

Local Wellness Policy Progress Report

School Name: East Marshall CSD

Wellness Policy Contact: Tony Ryan- Superintendent, Monica Blanchard, R.N.- School Nurse, Amy Gage- Food Service Director

Date Completed:

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. Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens	See Above		x		-Food Council at the High School invites students to try out possible new menu items and provide feedback to foodservice. -Elementary does fruit/veggie or smoothie taste testing at least once per school year.	-Plans are being made to arrange educational visits by local farmers during Farm to School month in October. -The high school has begun construction of a greenhouse. Plans are to finish the greenhouse at the end of this school year, and next year having plants year round. These plants will be anything from ornamental to starts of vegetables/fruits. High school students and staff will maintain the greenhouse.
2. Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise)	See Above	x			-Meals served through the National School Lunch and School Breakfast Program meet, at a minimum,	

					<p>nutrition requirements established by state and federal law</p> <ul style="list-style-type: none">-MyPlate posters and visuals displayed in lunchrooms.-Physical activity and exercise are promoted in a variety of ways. This includes distributing information about school related sports/activities and sports/activities offered in the community setting, encouraging physical activity during the school day through recess, P.E. and/or brain breaks/activity breaks, encouraging teachers to incorporate movement in to classroom instruction, etc.-Fuel Up to Play 60 committee at the elementary. Meets monthly to plan activities, assemblies, walking club, taste testing, activity challenges for winter/spring break, send out monthly brain break, Yoga Pose of the Month or Mindfulness Practice ideas to teachers, etc.-Walking Club at the elementary offers students the option of walking laps during recess during weather	
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					appropriate months. Students are recognized for number of miles walked/ran.	
3. Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services	See Above		x		-Finding a space for a school garden is a challenge. Arranging the manpower is also a challenge due to campuses being spread out across three towns several miles apart.	-Plans are being made to arrange educational visits by local farmers during Farm to School month in October. - The high school has begun construction of a greenhouse. Plans are to finish the greenhouse at the end of this school year, and next year having plants year round. These plants will be anything from ornamental to starts of vegetables/fruits. High school students and staff will maintain the greenhouse.

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. Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits	See Above	x			-Physical activity and exercise are promoted in a variety of ways. This includes distributing information about school related sports/activities and sports/activities offered in the community setting, encouraging physical activity during the school day through recess, P.E.	

					<p>and/or brain breaks/activity breaks, encouraging teachers to incorporate movement in to classroom instruction, etc.</p> <ul style="list-style-type: none">-Fuel Up to Play 60 committee at the elementary. Meets monthly to plan activities, assemblies, walking club, taste testing, activity challenges for winter/spring break, send out monthly brain break, Yoga Pose of the Month or Mindfulness Practice ideas to teachers, etc.-Walking Club at the elementary offers students the option of walking laps during recess during weather appropriate months. Students are recognized for number of miles walked/ran.-School Wide Walk events at least yearly at all buildings.-Health Education is offered as an elective at the high school.-High school students have a variety of options for participation in P.E., including using elliptical	
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					<p>machines and strength training.</p> <ul style="list-style-type: none"> -Physical Fitness Testing performed at the middle school. -Brain Break trainings at professional development days. -School wide scavenger hunt at the high school. -Middle school utilizes Brain Breaks during Iowa Assessments. Students also have the opportunity to use the gym to run laps intermittently throughout the school day. 	
<p>2. Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate</p> <p>3. Afford elementary students with recess according to the following:</p> <ul style="list-style-type: none"> o At least 20 minutes a day; o Outdoors as weather and time permits; o Encourages moderate to vigorous physical activity 		<p>x</p> <p>x</p>			<ul style="list-style-type: none"> -Elementary teachers regularly provide physical activity breaks, and brain breaks ideas are emailed out monthly. -Elementary students get 30-45 minutes of recess per school day. Students have outside recess when weather is appropriate. Preschool often chooses indoor recess in the gym during inclement weather. 	

Other School Based Activities Goals

District Wellness Policy Goals	Contact	Fully in	Partially	Not in	List steps that have been taken to implement goal and	List next steps that will be taken to fully implement and/or expand on
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	Person	Place	in Place	Place	list challenges of implementation.	goal.
1. Engage students and parents, through taste-tests of new school meal items and surveys to identify new, healthful, and appealing food choices	See Above		x		-Food Council at the High School invites students to try out possible new menu items and provide feedback to foodservice. -Elementary does fruit/veggie or smoothie taste testing at least once per school year.	- Expansion ideas include: survey middle/high school students and parents to allow them to voice menu suggestions and invite parents to Food Council meetings.
2. Share information about the nutritional content of meals with parents and students 3. Permit students to bring and carry water bottles filled with water throughout the day	See Above	x x			-Nutritional content of meals is available per request and this statement is posted on each monthly menu. -Students are permitted and often encouraged to bring and carry water bottles to school. Each school has at least one water bottle filling station.	

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. 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		x			All foods sold in the vending machine are run through the smart snack calculator to be sure it is compliant. The challenges are finding the products that the students want to purchase	The Food Council at the high school gives suggestions for items wanted in the vending machine and also attended the new foods show to look for new items for the vending machine. The food show will be a yearly

such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities					and making sure that they meet smart snack standards.	event for Food Council to attend.
2. Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law		x			Meals served through the National School Lunch and School Breakfast Program meet, at a minimum, nutrition requirements established by state and federal law	

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. 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		A list of suggested healthier and non-food celebration options is sent home to elementary families annually. The challenge is that families ultimately are able to choose what to send within the food allergy guidelines. Items are required to be pre-packaged so nutrition information and ingredient information can be reviewed.	Continue to send information home regarding healthier and non-food celebration options. Consider sending information bi-annually to keep the idea fresh in the minds of families.
2.						

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 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	See Above	x			All Smart Snacks guidelines are followed.	
2.						