

Local Wellness Policy Progress Report

School Name: Atlantic Community School District

Wellness Policy Contact: Natalie Ritter nritter@atlanticiaschools.org

Date Completed: August 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, veggies, low fat/fat free dairy, whole grain health foods and prep methods with health practices	Natalie Ritter		x		Food service program follows all guidelines established through federal and state laws; some snacks in the classroom do not follow these recommendations.	Improve education and expectations for staff to increase following these recommendations; hold staff accountable.
2. Includes activities and info offered for staff.	Natalie Ritter	x			Send email about Wellness info. Put on the school website.	
3. Ala carte/Vending machine items sold in and out of school follow nutrition guidelines	Natalie Ritter Heather McKay	x			Vending machines are turned off until after school.	

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 goals and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Provide all MS and HS kids 120 minutes of physical activity per week and 20 minutes of recess for all elementary school kids daily	Beth Johnsen Heather McKay	x			Adequate recess/PE times, breaks in class, gym time as rewards.	
2. Encourage physical activity as a reward in place of food or candy	Natalie Ritter		x		Inform teachers and staff about other options.	Give teachers of list of healthy food options and healthy activity ideas

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. Value the health and wellness of all employees and will plan and implement activities and policies that support personal efforts in healthy eating, physical activity, and other elements of a healthy lifestyle.	Wellness Committee	x			Each building has special activities and things for staff. The district also does meals for all staff and activities for all staff to participate in.	
2. Encourage buildings to nominate 1-2 staff to join in the wellness committee and represent their building and encourage and promote wellness activities among their peers.	Wellness committee		x		Send out emails every year asking for people to join the wellness committee/Theme team. Changed the name of wellness committee to help draw people in.	Keep on emails and encourage people to join.

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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1.Meals, beverages, and ala carte items served through the Nutrition Services program will meet the requirements of the Smart Snacks standard.	Natalie Ritter	x			Smart snack is followed in all the building that can have extra items and beverages.	
2. Pursue meal time schedules that strive to provide students with at least 10 mins to eat after sitting down for breakfast and 15 mins after sitting down for lunch, and will also strive to hold lunch periods to follow morning/noon recess periods (elementary schools)	Natalie Ritter	x			Lunch periods are from 11-1 each day and they have 10 to 15 mins to eat each day. If they get in late or do not have the time they can sit and finish their meals with teachers understanding.	

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. Encourage teachers to to minimize the use of food and beverages as rewards	Natalie Ritter	x			Email them the list of other options and on our school website are ideas for this.	
2.						

Policies for Food and Beverage Marketing

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