

Local Wellness Policy Progress Report

School Name: WACO CSD

Wellness Policy Contact: Kristi Merida

Date Completed:

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	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. <i>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.</i>	Mr. Jeff Nance, Principal	x			Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
2. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices	Mrs. Pam Davis, Head Cook and Mrs. Kristi Merida, FSD	x			Inclusion of the Fresh Fruits and Vegetables program, ensuring meals qualify as reimburseable	The secondary building is looking to offer fresh fruit/vegetable snack each afternoon as part of our longer school day.
3. Includes enjoyable, developmentally appropriate, culturally relevant participatory activities			x		The district participated in a local food day, with the local Turkey Federation providing and cooking grill turkey loins	The district is considering offering a taste testing to secondary students allowing them to vote, a top/bottom 5 meal selection process for students

Physical Activity Goals

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<ul style="list-style-type: none"> 1. Will not allow substitution for meeting the physical education requirement by student involvement in other activities involving physical activity. 	Mr. Jeff Nance, Principal and Mrs. Amy Pullis, School Counselor; Mr. Seth Pugh, PE Teacher	X			Development of an early bird PE program to accommodate students that are enrolled in college courses and may have schedule conflicts.	Promote utilization of the upcoming Fitness Center as family membership opportunities. Participate in Healthy Iowa Walk and activities
2. Includes students with disabilities and special health-care needs	Mr. Jeff Nance, Principal; Mrs. Amy Pullis, School Counselor; Mrs. Brittany Burnham, RN; Mrs. Julie Klett, Special Education teacher; Mr. Rick, PE Teacher; Mrs. John Rahn PE Teacher	x			Students with temporary disabilities/injuries are allowed modified PE opportunities with health care provider documentation. These have included: walking, stationary cycling; Wii fit; tricycle for Special Education students.	Encourage use of resistance/weight and low impact movement opportunities

Other School Based Activities Goals

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1. Provide opportunities for	Science		x		Classrooms have	

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physical activity to be incorporated into other subject lessons	Classes				participated in grounds cleanup; our J term has offerings that include house flipping; self-improvement, goal setting with healthy living. Warrior Success time allows students to utilize the gym for movement as well. Additional classrooms have standing desks for students to use as will in class.	Look for additional opportunities for students to move during the day.
2. Offer 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	Mr. Rick Moorman, Health/PE teacher; Mrs. Jordyn Dingman, FACS teacher	x			Curriculum incorporates the importance of activity as part of a healthy lifestyle.	

Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day (e.g. vending, school stores, etc.)

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1. In middle/junior high and high school, all foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines, student stores or fundraising activities) during the school day, or through programs for students after the school	Mrs. Pam Davis, Head Cook; Mr. Jeff Nance, Principal		x		A la carte items are menu items. We do not currently have vending available to students during the school day. The only student stores of record offer nonfood items only for student purchase. Concessions are	Staff will look for healthy snack vending options for the future. This is especially important for our longer school day and student athletes leaving before end of the day bell for away activities.

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day, will meet the following nutrition and portion size standards					not "opened" for activities until at least 30 minutes after last bell.	
2.						

Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.

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1. Schools should evaluate their celebrations practices that involve food during the school day. The district will disseminate a list of healthy party ideas to parents and teachers.			x		Healthy snack suggestions are included in eRegistration that is available to parents prior to school starting each year.	
2. Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive they are encouraged to adhere to the district nutrition standards.	Mr. Jeff Nance; Special Education Teachers		x		Special Ed classrooms do use food incentives as appropriate per student. Items are difficult to find for these students and are not always verified prior to service. Healthy snack information is provided at the beginning of each school year to building staff as part of a "What you need to know" package.	Develop a procedure for these items to be internally audited prior to service to students. Training for Special Ed staff and suggestions on how to follow process.

Polices for Food and Beverage Marketing

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1. N/A				x	No policy of record, however, we promote new menu items; school breakfast; water bottling filling stations have been added to the secondary building. Social media is used to promote meals, local food day(s). School bulletin boards promote healthy food, and beverage choices.	Create a policy for the promotion of food and beverage marketing
<p>2. The WACO Community Schools will value the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle. The district will:</p> <ul style="list-style-type: none"> • Develop, promote and oversee a plan to promote staff health and wellness; • Offer and encourage staff participation in wellness activities and yearly health screening; and, • Offer and support participation of school based influenza vaccination. 	Mrs. Brittany Burnham, RN	x			<p>Influenza shots were offered to staff;</p> <p>A healthy eating and drinking challenge was implemented when classes returned from Winter break until the end of the school year.</p>	

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