

# School Wellness Policy Building Progress Report-June 2020

**School Name:** Schleswig Middle School

**Wellness Contact Name/E-mail:** David Galvin, Principal

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><br><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. Provide students with the knowledge and skills necessary to promote and protect their health.                                     | X                     |                           |                     | Nutrition education is part of the science curriculum in each grade level.                                      | Explore additional lessons and activities that incorporate nutrition with more frequency. |
| 2. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods.                         | X                     |                           |                     | Posters in building.  | Explore additional ways to increase promotion.  |
| 3. Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise).                       |                       |                           | X                   |   | Research best practice on how to incorporate this in the health curriculum.               |
| 4.   |                       |                           |                     |   |   |
| <b>Physical Education and Physical Activity Goals</b>  |                       |                           |                     |   |   |
| 1. Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.      | X                     |                           |                     | Encouraging physical activity and having an active lifestyle is a part of our physical education curriculum.    |   |
| 2. Encourage classroom teachers to provide short   |                       |                           | X                   |   | Include this in our opening   |

|  |   |   |  |   |   |
|--|---|---|--|---|---|
| physical activity breaks (3-5 minutes), as appropriate.  |   |   |  |   | building inservice discussions.   |
| 3. Afford elementary students with recess according to the following: At least 20 minutes a day; Outdoors as weather and time permits.                           | X |   |  | This is in place in our elementary buildings and accounted for in our daily schedule. |   |
| 4.   |   |   |  |   |   |
| <b>Nutrition Guidelines for All Foods Available to Students</b>  |   |   |  |   |   |
| 1. Be served in a clean and pleasant setting.  | X |   |  | Our cafeterias are inspected annually.  | .   |
| 2. Meet nutrition requirements established by local, state, and federal law.   | X |   |  | All nutrition requirements are documented.  |   |
| 3. Will provide student access to hand washing or hand sanitizing before they eat.   | X |   |  | Appropriate facilities or products are available to our students prior to eating.     |   |
| 4.   |   |   |  |   |   |
| <b>Other School Based Activities Goals</b>   |   |   |  |   |   |
| <b><i>Integrating Physical Activity into the Classroom Settings</i></b>  |   |   |  |   |   |
| 1. Share information about the nutritional content of meals with parents and students.   |   | X |  | Posting of the nutritional information with menu.                                     | Improve the frequency and reach of sharing this information.                                    |
| 2. Support the consumption of breakfast at school by implementing alternative breakfast options to the extent possible (grab n' go, breakfast in the classroom). |   | X |  | We provide breakfast to go in our cafeterias.   | There are times when some staff discourage this practice. We will work to have 100% compliance. |
| 3. Permit students to bring and carry water bottles filled with water throughout the day.  |   | X |  | Students are allowed to bring water in clear containers with them throughout the day. | There are times when some staff discourage this practice. We will work to have 100%             |

|   |   |  |   |  |             |
|---|---|--|---|--|-------------|
|   |   |  |   |  | compliance. |
| 4. Make drinking water available where school meals are served during mealtimes.                              | X |  |   | Drinking water is available in all the areas we serve student meals.   |             |
| <b>Communication with Parents</b>   |   |  |   |  |             |
| 1. Provide a list of foods that meet the school's snack standards and ideas for healthy celebrations/parties. | X |  |   | Lists can be found in student handbooks.   |             |
| 2.  |   |  |   |  |             |
| 3.  |   |  |   |  |             |
| 4.  |   |  |   |  |             |
| <b>Food Marketing in Schools</b>  |   |  |   |  |             |
| 1. Meet nutrition requirements established by local, state, and federal law.                                  | X |  |   | Principal keeps a binder of all foods and their nutritional values for foods marketed during the school day.   |             |
| 2.  |   |  |   |  |             |
| 3.  |   |  |   |  |             |
| <b>Staff Wellness</b>   |   |  |   |  |             |
| 1. Coordinate and implement staff certification in CPR.   | X |  |   | RN provides training annually to all staff members interested. This is highly encouraged for all staff and required of sponsors of student activities. |             |
| 2. Offer and encourage wellness screening annually.   |   |  | X | A Wellness Screening is being planned.   |             |