

# Wellness Policy Progress Report

**School Name: Carlisle CSD**

**Wellness Policy Contact: Brandon Eighmy**

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	Fully in Place	Partially in Place	Not in Place	Implementation Steps	List next steps that will be taken to fully implement and/or expand on goal.
1. Provide students with the knowledge and skills necessary to promote and protect their health		x		Nutrition education is part of the curriculum.	The next steps will be to continually audit curriculum for the purposes of identifying health education
2. Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects	x			Promotion of nutrition and health occurs in other classroom instruction  Literacy units at elementary include farm, nutrition as part of reading materials	
3. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods		x			Increase awareness through posters and promotional materials throughout the school
4. Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise)	x			Designated times for students to move and be active during the day  Shifts in lunch schedules at MS to allow for more	Add filling stations for water bottles and encourage drinking water

				movement	
				Student meals are designed to meet standards for caloric intake by age group.	

## Physical Activity Goals

District Wellness Policy Goals	Fully in Place	Partially in Place	Not in Place	Implementation Steps	List next steps that will be taken to fully implement and/or expand on goal.
1. Develop a comprehensive, school-based physical activity program (CSPAP), that includes the following components: <ul style="list-style-type: none"> <li>Physical education, recess;</li> <li>Classroom-based physical activity;</li> <li>Walk to school;</li> <li>Out of school time activities</li> </ul>	x			Daily recess  Promote use of walking trail to schools  Work with city to provide safe crosswalks across busy intersections  Elem/MS Girls on the Run Program  Work with city to promote physical activities through CYA  Increased flexible seating in classrooms	
2. Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits		x		Promote bringing healthy snacks to school	Celebrate healthy lifestyles choices through school-wide initiatives
3. Engage students in moderate to vigorous activity during at	x			Classes are designed to increase heart rate and	

least 50 percent of physical education class time				promote physical activity  Stations and units are developed to include moderate to vigorous activity	
4. Suitably adapt for students with chronic health problems, disabling conditions or other special needs	X			Provide for time and space as needed and based on any IEP, 504 or health plans	

### Other School Based Activities Goals

District Wellness Policy Goals	Fully in Place	Partially in Place	Not in Place	Implementation Steps	List next steps that will be taken to fully implement and/or expand on goal.
1. Develop a plan to promote staff health and wellness			x	A plan has not been formalized to promote staff health and wellness.  Plans have been discussed as part of the insurance committee, but nothing has been adopted.	
2. Share information about the nutritional content of meals with parents and students		x		Content is available upon request but not promoted through calendar/website	Utilize a 3 <sup>rd</sup> party web-based system to provide information on menus
3. Permit students to bring and carry water bottles filled with water throughout the day	x			Students are allowed to carry water bottles	Provide filling stations at each building

**This institution is an equal opportunity provider.**