

CCSD School Wellness Policy Progress Report

School Name: Creek

Wellness Policy Contact Name and Email Address: Jennifer McDonnell; jmcdonnel@crprairie.org

Date Completed: 4/2/24

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 the goal.
Offer nutrition education 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.	Alison West Classroom Teachers PE Teachers		X		Nutrition education is part of not only health units of instruction, but also classroom instruction in subjects such as math science, language arts, social studies, and elective subjects. Nutrition education is part of PE instruction as identified in our adopted SHAPE Physical Education standards.	Identify specifics of nutrition education.

Include enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste testing and school gardens.	Ginny Scott Head Cooks	X			Offering taste tests for new items. Promote items with stickers, pencils, posters. Decorate serving lines.	
Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.	Ginny Scott Head Cooks Cooks	X			Menus are planned and recorded in compliance with USDA guidelines. Food items that are low fat, low sodium, whole grain, and are lower in sugar are utilized when available. Fresh and frozen fruits and vegetables are utilized before canned items. Fat free plain and flavored milk will be offered daily. Food items are prepared utilizing healthy food preparation methods such as baking and steaming. Season food items with salt free ingredients.	

					Menus are reviewed by the Department of Education.	
Emphasize caloric balance between food intake and physical activity.	PE Teachers			X		Nutrition education is part of PE instruction as identified in our adopted SHAPE Physical Education standards. Verify what specific nutrition education is being taught in PE.
Provide information about the healthy kids act and nutrition standards in the national school lunch and school breakfast programs on the district nutritional services wellness page.	Ginny Scott	X			We have a District Nutritional Services Wellness Page . There is a link to the Healthy Kids Act DE Website on our Wellness page. Links to breakfast and lunch meal pattern requirements are provided.	
Demonstrate a commitment to discourage the use of food as a reward.	Building Principals		X		Building leadership and special education have moved away from this type of reward.	Individual teachers still need to understand the thinking behind this in some cases.

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 the goal.
Develop a comprehensive, school-based physical activity program that includes the following components: - Physical education - Recess - Classroom based physical activity	Building Principals	x			K-6 Physical activity is part of every student's day in grades K-6. On non-PE days, students have recess and organized physical activity time.	
Provide knowledge and self management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities	PE Teachers	X			This is addressed through PE instruction as identified in our adopted SHAPE Physical Education standards.	
Engage students in moderate to vigorous activity during at least 50 percent of physical education class time	PE Teachers	X			Lessons are deliberately planned to include movement in warm-up and to practice movements aligned to SHAPE standards.	
Afford elementary students with recess according to the following: At least 20 minutes a day	Building Principals	x			Recess is built into the master schedule for at least 20 minutes per day. Students go outside for	

Outdoors as weather and time permits					recess when it is 10 degrees wind-chill and above	
Ensure physical activity is not used for or withheld as a punishment	Building Principals	x				
Encourage teachers to incorporate physical activity within and between lessons or classes as appropriate	Building Principals	x			Teachers build in deliberate movement breaks.	

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 the goal.
Provide parents a list of foods and beverages that meet nutrition standards for classroom snack and celebrations	Building Principals		x		A list of foods and beverages that meet nutrition standards for classroom snacks and celebrations is provided in the student/parent handbook. In an effort to encourage healthy eating and promote healthy lifestyles the College Community School District requests that parents send nutritional and healthy snacks to	Consider how to monitor implementation.

					school with your son/daughter for daily snacks, birthdays, and special occasions. The district discourages snack foods that are high in sugar such as cupcakes, cookies, and candy bars. Snacks that are encouraged include fruits, vegetables, granola bars, graham crackers, animal crackers, popcorn, pudding, or yogurt cups., etc. <u>The College Community School District is restricting snacks or party treats to prepackaged or commercially prepared foods. With many students having food allergies we need to be able to check labels to ensure the item is safe for all students to eat.</u>	
Develop a plan to promote staff health and wellness	Jeri Moritz	X			We have the Employee Assistance Program. Within EAP, there are Health tools and wellness resources under the Thriving tab. We are creating an Employee Wellness Program. Wellness challenges	Are there other things we can do to promote health and wellness among staff?
Share information about the nutritional content of meals with parents and students	Ginny Scott		X		Carb counts, fiber, and allergens are provided for each menu item on the nutrislice menu website.	Add additional nutrition facts to the menu such as calories, fat, sodium, etc.

Permit students to bring and carry water bottles filled with water throughout the day	Building Principals	x				
Encourage fundraising efforts held outside school hours to sell only non-food items, promote physical activity, or include foods and beverages that meet or exceed the Smart Snacks nutrition standards	Angie Morrison Ginny Scott Building Principals	X			Board Policy 704.07 Fund-Raising Activities states <i>"No fundraising activity shall violate the Healthy Kids Act by selling non-compliant food products during the school day from midnight until 30 minutes after the final bell or that compete with the school nutrition program during breakfast and lunch."</i> Any fundraisers involving food do not fall within defined school hours.	

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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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	Ginny Scott Building Principals	X			Vending machines are turned off during meal service times. Food items that are sold in the HS Library are calculated through the Smart Snacks calculator and print outs are kept on file. Fundraising groups that include food items in their fundraiser must ensure that the food item meets smart snacks and must also keep the Smart Snacks calculator print out on file. When feasible, groups should use non food fundraising options.	
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Standards and Nutrition Guidelines for All Foods and Beverages *Provided* to Students During the School Day (e.g. class parties, foods given as reward, etc.)

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Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the district in accordance with law	Building Principals	x			A list of foods and beverages that meet nutrition standards for classroom snacks and celebrations is provided in the Student	

					Handbook. Classroom treats/ snacks that are available for purchase through the Food and Nutrition Department are Smart Snack compliant.	
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Policies 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 the goal.
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.	Ginny Scott Building Principals	X			All a la carte items sold from the cafeteria meet Smart Snacks standards. Marketing signs, labels, and vending machine wraps should not promote items that are not smart snack approved.	Verify that all vending machine wraps that are accessible to students do not promote items that are not smart snack approved.