



# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

## Assistant Superintendent

Glen Szymoniak

148 North Binkley Street Soldotna, Alaska 99669

Phone (907) 714-8888 Fax (907) 262-5867

Email [gszymoniak@kpbsd.k12.ak.us](mailto:gszymoniak@kpbsd.k12.ak.us)

April 2, 2008

### MEMORANDUM

TO: Members, Board of Education

FR: Glen Szymoniak, Assistant Superintendent

RE: Wellness Policy Review

---

*BP 5141.6 Student Nutrition and Physical Activity* calls for an annual review of the wellness policy. The Wellness Committee met on March 25 and March 31, 2008 to review this policy.

While the Student Nutrition Services (SNS) program is part of the Wellness Policy, this year SNS has prepared a separate report to summarize their role in BP and AR 5141.6.

In order to gather information about items specifically requested in BP & AR 5141.6, the administration worked with the school nurses to conduct an informal survey of each school. Please see the attached survey with results. Below are the areas of success vs. the areas identified for improvement.

#### Areas of Success:

- District is meeting or exceeding beverage standards for elementary & secondary schools,
- Making progress on food standards,
- Eliminated physical activity as punishment,
- Impressive use of our facilities for physical activity,
- Almost 100% of our elementary schools have a 15 minute recess per day,
- 100% of our elementary schools have 60 minutes of PE weekly.

#### Areas Identified for Improvement:

- More health electives.
- Actively promote physical activity to encourage such areas as
  - Jump Rope for Heart,
  - Walking Programs,
  - Bike to Work Week,
- Involve the parents/family in an awareness of the importance of physical activity.

Attachments: [Student Nutrition and Physical Activity Survey Results](#)  
[Comments on Surveys](#)  
[Student Nutrition and Physical Activity Survey Data](#)  
[Healthy Schools Program Commitments](#)  
[March 25, 2008 Wellness Committee Notes](#)  
[March 31, 2008 Wellness Committee Notes](#)  
[BP 5141.6 Student Nutrition and Physical Activity](#)  
[AR 5141.6 Student Nutrition and Physical Activity](#)