

# School Wellness Policy Building Progress Report

## North Cedar Community School District

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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.

<b>Wellness Policy Language</b> <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>	<b>List steps that have been taken to implement goal and list challenges and/or barriers of implementation.</b>	<b>List next steps that will be taken to fully implement and/or expand on goal.</b>
<b>Nutrition Education and Promotion Goals</b>					
1. North Cedar School District website promotes amount and types of food to be eaten for nutritional health. Examples-“My Tray” and “Breakfast and Lunch meal patterns”.	X				
2. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods.	X				
<b>Physical Education and Physical Activity Goals</b>					
1. Is for all students in grades K-12 for the entire school year.	X				
2. Is taught by a certified physical education teacher	X				
3. Includes students with disabilities, students with special health care needs may be provided in alternative educational settings.	X				

4. Engages students in moderate to vigorous activity during at least 50% of physical education class time	X				
<b>Daily Recess</b>					
5. Elementary school (K-5) should provide recess for students that is at least 30 minutes a day and can include PE class.	X				
<b>Physical Activity</b>					
6. Grades 6-12 shall engage in physical activity for a minimum of 120 minutes per week in which there are at least 5 days of school and can include PE classes, activities at recess/advisory or during class time and before-or-after school activities.	X				
7. Encourages moderate to vigorous physical activity through the provision of space and equipment.	X				
8. Discourages extended periods (2 or more hours) of inactivity.	X				
9. Discourages withholding opportunities for physical activity as punishment.		X		Recess is still being taken away at times due to discipline issues and no other time to complete or receive extra instruction.	
<b>Nutrition Guidelines for All Foods Available to Students</b>					
<b>Meals served through the National School Lunch and Breakfast Program</b>					
1. Be appealing and attractive to children	X				
2. Be served in a clean and welcoming setting	X				
3. Meet, at a minimum, nutrition requirements established by state and federal law.	X				
4. Offer a variety of fruits and vegetables and whole grains.	X				
5. Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).	X				
<b>School District will:</b>					

6. Share information about the nutritional content of meals with parents and students on an as needed (requested) basis.	X				
7. Nutritional binder available in the kitchen in each building.	X				
<b>Breakfast</b>					
8.To ensure all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, school will operate the breakfast program to the extent possible		X		Cannot guarantee students that do not participate in the NSBP, are consuming breakfast at home. We do ensure all students have the option at school	Continue to promote NSBP.
9. Notify parents and students of the availability of the School Breakfast Program.		X		Feel that not all parents understand the availability of NSBP	Will be explained in further detail the availability of breakfast for 2016/17 school year by posting on school website and a letter will be mailed to all families in district.
<b>Free and Reduced-Priced Meals</b>					
10. The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price meals. Toward this end, the school district may utilize electronic identification and payment systems.	X				
11. Promote the availability of meals to all students.	X				
<b>Meal Times and Scheduling</b>					
12. Students are provided with at least 10 minutes to eat after sitting down for breakfast and at least 15 minutes after sitting down for lunch		X		Breakfast time is implemented across the district, lunch time is compliant at Jr/Sr building and 1 elementary, continues to not be consistent in the 2 <sup>nd</sup> elementary due to some classrooms not	Continue conversation with classroom teachers on the importance on arriving for lunch at scheduled time.

				arriving at scheduled lunch times.	
13. Should schedule meal periods at appropriate times, etc, lunch should be scheduled between 11am and 1pm, any activities planned during mealtimes should allow students to eat during these activities.	X				
14. Will provide students access to handwashing or hand sanitizing before they eat meals or snacks.	X				
<b>Qualifications of Food Service Staff</b>					
15. Qualified nutrition professional will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development for all nutrition professionals	X				
16. Provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.	X				
<b>Sharing of Food</b>					
17. The school district discourages students from sharing non-pre-packaged foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.	X				
<b>Beverage and Food: Sold outside the NSLP and NSBP</b>					
18. All food/beverages sold to students outside the NSLP and NSBP during the school day will meet the standards outlined in the USDA "All Foods Sold in Schools", also known as "Smart Snacks". This includes vending, a la carte and in-school fundraising items sold from midnight the night before, to 30 minutes after the end of the official school day. These items will be entered into a nutrition	X				

calculator to verify that the product meets “Smart Snacks” standards. Food and beverages sold to students outside the school day (as defined by law) need not comply with the USDA “Smart Snacks”.					
<b>Fundraising Activities</b>					
19. To support children’s health and nutrition education efforts, food based school fundraising activities conducted in-school during the school day (as defined by law) must meet USDA “Smart Snacks” and cannot be sold in competition with school meals. The district encourages out-of-school fundraisers to also meet the “Smart Snacks”. The district encourages fundraising activities that promote physical activity.	X				
<b>Snacks</b>					
20. Snacks served during the school day will make a positive contribution to children’s diets and health, with an emphasis on serving snacks from the healthy snack list and water or milk that follow the nutritional guidelines. Schools will assess if and when to offer snacks based on timing of meals, children’s nutritional needs, children’s ages and other considerations. The school district will disseminate a list of healthful snack items to teachers, personnel and parents.		X		Difficulty compiling an accurate list of healthy snacks	Accurate list of healthy snacks will be listed on website and distributed to teachers via e-mail in the fall of 2016/17 school year.
<b>Rewards</b>					
21. The school district recommends not using food or beverages as a reward. If the school uses beverages or food as a reward for academic performance or good behavior, it is recommended that the food or beverage conform to the nutritional guidelines in this policy. Schools will not withhold beverages or food as a part of punishment or disciplinary measures, inside and outside the NSLP and NSBP.		X		Many teachers with younger students will use small individual treats to encourage positive behavior in those students with good results.	We continue to encourage rewards to comply with the nutritional guidelines in the policy.
<b>Celebrations</b>					

22. Each school will evaluate their celebration practices that involve food and beverages during the school day, taking into account the special needs of their students. The school district will disseminate a list of healthy party ideas to parents and teachers.		X		It is difficult to comply, as many parents provide celebration treats.	We will continue to encourage that healthy snacks be provided during celebrations. We will provide a list of healthy party ideas for teachers to include in their party planning for 2016/17.
<b>Food Safety</b>					
All foods made available on campus adhere to food safety and security guidelines. All foods made available on campus do comply with the state and local food safety and sanitation regulations. For the safety and security of the food and facility, the food service operations are limited to child nutrition and staff personnel.	X				
<b>Other School Based Activities Goals</b>					
<b>Integrating Physical Activity into the Classroom Settings</b>					
1. The school district will discourage sedentary activities, such as watching television, playing computer games, etc.	X				
2. Provide short physical activity breaks between classes, as appropriate.	X				
3. 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		Goal met per curriculum at most elementary grade levels, but difficult to meet at high school level, due to the variety of classes the students can choose from. All students take Health I and we offer Health II, which both complement PE.	Will re-evaluate this goal at the next Wellness Policy meeting during the 2016-2017 school year.
4.					
<b>Communication with Parents</b>					

1. Offer nutrition trips on the school website			X	New website for 2015/16 year doesn't show tips from old website.	Will add nutrition tips for 2016/17 year on the district website.
2. Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and food that don't meet the established nutrition standards for individual foods and beverages.		X		Current handbooks have a partial explanation.	Will add to the handbooks for 2016/17 school year
3. Provide information about and support parents' efforts to provide their children with opportunities to be physically active outside of school.	X				
<b>ASSESSMENT DATE: 5/4/2016</b>					
Reviewed by Jenny Horman, Elementary School Principal	Date			Signature	
Reviewed by Mark Dohmen, Jr/Sr High School Principal	Date			Signature	
Reviewed by Mike Cooper, Superintendent	Date			Signature	
Reviewed and approved by North Cedar CSD School Board	Date			Signature	