

# Local Wellness Policy Progress Report

**School Name: Westwood CSD**

**Wellness Policy Contact: Jay Lutt**

**Date Completed: May 24, 2024**

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. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods.	Rhiannon Hunt	X			Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
2. Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services.	Rhiannon Hunt		X		We do this annually - let the kids make and try simple healthy snacks	Will continue to do this
3. Soda or pop may not be consumed during the regularly scheduled breakfast or lunch program.	Rhiannon Hunt		X		Added to the school policy for 24-25.	Communication with the public about this policy.

## 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 implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Promote the benefits of the physically	Jay Lutt	X			Teach health classes and	Teach and play relevant and new

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active lifestyle and help students develop skills to engage in lifelong healthy habits.					physical education.	physical activities and games to keep students engaged
Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate	Jay Lutt	X			District purchased and encourages the use of the website: GoNoodle	PD to help reinforce activity breaks
Ensure physical activity is not used for or withheld as a punishment	Jay Lutt	x			Disciplinary actions are monitored.	Will continue to monitor these instances as they occur.
Afford elem students with recess (at least 20 minutes a day, outdoors as weather permits, encourage activity	Jay Lutt	x			Multiple recess' a day either on the playground or in the gym so students can be active	Will continue to encourage physical activity during recess, and be outside as much as weather permits.

## Other School Based Activities Goals

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1.Engage students and parents, through taste-tests of new school meal items and surveys to identify healthy, and appealing food choices.	Rhiannon Hunt		X		Have offered new food items as well as more fresh fruit options as part of our NSLP	Will survey students/parents about what they would like to try and advertise with it will be available
2. Discourage students from sharing foods or beverages during meal or snack times, given concerns about allergies and dietary needs	Rhiannon Hunt	x			Sharing is not allowed during breakfast or lunch. Allergies are listed in both the kitchen and classroom doors.	Will continue to make students and staff aware of this policy.
3. Provide parents a list of foods or beverages during meal or snack times, given concerns about allergies and dietary needs.	Rhiannon Hunt			X	Added to our goals	Will provide the list to parents in handout paper and online

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4. Permit students to bring and carry water bottles filled with water throughout the day	Jay Lutt	X			Promoted water drinking to staff and students	Add more bottle fillers in the district
5. Make drinking water available where school meals are served during mealtimes	Jay Lutt	X			Added mobile ice water dispenser in the lunchroom	Add permanent water dispenser in overhauling lunch room
6. Support the consumption of breakfast at school by implementing alternative breakfast options to the extent as possible	Rhiannon Hunt	X			Promoted multiple breakfast items and their rotation	Expand on the offerings

## Public Involvement

<b>District Wellness Policy Goals</b>	<b>Contact Person</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>	<b>List steps that have been taken to implement goal and list challenges of implementation.</b>	<b>List next steps that will be taken to fully implement and/or expand on goal.</b>
The district has a local wellness policy committee to advise the district on the development, implementation, and improvement of the school wellness policy.	Rhiannon Hunt		X		Added more language to the policy	Adding more people to the team.

**This institution is an equal opportunity provider.**