

# School Wellness Policy - Progress Report – June 2021

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This tool is to document each school’s progress in meeting the expectations of the district’s wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

<b>Wellness Policy Language</b> <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>	<b>List steps that have been taken to implement the goal and list challenges and/or barriers of implementation.</b>	<b>List next steps that will be taken to fully implement and/or expand on goal.</b>
<b>Nutrition Education and Promotion Goals</b>					
1. Nutrition Education is offered as part of the health education classes, and throughout the K-12 instructional program. Programming will be designated to provide students with the knowledge and skills necessary to promote and protect their health.	X			<ul style="list-style-type: none"> <li>• My Plate!</li> </ul>	
2. Is part of not only health education classes, but also classroom instruction in subjects such as science, family consumer science, and other select elective subjects.	X			<ul style="list-style-type: none"> <li>• Self-care day for MS students</li> </ul>	<ul style="list-style-type: none"> <li>• Self-care PD</li> </ul>
3. Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, and farm visits.		X		<ul style="list-style-type: none"> <li>• School Garden</li> <li>• WeCare</li> </ul>	<ul style="list-style-type: none"> <li>• Taste testing of foods</li> <li>• Ag Classes/FFA</li> </ul>
4. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;	X			<ul style="list-style-type: none"> <li>• My Plate!</li> </ul>	
5. Emphasizes caloric balance between food intake and physical activity;	X				

6. Links with meal programs, other foods and nutrition-related community services	X			<ul style="list-style-type: none"> <li>• Kids in the Kitchen classes</li> <li>• Backpack program</li> </ul>	<ul style="list-style-type: none"> <li>• Spend Smart/Eat Smart</li> </ul>
7. Includes training for teachers and other staff		X		<ul style="list-style-type: none"> <li>• Unconference topic</li> </ul>	<ul style="list-style-type: none"> <li>• At the beginning of the year, food service will deliver a training to staff regarding food and nutrition choices for students.</li> </ul>
<b>Physical Education and Physical Activity Goals</b>					
1. Physical Education is for all students in grades K-12 for the entire school year	X				
2. Is taught by a certified physical education teacher	X				
3. Includes students with disabilities, students with special health-care needs may be provided in alternative educational settings.	X				
4. Engages students in moderate to vigorous activity during at least 50 percent of physical education class time.	X				
<b><i>Elementary schools should provide recess for students that:</i></b>					
5. Is at least 30 minutes a day;	X				<ul style="list-style-type: none"> <li>• This is a required element when scheduling each year.</li> </ul>
6. Is preferably outdoors;	X				
7. Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment.	X				

**Nutrition Guidelines for All Foods Available to Students**

<p><b>1. School Meals</b>  <i>Meals served through the National School Lunch and Breakfast Programs will:</i></p> <ul style="list-style-type: none"> <li>· be appealing and attractive to children;</li> <li>· be served in clean and pleasant settings;</li> <li>· meet, at a minimum, nutrition requirements established by local, state and federal law;</li> <li>· offer a variety of fruits and vegetables;</li> <li>· serve low-fat and fat-free milk</li> <li>· 90% salad bar at all schools</li> </ul>	X				<ul style="list-style-type: none"> <li>● Exceed USDA req. by 90% whole grain</li> </ul>
<p><b>2. Breakfast</b>  <i>To ensure that all children are made aware that breakfast, is served at school, in order to meet their nutritional needs and enhance their ability to learn, schools will;</i></p> <ul style="list-style-type: none"> <li>· operate the breakfast program;</li> <li>· notify parents/guardians and students of the availability of the School Breakfast Program, where available; and,</li> <li>· encourage parents/guardians to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.</li> </ul>	X				<ul style="list-style-type: none"> <li>● Mail out letter @ beginning of school year</li> <li>● Bi-annual reminder</li> <li>● On website, started a Facebook page at elementary level</li> <li>● Could do a better job with take home flyer</li> <li>● Fun activities during nutrition month at Morris</li> <li>● Celebrated National Breakfast Week at all schools</li> <li>● Free breakfast for all students during the 20-21 school year</li> </ul>
<p><b>3. Free and Reduced-Priced Meals</b>  <i>The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may:</i></p> <ul style="list-style-type: none"> <li>· utilize electronic identification and payment</li> <li>· promote the availability of meals to all students.</li> </ul>	X				<ul style="list-style-type: none"> <li>● All meals were free this year under the SFSP</li> </ul>

<p><b>4. Meal Times and Scheduling</b>  <i>The school district:</i></p> <ul style="list-style-type: none"> <li>· will provide students with at least 10 minutes to eat after sitting down for breakfast and 10 minutes after setting down for lunch;</li> <li>· will provide students access to hand washing or hand sanitizing before they eat meals or snacks;</li> <li>· should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).</li> </ul>	X				<ul style="list-style-type: none"> <li>• Staff has monitored time to eat at beginning of school year</li> <li>• Oral hygiene, case by case</li> </ul>
<p><b>5. Qualification of Food Service Staff</b>  <i>Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:</i></p> <ul style="list-style-type: none"> <li>· provide continuing professional development.</li> </ul>	X				<ul style="list-style-type: none"> <li>• Take continuing education (4 hr PT, 8 hr FT, 12 hr Director)</li> </ul>
<p><b>6. Sharing of Foods</b>  The school district discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.</p>	X				<ul style="list-style-type: none"> <li>• Staff discourage sharing of food when witnessed</li> </ul>
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
<i>For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will:</i>					
<p>1. Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.</p>		X			<ul style="list-style-type: none"> <li>• Anderson/Morris embed health and PE into science lessons</li> </ul>

2. Discourage sedentary activities such as watching television, playing computer games, etc.		X			<ul style="list-style-type: none"> <li>• District cell phone policy</li> </ul>
3. Provide opportunities for physical activity to be incorporated into other subject lessons.		X			<ul style="list-style-type: none"> <li>• Movement lessons within other lessons</li> </ul>
4. Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.		X			<ul style="list-style-type: none"> <li>• Brain breaks during class using “Go Noodle”</li> </ul>

**Communication with Parents**

*The school district will support parents'/guardians' efforts provide a healthy diet and daily physical activity for their children. The school district will:*

1. Encourages parents/guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages	X				
2. Provide parents/guardians a list of foods for healthy celebrations/parties, rewards and fundraising activities	X				
3. Provide information about physical education and other school-based physical activity opportunities before, during and after the school day	X				<ul style="list-style-type: none"> <li>• Promotion of extracurricular activities.</li> <li>• PE Articles in newsletter</li> <li>• Community board</li> </ul>
4. Support parents'/guardians' efforts to provide their children with opportunities to be physically active outside of school	X				
5. Include sharing information about physical activity and physical education through a web site, newsletter, or other take-home materials		X		<ul style="list-style-type: none"> <li>• Food &amp; Nutrition Facebook Page</li> </ul>	<ul style="list-style-type: none"> <li>• PE Teachers will have their own web sites next year, wellness article</li> <li>• Start Facebook and/or Twitter health/pe accounts for MS/HS</li> </ul>

**Food Marketing in Schools**

*All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines, student stores or fundraising activities) during the school day, or through programs for students after the school day will meet nutrition standards as required by state or federal law.*

<p>1. <b>Elementary schools:</b> No vending sales are allowed to students in elementary schools.</p>	<p>X</p>				<ul style="list-style-type: none"> <li>• We do not have any vending machines</li> </ul>
<p>2. <b>Secondary schools:</b> In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable meal programs (vending machines) during the day, or through programs for students after the school day, will have limited access directed by study hall supervisor.</p>	<p>X</p>				
<p>3. <b>Snacks:</b> Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. The school district will disseminate a list of healthy snack items to teachers, after school program personnel and parents/guardians.</p>	<p>X</p>				
<p>4. <b>Food Safety:</b> All foods made available on campus adhere to food safety and security guidelines.</p> <ul style="list-style-type: none"> <li>· <i>All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.</i></li> <li>· <i>For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.</i></li> </ul>	<p>X</p>				

<p><b>5. Summer Meals:</b> Schools in which more than 50 percent of students are eligible for free or reduced-price meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and, preferably, throughout the entire summer vacation.</p>	X			<ul style="list-style-type: none"> <li>• The district is less than 50% F/R</li> <li>• Served all year under SFSP Waiver</li> </ul>	
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**Staff Wellness**

*The school district values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school should:*

<p>1. Establish and maintain a staff wellness committee.</p>	X				<ul style="list-style-type: none"> <li>• Plan to establish wellness champions at each building</li> </ul>
<p>2. Develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee.</p>	X				<ul style="list-style-type: none"> <li>• Live Healthy Iowa</li> </ul>
<p>3. Base the plan on input solicited from employees and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees.</p>	X				<ul style="list-style-type: none"> <li>• Made updates to the staff wellness intranet site, which now includes additional employee discounts and updated wellness resources for all staff</li> </ul>