

2021-22 School Wellness Policy Building Annual Progress Report

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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.

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.
Nutrition Education and Promotion Goals					
1. Nutrition education is offered 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				
2 Nutrition Education is 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				
3. Nutrition education promotes fruits, vegetables, whole-grain products, healthy food preparation methods and health-enhancing nutrition practices which emphasize caloric balance between food intake and physical activity	x				
4. Nutrition Education includes training for teachers and other staff.		x			Teachers supervise and listen to the information provided to the students.
Physical Education and Physical Activity Goals					
1. Provides physical education that is for all students in grades K-8 for the entire school year and is taught by a certified physical education teacher. It engages students in moderate to vigorous activity during at least 50% of physical education class time.	x				

2. Physical Education includes students with special health-care needs and/or disabilities providing alternative education settings where needed.	x				
3. Employees are encouraged to not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. (A student's recess may be interrupted for unsafe behavior.)	x				
4. Elementary schools should provide at least 20 minutes of recess daily, preferably outdoors. It encourages moderate to vigorous physical activity verbally and through the provision of space and equipment.	x				
Nutrition Guidelines for All Foods Available to Students					
1. Provides students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch The students will have access to hand washing or hand sanitizing before they eat meals or snacks.	x				
2. Regulated fundraising must comply with the state nutrition guidelines. All other fundraisers are encouraged, but not required to comply with state nutrition guidelines if it involves food or beverages. Fundraisers that involve physical activity are encouraged.	x				
3. Does not use foods or beverages, especially those that do not meet the smart snack standards, as rewards for academic performance or good behavior and will not withhold food or beverages (including food served through meals) as a punishment.		x			
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					

1. Provide students opportunities for physical activity beyond the physical education class.	x				
2. 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, such as watching television, playing computer games, etc...	x				
3. Provide opportunities for physical activity to be incorporated into other subject lessons; and , encourage teachers to provide short physical activity breaks between lessons or classes , as appropriate.	x				
Communication with Parents					
1. Support parents' efforts to provide a healthy diet and daily physical activity for their children by offering healthy eating seminars for parents, sending home nutrition information, posting nutrition tips on school web sites and providing nutrient analyses of school menus.	x				
2. Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages. A list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities will be provided.		x			
3. Provide information about physical education and other school-based physical activity opportunities before, during and after the school day and support parents' efforts to provide their children with opportunities to be physically active outside of school.	x				
4. Share information about physical activity and physical education through a website newsletter, other take-home materials, special events or physical education homework.	x				
Food Marketing in Schools					

1. School-based marketing will be consistent with nutrition education and health promotion. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.	x				
2. Prohibits school-based marketing of brands promoting predominantly low nutrition foods and beverages.	x				
3. Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.	x				
Staff Wellness					
1. Values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle by establishing and maintaining a staff wellness committee.	x				
2. Develop, promote, and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee; based on input solicited from employees and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees.	x				