

Local Wellness Policy Progress Report 2017-18

School Name: Mount Ayr CSD

Wellness Contact Name/E-mail: stacey.andresen@mtayrschools.org

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.

District Wellness Policy Goals <i>(add more lines for goals as needed)</i>	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.
Nutrition Education and Promotion Goals						
1. Students are provided with the knowledge and skills necessary to promote and protect their health	Stacey Andresen Debbie Larsen Tawnya Jones		X		Health and nutrition posters are exhibited in lunchrooms in each building promoting good eating habits.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
2.					All grades K-6 th receive the Scholastic News weekly. They review articles related to healthy living. These articles go home to parents for review.	
3.					Debbie met with each elem grade level to review healthy habits and MyPlate. K,2,and 4 th grade students got to pick the menu for grandparents day. Received funding for 3 water bottle refill stations and the school will purchase the fourth for the elem. Also received	

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					grant money for water bottles for elem students. Funding already available for water bottle refill stations at high school	
Physical Activity Goals						
1. Promoting the benefits of a physically active lifestyle and help students develop skills to engage in healthy habits.	Derek Lambert Debbie Larsen	X			All students participate in PE or sports at the middle/high school level. Elem students participate in PE twice a week. Moderate to Vigorous activity is encouraged at this time. Participated in Bike/Walk to school day in May. Also had Fun Day for each elem grade level.	Continue to seek activities that Promote active lifestyle and appeal to students.
2. Encourage teachers to provide short physical activity breaks 3-5 min as appropriate.	Classroom teachers		X		Kindergarten, 1 st and 2 nd grade students move about the classroom more; 3 rd and 4 th grade students move about the room some. 5 th and 6 th grade students move to activity, lunch, recess. Middle/high school students change classes every 28-42 min.	Continue to encourage movement breaks in upper elementary grade levels.
3. Afford elem students recess at least 20 min/day, outdoors at weather and time permits, encourages moderate to vigorous physical activity, and is scheduled to avoid	Mr. Elwood	X			If the weather prohibits outdoor recess, the afternoon recesses are held in the gym. All elem students have at least 20	

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extended periods of inactivity.					min recess daily.	

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Other School Based Activities Goals						
1. Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.	Stacey Andresen Tawnya Jones	X			List will be provided at registration.	Continue to provide this info annually.
2. Develop a plan to promote staff health and wellness	Stacey Andresen		X		Flu Shot clinic Promote wellness blood drawing BP checks	Continue to provide this annually. Search for other areas of interests.
3. Share info about the nutritional content of meals with parents and students	Tawnya		X		Carb content is available, And calorie content is available for breakfast.	Need to discuss with wellness committee what info is needed/wanted.
Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students During the School Day (e.g. vending, school stores, etc.)						
1.						
2.						
3.						
Standards for All Foods and Beverages Provided (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.)						
1.						
2.						
Polices for Food and Beverage Marketing						
1.						