

# School Wellness Policy Building Annual Progress Report

School Name: George Washington Elementary School Wellness Contact Name/E-mail: tim.hood@keokukschools.org

This tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed 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.
<b>Nutrition Education and Promotion Goals</b>					
1. Promote nutrition and/or provide nutrition education at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.		x		*Nutrition education is included in our science curriculum	
2. Promote nutrition and/or provide nutrition education as part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.		x		*Nutrition education is included in our science curriculum	*Look at where health education can align in cross-curricular subjects.
3. Promote nutrition and/or provide nutrition education that includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits, and school gardens.	x			*School garden on a cart *FFVP	
4. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health enhancing nutrition practices.	x			*FFVP	Possibly presenting simple food demonstrations during classroom time.
5. Emphasize caloric balance between food intake and physical activity.		x			
6. Links with meal programs, other foods and nutrition-related community services		x			
7. Provide nutrition training for administrators, teachers, and other staff members.		x			

1. The school district will provide at least 30 minutes of physical activity per day for students in K-5 <sup>th</sup> grade.	x			*Students are given a 20 minute class recess and a 10 minute recess at lunch time daily.	
2. The District will provide at least 120 minutes of physical activity per week for students in 6-12 <sup>th</sup> grade.				N/A	4&5 <sup>th</sup> grade building
3. The district will provide physical education that is for all students in kindergarten through 12 <sup>th</sup> grade, is taught by a certified physical education teacher, includes students with disabilities, students with special health care needs may be provided with alternative educational settings, and engages students in moderate to vigorous activity during physical education class time.	x			*Students have 45 minutes of physical education once every three days.	
4. Elementary schools will provide recess for students that is at least 20 minutes per day, is preferably outdoors, encourages moderate to vigorous physical activity and discourages extended periods of 2 or more hours of inactivity.	x			*Students are given a 20 minute class recess and a 10 minute recess at lunch time daily.	
5. When activities, such as mandatory school-wide testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.	x			*Our testing schedule includes breaks between each test.	
6. Employees should not use physical activity (e.g., running, pushups) as disciplinary action. Withholding opportunities for physical activity (e.g., recess, physical education) is discouraged.		x			*Provide more time in the classroom to complete unfinished work, so they don't have to miss recess.
1. Meals served by the school district to students will be appealing and attractive to students, be served in clean and pleasant settings, meet at a minimum, nutrition requirements established by state and federal law, offer a variety of fruits and vegetables, include low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the	x			Meals served are in compliance with state and federal regulations. Cafeteria is a multi-purpose area, but is clean and attractive.	<i>Possibly add signage as appropriate to encourage children to eat nutritious meals.</i>

USDA), encourage serving of whole grain products, and accommodate alternatives for those students with allergies that meet the above guidelines as closely as possible.					
2. Breakfast-To ensure that all students have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will notify parents and students of the availability of the district's breakfast program and encourage parents to provide a healthy breakfast for their children.	x			All students have access to breakfast program. District includes information regarding the breakfast program on the school website and at registration.	Continue to provide additional information about the breakfast program and investigate alternative serving options such as breakfast in the classroom and 2 chance breakfast.
3. Beverages- The school district will seek to provide water without added caloric sweeteners, fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners, unflavored or flavored low-fat or fat-free milk, and nutritionally equivalent nondairy beverages (as defined by the USDA).	x			Students have access to drinking water during the school day and during meal times.	Will provide cups to allow students to drink water if the prefer during meal times.
4. Free and Reduced Meals-The school district will make every effort to eliminate any social stigma attached to and prevent overt identification of students who are eligible for free and reduced-price meals. Toward this end, the district will utilize electronic identification and payment systems and promote the availability of meals to all students	x			Wordware prevents overt identification of students receiving F/R benefits.	Continue utilizing Wordware and monitoring the program to ensure it is indeed preventing overt identification of student eligibility statuses.
5. Sharing of Food- The school district prohibits students from sharing foods or beverages with one another during meal or snack times, given concerns about allergies, spreading of germs and communicable diseases, and other restrictions on student diets.	x			*Lunchroom rules states that there is no sharing of food in the lunchroom or classroom.	
6. Meal times and scheduling- The school district will provide students with adequate and appropriate time for meals. Meal periods will be at appropriate times e.g., lunch should be scheduled between 11am and 1pm.	x			*Our lunch times are scheduled at the appropriate times	

7. The district will provide students access to hand washing or hand sanitizing before they eat meals or snacks and take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia, or high tooth decay risk)	x			*There is soap and a sink in every classroom. Hand-sanitizer is in each classroom. Students are allowed to brush their teeth before or after a meal.	
8. Qualification of food service and staff- Qualified nutrition professionals will administer the programs. As part of the district's responsibility to operate a food service program, the district will provide continuing professional development programs and training programs for the Food Service Director, kitchen managers, and cafeteria workers, according to their level of responsibility.		x		Staff receive training at the beginning of each school year and training is repeated as situations arise that need attention.	At least one staff member will receive ServSafe training this 16-17 school year to ensure compliance with local health department recommendations.
<b>Other Aspects of Wellness Plan-Nutrition Guidelines</b>					
1. Fundraising Activities- Regulated fundraising groups' activities, which offer the sale of food and/or beverages on school property to students by students and/or student groups/organizations, must use foods and or beverages that are compliant with the school's wellness policies. These groups' activities will be encouraged to promote physical activity.	x			*We don't sell food and/or beverages on school property.	
2. To support student health and school nutrition-education efforts, non-regulated school fundraising groups' activities will be encouraged to use foods and/or beverages that are compliant with the school's wellness policies and promote physical activity. The District will make available a list of ideas for fundraising activities.	x			*We don't sell food and/or beverages on school property.	
3. Rewards-The school district will discourage use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through meals) as a discipline.		x		District Wellness Policy	Milkshakes, etc..?

1.The District will: integrate physical activity into classroom settings by offering classroom health education that compliments 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		<p>*Some teachers take more breaks – allowing students to run, get drinks.</p> <p>*All teachers allow students to have water bottles</p> <p>*Use of web based sites like Go Noodle that is a movement/exercise activity.</p>	*Through PD encourage more teachers to incorporate breaks and web-based sites.
2. The District will discourage sedentary activities, such as watching television, playing computer games, etc.	x			<p>*Monthly newsletter</p> <p>*5<sup>th</sup> Grade track meet</p>	
3. The district will provide opportunities for physical activity to be incorporated into other subject lessons and encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.	x			*Jump Rope for Heart – Math curricular tie – using currency.	
1. The District will communicate with parents regarding providing students with a healthy diet and daily physical activity, by sending home nutrition information and posting nutrition tips on a school web site.	x			*Nutrition information goes home in monthly newsletter	*Update website regularly with nutrition information
2. By encouraging parents to pack healthy lunches and snacks to refrain from including beverages and foods that do not meet the established nutritional standards for individual foods and beverages.	x			*They are listed in our District Wellness Plan and on our district website.	
3. By providing parents a list of foods that meet the school district’s snack standards, ideas for healthy	x			*They are listed in our District Wellness Plan	

celebrations/parties, rewards, and fundraising activities.					
4. By asking parents or guardians to notify the school if their student has any food allergies or special dietary requirements.	x			*Registration forms	
5. By providing information about physical education and other physical activity opportunities before, during and after the school day.	x			*Physical Education Teacher  *Students are given a recess before school starts and during the day.	
6. By supporting parents' efforts to provide their children with opportunities to be physically active outside of school.	x			*Relay any information about programs available through the YMCA or any other school or community organization	
7. By sharing information about physical activity and physical education through a web site and/or newsletter.		x		*Monthly newsletter	*Add more to website
8. The school district will also provide instruction concerning cardiopulmonary resuscitation (CPR) to all students, so that each student has completed instruction in CPR prior to their high school graduation. The district may offer this instruction as it deems appropriate, including offering it through its physical education program.				N/A	
<b>Food Marketing in Schools</b>					
1. The District will market food in a manner consistent with nutritional education and health promotion, by limiting food and beverage marketing to the promotion of foods and beverages that meet the nutritional standards for meals or for foods and beverages sold individually.					
2. The District will prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages.					

3. The District will promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.	x			*FFVP	Add signage to cafeteria where possible.
4. The District will market activities that promote healthful behaviors.		x		Jump Rope for Heart, etc...	Look for additional programs students can participate in to promote healthy lifestyles.
<b>Staff Wellness</b>					
1. The school district values the health and well-being of every staff member. Staff members are encouraged to plan and implement activities that support efforts to maintain a healthy lifestyle.				Staff can join the YMCA through a program that offers a discounted rate. District also provides frequent emails district-wide promoting workplace safety.	