

Local Wellness Policy Progress Report

School Name: Sheldon Community School District

Wellness Contact Name/E-mail: SherrieZeutenhorst/szeutenhorst@sheldon.k12.ia.us

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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.

District Wellness Policy Goals <i>(add more lines for goals as needed)</i>	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.
Nutrition Education and Promotion Goals						
1. EXAMPLE: <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>	Sherrie Zeutenhorst (SCSD Wellness Policy administrator)	x			Nutrition education is a part of our health curriculum at each grade level. (At the HS level, students are required to take Health in grade 9 and also in grade 11 or 12).	Explore additional lessons and activities that incorporate nutrition education into science, math, reading, language arts, social studies, and physical education.
2. Promote choice of healthy food options.	Sherrie Zeutenhorst	x			Hang posters in our cafeterias or commons areas to promote healthy eating.	Continue to promote and encourage healthy food choice through our health courses as well as through other coursework.
3. Meals served (breakfast and lunch) will be appealing and attractive, will be served in clean and pleasant settings, will meet nutrition requirements established by state and federal law, will offer a variety of fruits and vegetables, legumes and	Sherrie Zeutenhorst	x			These guidelines are written into SCSD's Board Policy.	Continue to offer professional development opportunities for our food service director and cafeteria workers according to their levels of responsibility. This

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whole grains, will serve only low fat and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).						would include staff development for appropriate certification and/or training programs.
Physical Activity Goals						
1. The SCSD will provide physical education that is for all students K-12 for the entire school year.	Sherrie Zeutenhorst	x			Elementary and middle school students will have daily recess (at least 20 mins per day) and physical education at least 40 minutes every 4 th day for middle school students and at least 30 minutes every other day for elementary school students. High school students will be offered a physical education class daily but are only required to take one PE class during a school year (80 minutes in length as the HS is on block scheduling).	At the HS level, physical education opportunities are available once per week during "Intervention" time (a 35 minute period between 3 rd and 4 th periods) in which students may choose a physical activity (i.e. dodgeball, volleyball, table tennis, or yoga). We need to work to provide more opportunities for physical exercise more times/week.
2. Teachers are encouraged to offer short physical activity breaks or "brain breaks" between or during lessons. Teachers are also encouraged to get students up and moving every 5 to 10 minutes depending on the age level of the student.	Sherrie Zeutenhorst	x			During professional development time, teachers are trained in the delivery of lessons which includes the use of activity to engage students in lessons.	Make sure that all teachers are trained in APL strategies (5-day training offered every June). APL strategies stress physical activity or brain breaks incorporated into the normal school day. Encourage teachers to incorporate movement and kinesthetic learning

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						approaches into core subjects when possible.
3. Encourage teachers to offer and encourage more physical activity or game type of rewards.	Sherrie Zeutenhorst	x			Encourage the use of physical activity rewards in our classrooms.	During teacher professional development or during faculty meetings, encourage the use of physical activity as a form of reward or encouragement.

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Other School Based Activities Goals						
1. Snack and milk/juice offered in K-8 classrooms during mid-mornings.	Sherrie Zeutenhorst	x			Snacks have usually been offered through parent support. For low SES students, snacks are provided by the school district. Treats must be store bought, pre-packaged and unopened. (A recommended list of appropriate snack/beverages is provided in our board policy- Wellness Regulation).	<p>We are examining whether or not snacks offered to all preK-8 students should be solely provided for by the district.</p> <p>Make sure that we provide the board recommended list of snacks/beverages to our parents via a newsletter or provide the list at an easily accessible location on our school's website.</p> <p>Make sure that we notify teachers/ parents if a particular food allergy exists in a classroom.</p>
2. A mid-morning snack is offered to all high school age students on Friday mornings.	Sherrie Zeutenhorst	x			Students must bring snacks/beverages that are store bought, pre-packaged and unopened.	<p>Make sure that we provide the board recommended list of snacks/beverages to our parents via a newsletter or provide the list at an easily accessible location on our school's website.</p> <p>Consider purchasing the mid-morning Friday snack through district monies when students forget to bring the snack to school.</p>

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						Make sure that we notify teacher/ parents if a particular food allergy exists in a classroom.
3. Permit students to bring and carry water bottles filled with water throughout the day.	Sherrie Zeutenhorst	x			Students at the high school level are encouraged and allowed to bring and carry water bottles filled with water throughout the day to our classrooms. Students at the elementary and middle school levels are allowed several water breaks throughout the school day.	In the future, we would like to have a water fountain in every elementary-level classroom.
Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students During the School Day (e.g. vending, school stores, etc.)						
1. Snacks/beverages offered outside the school day (30 mins. before and after the school day) shall meet the USDA Smart Snacks in Schools nutrition standards (a la carte items sold through our breakfast/lunch program, vending machine options).	Sherrie Zeutenhorst	x			Items offered for purchase 30 minutes before the school day through our breakfast/lunch program meet the Smart Snacks in Schools guidelines. Items offered for purchase 30 minutes after our school day (vending machine) meet the Smart Snacks in Schools guidelines.	We need to make sure our fundraising activity options also meet the Smart Snacks in Schools guidelines.
2.						

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Standards for All Foods and Beverages Provided (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.)						
1. We allow students to bring in birthday treats.	Sherrie Zeutenhorst	x			Students must bring snacks/beverages that are store bought, pre-packaged and unopened.	<p>Make sure that we provide the board recommended list of snacks/beverages to our parents via a newsletter or provide the list at an easily accessible location on our school's website.</p> <p>Make sure that we notify teacher/ parents if a particular food allergy exists in a classroom.</p>
2.						
Polices for Food and Beverage Marketing						
1. Our Wellness Board policy at SCSD states that "Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in schools nutritional standards on campus during the school day".	Sherrie Zeutenhorst	x			This statement is listed on our school's Wellness Board policy.	
2.						