

Local Wellness Policy Progress Report

School Name: North Polk Community School District- West, Big Creek, Central Elementary

Wellness Policy Contact: Ashley Knock, Sarah Bowser, Anita Turczynski,

Date Completed: 03/20/25

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	Partial ly 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. Continue to actively provide nutrition education and promotion in health education classes, and also continue to integrate into other classroom instruction through subjects such as math, science, language arts, social sciences, and other elective subjects	PE Teachers	X			The importance of a healthy diet is taught and emphasized in PE grades K-5. Guidance classes- importance of healthy breakfast especially on testing days.	idea: Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
2. In order to create and promote healthy habits, NP schools will promote the importance of consuming fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and additional healthy food options by providing nutritional information via online and/or through posters, signage.	Food Service Director, Teachers	X			The importance of a healthy diet is taught and emphasized in PE grades K-5. Implemented Titan software to Teachers promote healthy snack ideas in weekly newsletters.	
3. Allow students to bring and carry water bottles filled with water throughout the	Building Principals,	X			Students are allowed to carry/fill water	

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day and provide drinking water during school meals in order to promote healthy drinking habits.	Teachers				bottles throughout the day • West has 2 water filling stations • Central has 4 water filling stations • Big Creek has 4 water filling stations • New water bottle filling stations have been added throughout the school this year	
4. Register each building as a 5210 registered site.	Anita Turczynski	8/2024			Share out posters to each building.	
5. Gather feedback from students on healthy meals and new ideas to increase participation. Promotions through National School Lunch (October) and Breakfast Weeks (March)	Contact Deans of Students to coordinate next year.	x (2023/24)				Repeat of class vote on new menu offering as introduced to the food service director in summer conference or student feedback from taste tests.
6. Continue to grow Farm to School Nutrition Education Program	Anita Turczynski		x		SY 23-25- Local Foods for school grant to offer more local produce during the National School Lunch program. Menu line signage advertising local produce used for promotion and through Facebook. Ex: Great Apple Crunch Day	Look for opportunities to grow this program (funding/ lunchroom promotion) Continue ISU Intern taste tests SY 24/25 with Try Days

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.
1. Offer classroom health education that complements physical education classes by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle	PE teachers	x			The importance of a healthy diet is taught and emphasized in PE grades K-5.	
2. Provide movement options to students throughout their school day (totaling at least 60 minutes of physical activity out of their seats) - At least 20 minutes a day of recess - Get outdoors as weather and time permits - Organized activity choices during recess - Provide lunch after recess - Provide PE opportunities in which students can move and be physically active	Building principals, teachers,	x			- Daily recess for all students of at least 20 minutes - Classroom teachers take students outside (weather pending) - Students attend PE for at least 30 minutes weekly - Brain breaks are scheduled throughout the day.	

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. Gyms are available for staff to use before after school		X				
2. Provide resources (apps, tips, websites, etc.) to the NP community that will help positively enhance one's mental, emotional, and social health		x				Headspace- Teachers have free access Yuka- given at all staff PD Fall 2023 - ask Ann Sloan for apps.
3. Provide and facilitate training				x		

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opportunities for the NP community to learn more about mental, emotional, and social health						
4. Provide mental, emotional, and social break opportunities for students and staff throughout the school day.		x			Guidance classes are offered to students throughout the week Therapeutic services offered through Walnut Creek EFR- see Sophie (for link) Responsive Classrooms- West and Big Creek Leader in Me- Central	
5. Yearly Wellness challenge provided for students and families	Wellness Committee	X			February- Movement ideas for Winter with parents and student involvement.	
6. Running clubs offered before school	PE teachers		X		Currently at Big Creek	Implement in other buildings.
7. Comet Club- offered once a week- different games and physical activities to interact with peers					Big Creek and Central	

Wellness Communication & Outreach

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement the goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on the goal.
1. Establish at least one wellness champion at each district building to better communicate, track, and lead a variety of wellness activities.	Nurses, Deans of Students, Principals,	X				
2. Provide yearly wellness challenge opportunities for the NP community (families, students, staff).		X				

3. Create and enhance the Wellness Committee website		x				
4. Provide regular wellness tips and education to the NP community.				x	Nurses provide timely health updates in weekly newsletters.	

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

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North Polk CSD participates in the National School Lunch program and School Breakfast Program. State and Federal guidelines are followed to offer whole grains, lean proteins, a variety of fruits and vegetables, fat-free and low-fat flavored and unflavored milk. Meals will be moderate in sodium, low in saturated fat and have zero grams trans-fat per serving. Meals will meet the nutrition needs of school children within their calorie requirements.	Nutrition Director	x				

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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Per elementary handbook: Students are	Deans of	x				

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responsible for bringing their own snacks if they choose. Daily snacks are not to be shared and may need to follow classroom restrictions. Healthy snack options include: fruit, vegetables, crackers, popcorn, cheese, yogurt.	Students, Teachers					
2. School nutrition employees, teachers/school staff, must work together to ensure that unused food from the child nutrition program is not wasted. This can include donations by the school meals program for unserved foods or uneaten food items from the child nutrition program contributed by students and collected at a sharing table.	Nutrition Director	x			Worked with administrators and teachers to set up a SOP for food rescue at Central, Big Creek, and West. Students are able to access when snacks are needed throughout the school day.	

Polices for Food and Beverage Marketing

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1.Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutrition standards on campus during the school day.	Nurses, Deans of Students, Principals,					

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