

Southeast Polk Community School District



Local Wellness Policy Progress Report 2022

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District Wellness Policy Goals	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.
Nutrition Education and Promotion Goals					
1. The School district will provide nutrition education and engage in nutrition promotion that is offered at each grade level as part of a sequential, comprehensive, standards based program.		X		District has provide resources and time of the day to teach The district provides resources for nutrition to be taught in the science curriculum. JH students have the opportunity to have nutrition education in science, PE, 7th grade health, 8th grade FCS and in advisory lessons.	
2. The district will promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy preparation methods and health-enhancing practices. Emphasize caloric balance between food intake and physical activity and link with meal programs, other foods and nutrition related community services.		X		Fruits, veggies (fresh & cooked), whole grains and fat-free dairy are offered daily in the cafeteria. Nutrition education related posters located throughout the JH. JH students have the opportunity to have nutrition education in science, PE, 7th grade health, 8th grade FCS and in advisory lessons.	
Physical Activity					
1.School district will provide physical education for all students (K-12) for the entire year and taught by a certified PE teacher.	X			These are all part of the healthy kids act. We schedule the appropriate amount of PE and recess to meet the state requirements. Teachers also provide movement breaks throughtout the day.	
2. Elementary schools will provide recess for students that is at least 20 minutes per day.	X				
3. Physical education will not be used as a punishment.	X			JH-Students change class periods every 40-45 minutes. During 90 minutes periods ELA teachers are providing breaks 1/2 way through.	
4. Students will engage in moderate to physical activity during at least 75% of physical education.	X			JH PE teachers teach various activities to engage students in physical activity for at least 75% of PE. (strength training, dodgeball, badminton, pickle ball, kick ball, softball, running on the track, etc)	
5. Elementary schools provide recess for students that is at least 20 minutes daily, preferably outdoors, encourages moderate to vigorous physical activity verbally and with provision of space and equipment and discourages extended periods of inactivity (2 hours or more).	X				
Other School Based Activities Goals					
1. Physical activity will be integrated into the classroom setting through: · Health education reinforcing the knowledge & self-mgmt skills to maintain a physically active lifestyle and reduce sedentary activities · Discourage sedentary activities		X		Centennial elementary- All teachers provide brain breaks (movement breaks) throughout the day and different subjects. Delaware Elementary- -Brain breaks provided throughout the day. Teachers also incorporapte learning through moving throughout the day. District has provided health education resources; unsure of implementation JH students take PE either every day or every other day with a certified PE teacher. JH student have the opportunity to take PE every day or every other day. 7th grade students take health class for one quarter of the school year. During advisory their are lessons talk on self care including physical activity. JH teachers are encouraged to give JH students brain breaks Ex: 8th grade water walk	
2. The school will provide opportunities for physical activity to be incorporated into other subjects		X			
3. The school will encourage classroom teachers to provide short activity breaks between lessons or classes.		X		JH- Students change class periods every 40-45 minutes. During 90 minutes periods ELA teachers are providing breaks 1/2 way through.	
4. The district will provide nutrition information/menu analysis will be provided for the school menus.	X			District uses SchoolCafe to provide online menus with nutrient analysis.	
5. The district will encourage parents to pack healthy lunches and snacks			X	Centennial elementary- Teachers ask that snacks coming from home are healthy snacks. This is communicated in classroom newsletters and possibly the elementary handbook (I would need to check that).	Work as a committee to prepare messages for families for the website.
6. The district will provide opportunities for parents to share their healthy food practices with others.			X		Area to revise in the Wellness Policy
7. The district will provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebration/parties, rewards and fundraising activities			X		Work as a committee to prepare messages for families for the website.
8. The district will provide information about physical education and other school-based physical activity opportunities before, during and after the school day.		X			
9. The district will support parents' efforts to provide their children with opportunities to be physically active outside of school		X			

10. School-based marketing will be consistent with nutrition education and health promotion. The school district will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.		X		Centennial elementary- We don't market and foods or beverages at school.	
11. The school will prohibit school-based marketing of brands promoting predominately low-nutrition foods and beverages.		X			
12. The school will promote health foods including fruits, veggies, whole grains and low-fat dairy	X				
13. 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. Each school should develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee.		X		. District has a Staff Wellness Committee and Wellness challenges. Staff who complete the program receive an additional \$200 yearly. Need a champion to implement at the building level	Four Mile elementary is putting their own Wellness committee together.
Standards and Nutrition Guidelines for All foods and Beverages Available to Students During The School Day					
1. School meals served through the NSLP and NSBP will meet at a minimum, nutrition requirements established by state and federal law.	X			School meals meet if not exceed guidelines	
2. Schools will serve meals that are appealing and attractive to children in clean and pleasant settings.	X			Meals are made to be visually appealing as well as great tasting. Thought is placed in what items are menued together to be complimentary of eachother but also for a nice visual appearance.	
3. Fruits, veggies, legumes, lean proteins and whole grains will be served.	X			All guidelines are met. Fruits, veggies, legumes, lean proteins & whole grains are served.	
4. Only low-fat (1%) and fat-free milk or nutritionally equivalent non-dairy alternatives will be served.	X			Only fat-free milk is served.	
5. Schools will taste-test new products with students. Meal nutritional information will be shared with parents, students and staff on the district website.		X		Taste testing does happen. Has been minimal since COVID.	Continue to taste test new items with students
6. The school will operate a breakfast program and arrange bus schedule and utilize methods to serve breakfast and encourage participation.	X			Breakfast is offered to every student who would like to partake.	
7. The school will notify parents and students of the availability of the SBP.	X			Completed yearly.	
8. The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district will utilize electronic identification and payment system.	X			District nutrition software does not contain identification of meal eligibility status. All meal eligibility status/information is house in the Nutrition department office.	
9. The school district will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.		X		The JH students have the opportunity to eat breakfast in the cafeteria or in 1st hour. Student have > than 10 minutes after sitting down to eat breakfast. JH students have 30 minutes lunch period. JH student's have 20-30 minutes to eat lunch after sitting down.	
10. The school district will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.		X		7th Grade Lunches: 11-11:30am and 11:32am-12:01pm. 8th Grade Lunches: 12:05pm-12:35pm and 12:37pm-1:07pm	
11. Conflicting activities will not be scheduled during meal times unless students may eat during such activities.	X			Counseling sessions and Lunch detentions sessions that are scheduled during lunch, students have the opportunity to eat during. Student are sent to the cafeteria to pick up lunch then go to sessions.	
12. The school will provide students access to hand washing or hand sanitizing before they eat meals or snacks	X			Hand sanitizer stations located throughout the lunch room and at the beginning of the cafeteria. JH students have the opportunity in the 4 minute passing time to use the restroom to wash their hands prior to and after eating lunch.	
13. The school district will provide continuing professional development for all nutrition professionals.	X			All FS staff receive the required federal level of continuing education if not more.	
14. All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines, student's stores or fundraising activities) during the school day, or through programs for students after the school day will meet nutrition standards as required by state and federal law.	X			All a la carte items meet Smart Snacks guidelines. Fundraisers must be approved by the Principal. If contains food, FS Director is contacted to verify product meets Smart Snacks.	
15. The school district encourages fundraising activities that promote physical activity. Fundraisers are at the discretion of the school principal. Fundraising conducted in schools and during the school day will be in compliance with state and federal laws.		X		Centennial elementary- We don't sell anything during the day and try to have our biggest fundraiser be a walkathon or readathon instead of selling food items. We still do sell Butter Braids and tried Bundt Cakes this spring. The pick up is after school hours by parents.	
16. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits, vegetables, whole grains, lean proteins and low-fat dairy foods. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. The school district will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.	X			After-School Homework help snacks meet federal guidelines and include a choice of a fruit, whole grain rich snack, milk or low-fast cheese stick.	
17. The school district will encourage teachers and staff to use strategies other than food for rewarding academic performance and good behavior. If food is used as a reward, staff is encouraged to have healthy options available. Food and beverages will not be withheld as a form of punishment.		X		JH- Teachers use a variety of strategies - free homework passes, music in class, etc.	
18. The school district will provide through the district website a list of healthy ideas for school parties. Parents are encouraged to bring healthy snacks or non-food items. All foods brought into the classroom must be prepackaged, store bought items.		X		All elementary- All snacks brought in are prepackaged, but I don't believe we have a list of options for parents. These resources are not provided on the school website	
19. Foods and beverages offered or sold at school-sponsored events outside the school day are encouraged to meet the nutrition standards for meals or for foods and beverages sold individually. School day is defined as midnight the night before to 30 minutes after the end of the official school day.		X		JH- Events do not start within 30 min of school dismissal	
20. All foods made available on campus adhere to state and local food safety, sanitation and security guidelines.	X			Many staff are Food Service Staff are ServSafe certified. FS staff are trained in food safety.	
21. For safety and security of food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.		X		This is a work in progress.	