

Local Wellness Policy Progress Report

School Name: Iowa Valley Community Schools

Wellness Policy Contact: Kiley Koenig and Liesl Yunek

Date Completed: 5/18/22

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. 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.		X			Nutrition education is part of the science curriculum in each grade level. It is also taught at each grade level in grades K-6. 4 th grade participates in the SWITCH program and 1-2 participate in pick a better snack program.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.

2. Nutrition education includes enjoyable, developmentally appropriate, culturally relevant participatory activities such as contests, promotion, taste-testing, farm visits, and school gardens.			X		We currently participate in culturally relevant activities such as taste testing at grades K-6 and in some classes such as family consumer science and Spanish.	We are looking to expand this area next year by offering more taste-testing opportunities at the secondary level and investigating school gardens as a school or expand our
---	--	--	---	--	---	---

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.
						efforts with the public library and agriculture classes.
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. Schools should provide physical education classes and experiences that is for all students in grades K-12 for the entire school year.		X			We offer physical education classes to all students for the entire school year in addition to numerous weight training opportunities throughout the school day as well as before school.	We are refining ways of motivating students to become physically active such as with fitness watches and programs.
2. Schools should provide physical education classes and experiences that include students with disabilities, special health-care needs, and in alternative educational settings.			X		We currently offer all of our students, even those with physical challenges, physical education	We are working to create more unique opportunities for our physically challenged students with moderate to vigorous activities.
3. Schools should provide physical education classes and experiences that provide daily recess for students in grades K-6 and for after school physical activities.		X			We offer daily recess for our K-6 students and provide opportunities for physical activity before/after school with weight training. All students in grades K-6 have two recesses per day	We will be trying to incorporate wellness “walks” or something similar for students at the secondary level. Other ideas may include dancing, methods of reducing stress, toning, etc.

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. Other school-based wellness activities will integrate physical activity into classroom settings. Students need opportunities for physical activity beyond physical education class. Toward this end, schools will encourage classroom teachers to provide short physical activity breaks between classes, as appropriate.			X		Teachers oftentimes provide this whenever they see the need.	We will be determining more scheduled times to incorporate some of these physical activity breaks such as brain gym exercises, wellness walks, etc.
2. The school district will communicate with parents on a regular basis and support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will encourage parents to pack healthy lunches/snacks and will promote healthy celebrations/parties/rewards.			X		We currently provide newsletters, menus, and tips for healthy eating habits and daily exercise activities.	We will be investigating ways of encouraging healthier lunches/snacks and ways of celebrating. We are also going to be researching healthy, pre packaged snacks.
3. The school district values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.			X		We have offered Live Healthy Iowa activities to the staff in the past.	We will continue to offer incentive programs to encourage healthy eating and physical activity practices. Professional development activities could include such topics as: eating healthy, cardio workouts, sleep education, stress management, etc.

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 to students during the school day will meet the standard nutrition requirements.			X		Foods/beverages placed in vending machines only include those that meet the standard	We continue to evaluate the foods and drinks that are sold to students during the school day and will try to add more variety.
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. Nutrition education includes promoting fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices.		X			At Iowa Valley we promote healthy eating habits with posters, newsletters, classroom discussions, and menu sharing	We are looking to offer more resources to families through our school's website.
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. School-based marketing will be consistent with nutrition education and			X		We currently provide newsletters, menus, and tips	We will be looking for other outside groups for supporting

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.
health promotion. Schools will promote health foods, including fruits, vegetables, whole grains, and low-fat dairy products.					for healthy eating habits and daily exercise activities. We also have numerous outside groups that assist with this.	our efforts at school such as grants, volunteers, hospital/clinic work with our students, etc.
2.						

This institution is an equal opportunity provider.