

School Wellness Policy Building Progress Report

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Progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or plan to take at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers 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 promotions.	X			Once a month, someone from the Mahaska County Extension goes to each class to teach a session on how to pick a better snack.	
2.					
3.					
4.					
Physical Education and Physical Activity Goals					
1. The School District will provide physical education for all students in grades K-12 for the entire school year.	X			Each class has two physical education classes per week	
2.					
3.					
4.					
Nutrition Guidelines for All Foods Available to Students					
1.					
2.					
3.					
4.					
Other School Based Activities Goals					
Integrating Physical Activity into the Classroom Settings					
1. Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.			X		Wellness Committee will discuss how to achieve this goal at the next meeting.
2. Discourage sedentary activities, such as watching television, playing computer games, etc.	X			PreK-3rd grade have a 15 min and a 25 min recess each day. Grades 4-6 have a 30 minute recess each day.	
3. Provide opportunities for physical activity to be incorporated into other subject lessons.			X		Wellness Committee will discuss how to achieve this goal at the next meeting.
4. Encourage classroom teachers to provide short physical activity breaks between lessons or classes as appropriate.			X		Wellness Committee will discuss how to achieve this goal at the next meeting.
Communication with Parents					
1. Wellness Policy and minutes from Wellness Committee meetings are on district website	X				

