

Local Wellness Policy Progress Report

School Name: All schools and nutrition input and comments.

Wellness Policy Contact: Bruce Amendt, Associate Supt.

Date Completed: April 24, 2018

This tool is to document progress in meeting the goals written in the district’s wellness policy at each school building. Document steps that have or will be taken to accomplish each goal. In the “Contact Person” column identify the individual who can report on the goals’ progress. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of those goals. Add more lines for goals as needed.

Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person(s)	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Schools will provide nutrition education and engage in nutrition promotion that help students develop lifelong healthy eating behaviors.	Chris Bergman Exec. Dir of Teaching and Innovation & Dr. Jyll Johnson-Miner, Math Science Coordinator LaRae Doll, Director of Food Services	All Buildings	Hor	JMS	<ul style="list-style-type: none"> is offered at the elementary, middle school and high school as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. promotes health-enhancing nutrition practices including fruits, vegetable, whole-grain products, low-fat and fat-free dairy products. includes training for teachers and other staff. is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects; includes enjoyable, 	Update 8 th Grade Health Determine who provides Training Use myplate.com How measured/monitored? Probably not happening with fidelity. How often should this occur?
			Hor	JMS		
			JMS	Hor		
	LaRae Doll					

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			Hor Hor	?	<p>developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;</p> <ul style="list-style-type: none"> emphasizes caloric balance between and physical activity; and, links with meal programs, other food related community services; 	<p>What type of contests? Taste testing, school gardens? How to address in intentional manner?</p> <p>Health and Food Service. How is this happening</p>

Physical Activity Goals

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1. Schools will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines, including the Iowa Healthy Kids Act.	Principals & PE Teachers	BC Law Hor TR Sum JMS JHS Hor JMS Hor	Hor	JMS	<ul style="list-style-type: none"> is taught by a certified physical education teacher will offer a wide variety of health and fitness activities, including both skills of individual and team sports, to promote an active lifestyle. will provide individualized student assessments – including standardized fitness testing and health screening grades 3-12 as part of the learning process; empowering students to value and manage their personal lifetime fitness. is available for all students in grades K-12 for the entire school year; includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; 	<p>PE is taught by PE Teachers and activities are designed to provide wide variety of fitness and sports activities</p> <p>How is this addressed at elementary? Does this include Community Ed</p> <p>JMS: Cardio test in place No Presidential Fitness No longer Fitness Gram</p> <p>Summit Adaptive PE started Summit Striders additional 7 mins/day</p>

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		JMS Hor JMS BC LAW Hor Wal			<p>and,</p> <ul style="list-style-type: none"> engages students in moderate to vigorous activity during at least 50 percent of physical education class time. <p>Daily Recess Elementary schools should provide recess for students that:</p> <ul style="list-style-type: none"> is at least 20 minutes a day; is preferably outdoors; encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and, discourages extended periods (i.e., periods of two or more hours) of inactivity. 	Define what this means, do transition in rooms count though movement is minimal?

Other School Based Activities Goals

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1. Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate.	Principal Activities/Athl Directors Dr. Miner	Law Hor JHS Sum JMS	BC TR Sum JMS Hor		<ul style="list-style-type: none"> support parents' efforts to provide a healthy diet and daily physical activity for their children through resources such as printed brochures, classes/programs, newsletter articles, and web site links. offer classroom health education that complements physical 	Not sure how we do this? One time or multiple? Start providing more info in newsletters. Sum: healthy living via newsletters JMS: Could do more with blg newsletters

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		Sum JMS Hor Sum JMS Hor	BC Hor		<p>education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce time spent on sedentary activities.</p> <ul style="list-style-type: none"> value the health and well-being of every staff member and will fund and maintain a staff wellness committee composed of representatives from each building/department. promote healthy choices for all beverages and snacks served on campus outside the instructional day. <p>Employees are discouraged from using physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.</p>	Include as part of the PE Standards

Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day (e.g. vending, school stores, etc.)

District Wellness Policy Guidelines	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state	Nutrition LaRae & staff	All Buildings			<ul style="list-style-type: none"> Utilizes information shared and posted from Nutrition 	JHS: Breakfast kept open through 1 st period for later arrival

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and federal law.						
2. Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the United States Department of Agriculture (“USDA”) Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities.	LaRae Principal	Food Service BC Law Hor Sum TR, Wal N/A JMS JHS			Elementary do not offer ala carte or sell food	Questions around fundraisers school is not aware of

Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.

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1. Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the district in accordance law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.	Principal	BC Law TR JMS JHS	Sum	Hor	<ul style="list-style-type: none"> Guidelines in Student/Parent handbook Updates and reminders are included in communication throughout the year 	<p>This is primarily elementary, although PTO may bring snack in for Testing week</p> <p>Hor: will research other school and put new protocol in place Fall 2018</p> <p>TR: moved away from Bday party food treats, all food for parties from Nutrition</p> <p>LaRae: We do have list of approved snacks on website under Nutrition Department</p>

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						<p>guidelines for school snacks</p> <p>Provide a list of snack to parents of healthy options</p>

Polices for Food and Beverage Marketing

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<p>1. Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus during the school day.</p>	Principal	Law Hor TR JMS JHS			<ul style="list-style-type: none"> • Lawson does not market to students • Question related to staff Pop Machine • Not an issue in Timber Ridge 	