Local Wellness Policy Progress Report

School Name: West

Wellness Policy Contact: Jason Swanson

Date Completed: 9-25-24

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. EXAMPLE: *Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.*	Cindy Smith (Curriculum Director)	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. Provide Students with the knowledge and skills necessary to promote and protect their health		x				
3. Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction		x				
4. Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy product and healthy foods		X				
5. Implement evidence-based healthy food promotion techniques through the		X				

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school meal programs using smarter Lunchroom techniques						

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. Schools will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines, including the Iowa Healthy Kids Act.		x				
2. Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits		x				
Physical activity shall not be used for or withheld as a punishment			x		Recess is sometimes used as a skill building time/consequence for certain behaviors. An alternative option is sometimes given. PE is not taken away from students.	
All physically able students in grades six through twelve shall be required to engage in physical activity for a minimum of one hundred twenty minutes per week. This may include Physical Education and recess		NA				
		X				

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All elementary students shall have recess according to the following: At least 20 minutes a day Outdoors as weather and time permits Encourages moderate to vigorous physical activity Scheduled to avoid extended periods of inactivity (i.e., periods of two or more hours)						

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. Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate.		X				
2. The goals for addressing other school-based activities that promote student wellness include the following: Foods and beverages will not be used as a reward and foods/beverages will not be withheld as punishment			x		-Working on PBIS rewards that can be alternatives to food and beverages. -Discussions with staff about these procedures and policies.	

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Permit students to bring and carry water bottles filled with water throughout the day Make drinking water available where school meals are served during meal times					Students already bring and carry water in the building.	
Make drinking water available where school meals are served during meal times		x				

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. Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the United States Department of Agriculture ("USDA") Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities		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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1. Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the district in accordance law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations			X			Child Nutrition Director will develop a list of approved foods and beverages
2.						

Polices 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. Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus during the school day (e.g. vending machines, score boards)			X			Some vending machines have advertising of beverages that do not meet the nutritional standards of the smart snack program. Child nutrition director will contact the vendors and request different advertising
2.						

This institution is an equal opportunity provider.