

# School Wellness Policy Building Annual Progress Report

School Name: Keokuk Middle 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 currently incorporated into health/life skills.	Explore additional lessons and activities that incorporate nutrition education into math, reading, and social studies.
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		Miss Schiller's 7 <sup>th</sup> grade science used to have a section on calories, but when Iowa adopted the new science standards, it didn't include any nutrition education and there is no time with the new standards to include it. Nutrition education is offered for all grades 6-8 in Life Skills.	Look for ways to incorporate additional nutrition for other 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		Each section of Life Skills class takes a tour of our middle school kitchen where they get to learn about the school lunch program.	Will explore other opportunities to incorporate nutrition education activities each trimester.
4. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health enhancing nutrition practices.	x			Life Skills teaches nutrition education grades 6-8.	Will continue to monitor.
5. Emphasize caloric balance between food intake and physical activity.	x			Life Skills-see above	Will continue to monitor.

6. Links with meal programs, other foods and nutrition-related community services		x		The summer lunch program flyers go out with the May newsletter.	Explore other options for students to take part in.
7. Provide nutrition training for administrators, teachers, and other staff members.			x	There is currently no nutrition education for staff.	FSD can include a nutrition education component once per semester during Wednesday PD.
<b>Physical Education and Physical Activity Goals</b>					
1. The school district will provide at least 30 minutes of physical activity per day for students in K-5 <sup>th</sup> grade.				N/A	
2. The District will provide at least 120 minutes of physical activity per week for students in 6-12 <sup>th</sup> grade.				The MS has a trimester-based rotation. Choir students take 2 trimesters of PE and 1 trimester of Chorus.	
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			Lesson modification and adaptation to meet the needs of all students. Continue to implement a wide variety of warm-ups, including cardio, flexibility and strength training for a least 5 minutes per day.	Implement “peer tutors” to assist students with special health care needs, to reach our goal of instruction. Explore new exercises to meet the needs of students with physical disabilities.
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.				N/A	
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.					
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			Physical activity is not used as a punishment or reward.	

Nutrition Guidelines for All Foods Available to Students					
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 USDA), encourage serving of whole grain products, and accommodate alternatives for those students with allergies that meet the above guidelines as closely as possible.	x			All meals meet the federal and state nutritional guidelines. Many of our cafeterias are multipurpose areas, so this limits the extent to which we can hang signage. We have implemented a policy that addresses food allergies in depth this school year.	Continue to attend trainings as regulations change and to stay informed of any students with food allergies to mitigate risk of exposure.
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			We include breakfast and lunch information with our registration packets and on our website.	We will include more in-depth information about our breakfast program on our website and newsletters.
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			The lunch program is in compliance with federal and state nutrition guidelines.	We will attend trainings as regulations may change so that we stay in compliance.
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			SY 14-15, we switched from Powerlunch to Wordware. This system is much more confidential and even staff no longer know who is free or reduced when they come through the line.	We will continue to use this program for SY 16-17. We will also evaluate that this program is meeting our confidentiality needs each year.
5. Sharing of Food- The school district prohibits students from sharing foods or beverages with one another during meal or snack times, given concerns	x			Students are not allowed to share food items during lunch.	Lunch monitors oversee the lunch periods to ensure

about allergies, spreading of germs and communicable diseases, and other restrictions on student diets.					students aren't sharing food or beverages.
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			Breakfast 7:30-7:50am daily. Lunch 10:50-1:12 MTThF and 11:00-1:00 W.	Continue to monitor.
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			Students have access to hand washing before meals. Students with orthodontia or other special oral health needs are allowed to use the nurses office to accommodate tooth brushing regimens.	Continue to monitor.
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			Sarah Wetzal, BS FCS Dietetics is the FSD. Each year, both the Director and Manager attend trainings that provide continuing education credits specific to school nutrition programs. Cooks and servers are taking ServSafe classes on a rotating schedule to accommodate new requirements. Training documentation is kept in the food service office for review	This year, we sent 3 cooks to take the exam. Next year, we anticipate sending another 3. One staff per location must be servsafe certified. The certification is good for 5 years.
<b><i>Other Aspects of Wellness Plan-Nutrition Guidelines</i></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			Fundraising items at the MS building are ordered ahead of time and delivered to the individual's home. Items are not eaten on school grounds.	Continue to monitor.
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		x		No bake type fundraisers are allowed at the school.	We will develop a list of fundraising ideas. Continue to monitor.

wellness policies and promote physical activity. The District will make available a list of ideas for fundraising activities.					
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	Food is used as a reward frequently.	FSD will provide a list of non-food fundraising ideas to staff. Will continue to monitor.
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
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.					
2. The District will discourage sedentary activities, such as watching television, playing computer games, etc.					
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.					
<b><i>Communication with Parents</i></b>					
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	We don't currently add any nutrition or physical activity tips in our communication outlets with parents.	We will start putting up nutrition and physical activity tips on the school website and including them in newsletters.
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		We don't have anything outlining what constitutes a healthy lunch available for parents, but if a	The wellness committee can develop general guidelines to be brought before the board

				student brings an inappropriate meal, staff will communicate their concerns with parents.	to help outline what nutritious lunch should contain.
3. By providing parents a list of foods that meet the school district's snack standards, ideas for healthy celebrations/parties, rewards, and fundraising activities.			x	We don't currently have any lists for parents.	Will create a list to make available for parents.
4. By asking parents or guardians to notify the school if their student has any food allergies or special dietary requirements.	x			Food allergy board policy in place.	Continue to monitor.
5. By providing information about physical education and other physical activity opportunities before, during and after the school day.					
6. By supporting parents' efforts to provide their children with opportunities to be physically active outside of school.					
7. By sharing information about physical activity and physical education through a web site and/or newsletter.					
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-This isn't offered until High School.	
<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.		x		Students only have access to foods that meet federal and state guidelines before, during and 30 minutes after the end of the school day. Signage is minimal.	Next year, Ms. Luft has agreed to have her art classes create some healthy food signage for the cafeteria and hallways. This would be a fun contest for our students.

2. The District will prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages.	x			There are no low-nutrition foods promoted or marketed within the school.	Continue to monitor.
3. The District will promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.		x		We only offer food items that meet the federal and state guidelines for nutrition before, during and 30 minutes after the end of the school day.	Continue to monitor and increase nutritious food item signage.
4. The District will market activities that promote healthful behaviors.		x		There is some marketing of milk via posters provided by the Midwest Dairy Council showing athletes/music artists etc around the cafeteria.	Will increase marketing of healthful behavior activities.
<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.		x		Staff can join the YMCA through a program that offers a discounted rate. District also provides frequent emails district-wide promoting workplace safety.	Will continue to look for opportunities to provide wellness for staff.