Local Wellness Policy Progress Report

School Name: VAN BUREN COUNTY CSD

Wellness Policy Contact: holly.strait@van-burencsd.org

Date Completed: 5/4/2022

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. *The school district will provide nutrition education and engage in nutritional promotion that includes all grade levels, is part of not only health education and FCS, but also all classroom instruction.*	Mark Adams, MaryDawn Schuck, Melanie Collora		X		Nutrition education is part of the health curriculum in each grade level.	To support implementation, will need to explore additional lessons and activities that incorporate nutritional education into math, reading and social studies.
2.						
3.						

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. The school district will provide elementary students K-6 to have 30 minutes of physical activity per day.	MaryDawn Schuck, Melanie Collora	X			This is met through a combination of PE, recess, classroom activities, and school/non-school athletics.	Will continue to encourage teachers to use physical activities during "brain break" times in classroom.

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.
2. Middle/High School students must have at least 120 minutes of physical activity per week.	Mark Adams	X			This is met through a combination of PE, classroom activities, and school/non-school athletics.	Continue to encourage teachers to use physical activities during "brain break" times in classroom.

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. Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle in order to reduce time spent on sedentary activities.	Mark Adams, MaryDawn Schuck, Melanie Collora	X			Health curriculum is incorporated into instruction at each level.	Health and Physical Education Teachers continue to work on goals with students. Teachers limit electronic device time during school day. MS/HS level is currently in the process of purchasing a new curriculum.
2. Provide opportunities for physical activity to be incorporated into other subject lessons and encourage teachers to provide short physical activity breaks between lessons or classes, as appropriate.	Mark Adams, MaryDawn Schuck, Melanie Collora	X			Teachers are encouraged to provide physical activity when possible.	Continued encouragement of physical activity for "brain breaks" during class time.

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

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. Foods sold outside of the reimbursable meal program during the school day must meet the Iowa Healthy Kids Act Nutritional Content Standards, and the USDA Smart Snack Standards.	Jeremy Hissem Superintendent	X			Nutrition program in full compliance and no vending machines are available for student use.	Possibly explore options for use of vending machines for healthy foods and beverages that meet guidelines.
2.						

Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.

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. The school will encourage snacks brought from home for school celebrations and other functions to be commercially prepared foods or fresh, uncut fruits and vegetables.	Mark Adams, MaryDawn Schuck, Melanie Collora		X		Teachers are reminded to encourage students to bring commercially prepared and healthy foods.	Nursing will provide a letter at the beginning of the school year with request for nutritional, commercially prepared, pre-packaged snacks for class parties along with a list of suggestions for parents.
2. The district encourages the use of non-food items for academic performance or good behavior.	Mark Adams, MaryDawn Schuck, Melanie Collora		X		Teachers are encouraged to use non-food rewards.	Include encouragement of bus drivers and support staff as well.

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. The school district will encourage the marketing and promotion of foods and beverages that meet the Healthy Kids Act Nutritional Content Standards and USDA Smart Snack Standards.	Emily Cline Activities Director	X			School District has sought out investments and contracts that include brand marketing that promotes a healthier lifestyle and food and beverage choices. No pop vending available.	Sales of non-food items or fruit for fundraising. Posters. Pricing structures that promote healthy options in a la carte lines.
2.						

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