

Local Wellness Policy Progress Report

School Name:

Wellness Policy Contact:

Date Completed:

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	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. Implement nutrition education in 9th grade Health class.	Jodi Demuth	x				We will stay up to date with the latest nutritional science via the Dietary Guidelines of Americans. We give students real life experiences with nutrition education such as planning a meal that incorporates all the food groups and fits in the Dietary Guidelines.
2. Proper nutrition for a healthy and fit body is addressed in Strength and Fitness Class	Lon Lawler	x				We will stay up to date with the latest nutritional science via the Dietary Guidelines of Americans.
3.						

Physical Activity Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of	List next steps that will be taken to fully implement and/or expand on goal.

					implementation.	
1. Implement the SWITCH program for physical activity for the 5th grade students.			x		+PE component was integrated the past 2 years with pedometers and 12 included lessons	Moving toward the new 5-2-1-0 message?
2. Daily recess be provided for at least 20 minutes per day and preferably outside Elementary has most classes that have recess before lunch.					As long as weather permits, recess is held outdoors. A challenge has been with playground upgrades and ensuring the safety of the students. This has lead to some indoor recesses.	New updated playground equipment has been installed
3.						

Other School Based Activities Goals

District Wellness Policy Goals	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. Encourage healthy eating, physical activity and overall healthy lifestyle for employees	Kristi Aschenbrenner	X			Staff wide survey was completed to understand the attitudes and interests of staff members to better plan for staff wellness activities. Teams for the Live Healthy Iowa 10 Week Wellness Challenge were put together and the entry fee was partially supported by wellness funds.	Join the wellness champion program offered through ISEBA. It offers monthly newsletters, wellness challenges and ideas to improve health and wellness. Collaborate with community members to offer wellness classes/fitness classes/healthy cooking classes
2. Promote healthy foods in the classroom	Kristi Aschenbrenner		X		A grant was written to supply all elementary students a healthy snack	Increase the number of healthy snack offerings, continue to look for outside funding for healthy

					<p>periodically throughout the school year. Bananas, cheese sticks and other fruits were offered.</p> <p>The 5th grade implemented the SWITCH program through the Iowa State Extension to promote healthy eating, increased physical activity and decreased screen time. This encourages students to focus on what they do, view, and chew.</p>	<p>snack program (local, regional and national)</p> <p>Reinforce to parents when bringing snacks to the classroom to choose healthy snacks. (handouts and suggested snack lists) Parent Teacher conferences: Set up a table with visual ideas for healthy snacks.</p> <p>Supply lists of healthy snacks will be listed on the school website under the Health Office tab (once it goes live)</p>
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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 Goals	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. Implementing having fruits and vegetables at the beginning of the lunch line in high/middle school and near end of line.	Jolene Hemann	X			We offer fruits and vegetables at the beginning and close to end of line. The challenge will always be to get them to take them.	Try to make them more desirable.
2. Salad Bar available for high and middle school.	Jolene Hemann	X			We started to offer this to middle school this year. As with most new things, it comes with more work.	Make this option available with less waste.
3. Using vegetables from our FFA's school garden as much as possible.	Jolene Hemann	X			FFA took this garden over and are using it as a learning class. Getting the vegetables to produce at the right time.	They plan to expand with more produce.
4. Sampling vegetables and fruit at our	Jolene	X			Students trying foods that	Offer other options besides

elementary. This is implemented as Fearless Foods on Friday.	Hemann				may not be tried if not using this tool. Getting the students to like them.	fruits and vegetables.
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Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.

District Wellness Policy Goals	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. Class parties, birthday cupcakes, PBIS options. This is a work in progress.			x		Elementary have had healthy options brought in by families and some purchased with grants. It is always a challenge to think healthy when rewarding.	Middle and High School will offer more fresh fruits and vegetables with treats brought in for an option.
2.						

Policies for Food and Beverage Marketing

District Wellness Policy Goals	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. Making sure all vending, that do not qualify, as smart snacks are turned off from 12 am to 30 minutes after school.	Jolene Hemann	X			I will take money and try to get products to see if these machines are off. Time is the challenge.	If these are not used enough they may move them out.
2. Using Twitter and Facebook to market menu items. Also posting students with full trays to show parents what is available as a meal.	Jolene Hemann	x			There are many opportunities to do this, it takes time which is a rare commodity.	Posting more things we do to promote nutritious meals.

