well as a district wide evaluation. Managua, Montezuma-Cortez High School and Kiva/Montessori have completed those evaluations. From this data, the DWC will be able to create a district wide, comprehensive plan.

Sue Ciccia and other DWC members have worked with parents and parent groups to help raise awareness of the District Wellness policy. Information has been included in student handbooks directing parents and students to the web page posting. It is the hope of the DWC that with the new Facebook page, more information can be posted, reaching a wider audience with wellness activities.

Nutrition

The nutrition services director, Sandi VanHouten, continues to offer meals that offer fresh and local ingredients, salad bars in nearly every school and increased from 'scratch' meals each year. Teachers received information about non-food item rewards and information for parents to bring healthy snacks for celebrations. Smart snack vending machines, decreased sugar laden beverages will contribute to healthier student and faculty populations. (Note: Colorado child obesity rates are some of the highest in the nation, where 1 in 4 students are overweight or obese)

Physical Activity

San Juan BOCES received a Colorado Health Foundation grant to increase the physical activity of all students. Currently Managua is participating in this grant. The goal is that by the fall of 2017, all elementary schools and the Middle School will be active participants in this grant to receive training, video materials, equipment and more to encourage more physical activity district wide and meet the goals outlined in the wellness policy. Programs include classroom activity breaks, "Girls on the Run" and the "100 Mile Club" to encourage students to be more active.

Membership

The DWC is actively seeking new members to represent the community at large, participating organizations, parents and students as the new year begins. Any parent or teacher interested in participating as a member should contact Sandi VanHouten at svanhouten@cortez.k12.co.us or through the Nutrition Services office.