

School Wellness Policy Building Progress Report

School Name: North Mahaska Wellness Contact Name/E-mail: McKenzie VanDenBerg, vandenbergm@nmwarhawks.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.
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>	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. Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.	X			<p>Spanish 1- We talk about food in Spanish speaking countries. I try to show pictures of different foods.</p> <p>Kindergarten- Has a reading unit about plants and where our food comes from. We usually integrate our science lessons for this unit to include healthy eating. Karen Adams, the Farm Bureau educator, also comes to our classrooms monthly. She includes lessons about food and my healthy plate. The students sort food into fruits, vegetables, protein, dairy and grains.</p> <p>1st Grade- In our week of "From Farm to Table" we write about a good breakfast, something that is nutritious and delicious. Last year I</p>	

				<p>made smoothies, but didn't this year.</p> <p>3rd Grade- Unit 4 Week 1 in Wonders "What choices are good for us?" teaches about making healthy food choices. Also, Karen Adams from Farm Bureau teaches "My Plate" every year, which addresses nutrition.</p> <p>FCS- 7th grade; food groups, healthy snacks, and kitchen/food safety. 8th grade; food safety and nutrients. Foods 1 and 2; food safety, nutrients, and food groups. FCS class; food safety, dietary guidelines for Americans, choose my plate, nutrients, and food groups in detail. Health; choose my plate, nutrients, body systems, exercises/ physical fitness. Child development; prenatal health, healthy food choices for children, and healthy snacks. Family relations; healthy family dinners on a budget</p>	
3. Our school engages in nutrition and physical activity promotion and other activities that promote wellness.	X			Each year we host a Walk-A-Thon which promotes exercise. Each day for that week there are healthy foods promoted, examples of fun exercise, and also included walk and bike to school during that week.	
4.					
Physical Education and Physical Activity Goals					
1. Students have opportunities to be physically active before, during and after school.				Our school has many opportunities for a multitude of sports including; football, basketball, wrestling, archery, volleyball, cheerleading,	

				dance, softball, baseball, weightlifting, and track.	
2.					
3.					
4.					
Nutrition Guidelines for All Foods Available to Students					
1.	Students have access to healthy foods throughout the school day-both through reimbursable school meals and other foods available through out the school campus-in accordance with Federal and State standards.	X		<i>Steps: We offer a healthy breakfast and lunch, available to all students.</i> <i>Challenge or barrier: Students may choose to bring unhealthy breakfast or lunch.</i>	
2.					
3.					
4.					
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1.					
2.					
3.					
4.					
<i>Communication with Parents</i>					
1.					
2.					
3.					
4.					
<i>Food Marketing in Schools</i>					
1.					
2.					
3.					

Staff Wellness

1. School staff will be encouraged to practice healthy nutrition and physical activity in order to be a good role model for students in and out of school.	X			We have had exercise classes held after school, biggest loser challenge, steps for staff using step trackers, and walking in the halls afterschool.	
2.					