Local Wellness Policy Progress Report

School Name: West Hancock CSD

Wellness Policy Contact: Wayne Kronemann

Updated: October 11, 2021

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. Provide students with the knowledge and skills necessary to promote and protect their health;	Steve Lansing (Fall 2019) Ruth Verbrugge	X X			**HS-**Health and nutrition information is covered in Health classes (required) for all students. Curriculum follows established criteria in Chapter 12. **MS**- All 5th through 8th grade students receive health instruction during health class or guidance time. 5th and 6th grade students also have Leadership lunch led by the ASAP alliance, but due to low numbers this program has ceased. The	District- Work with Chelsea Scheuger to get picked a better snack back into the school. She will be looking at doing a grant so we can begin in the 2020-21 school year. Work with the group to find opportunities to work on child obesity.

	Michelle DeHart	X			instruction includes topics in personal health, food and nutrition, safety skills, substance abuse and nonuse, human sexuality, self-esteem, stress management, and interpersonal relationships. **Elem-** Annual review of health curriculum provided at each grade level Review of health standards based on changes to science standards Utilize community organizations to promote healthy practices	Look for opportunities to increase usage of community organization to promote healthy practices Engage in healthy activities such as Live Healthy Iowa activities
2. Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;	Dan Peterson Michelle DeHart		X X		**HS-** Finding the right co-curricular lessons has been a struggle. Food and drink options are limited to non-existent in other classrooms without principal approval per policy. **Elem-** Review of what subjects currently include nutrition education: health and physical education. Challenges	Will need to revisit this goal or find resources and co-teaching opportunities to support implementation. Review content standards for all core subjects (math, science, language arts, social sciences) to identify standards that could be met

	Kim Andreesen		X		include identifying appropriate implementation of nutrition education that align with content standards taught in all subject areas **MS-** Nutrition education is integrated into the science curriculum when aligned to NGSS. The food services director meets with groups of students seeking input on various menus throughout the year. She explains the nutritional value and promotes positive choices. No vending machines are available on the building. Sales of beverages are limited to water and Gatorade/Powerade at the concession stand and not open until 30 minutes before the event begins	using nutrition education instructional activities Create instructional activities around nutrition education that meet content standards in each subject area Work with the school nursing staff to find ways nutrition promotion can be integrated into other content areas
3. Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;	Carolyn Edler (Fall 2019) Ally Eliason - cook Nedra Horstman,	X	X		**HS**- Foods, FCS classes, Ag classes and FFA all address various aspects of this goal. **MS** - Kitchen staff demonstrate food preparation techniques	Continue working with food service personnel on nutritional value of foods

	Jerri Hill, and Caitlin Huffman Michelle DeHart Third Grade Teachers - Jolene Bruns, Rachael Zuehl		 X		and hold a taste testing at least twice per year. Life Skills students prepare food and evaluate nutritional value.Health students evaluate label reading and analyze nutritional value. **EL** - Students visit the Ag Fair to learn about the farm to table process. The Iowa Egg Council has visited classrooms to demonstrate how to cook a variety of egg based meals.	
4. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods;	Ally Eliason 1st and 2nd Grade Teachers Teachers Ally Eliason Caitlin Huffman	X X	 X		**HS and EL** - Daily lunch menu follows these guidelines. Local nutrition policy also limits vending machine options and snack options in classrooms. **EL** - Healthy food choices are taught within a health unit. **MS** - Daily lunch menu follows the guidelines stated. Students are encouraged to try a variety of fruits and vegetables, 5th and 6th	

					grade students meet with the food service director to sample a variety of healthy foods during health instruction	
5. Implement evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques;	Ally Eliason	X			**All sites** - As evidenced in our recent state nutrition program review, our lunch and breakfast programs are meeting expectations.	We will continue to survey staff and student to ensure desirable meals are served. We continue to use a variety of menus.

Physical Activity 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. Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits;	Brian Peterson	X			**HS-** This is part of our daily PE program for all students. The PE program follows the state's standards based on the Shape America standards.	
	Tyler Jansen - EL		X		**EL** - Students are instructed in how exercise affects the body. Students took heart rates and were instructed in how exercise and HR are connected.	EL - Students will look more closely at certain exercises that we do and learn what muscles are being strengthened.
	Shawn Mallen and Tyler Jansen MS	X			**MS** - All students are scheduled for PE every other day. Skills incorporated are based on Shape America standards in order to promote lifelong habits.	

2. Engage students in moderate to vigorous activity during at least 50 percent of physical education class time;	Brian Peterson Tyler Jansen - EL Shawn Mallen and Tyler Jansen MS	X X X			**HS-** This is part of our daily PE program for all students. The PE program follows the state's standards based on the Shape America standards. Effort in physical activity is also part of the daily grade for students. **EL** - Instant activities were added to the beginning of class to get students moving right away. Stretching is now done dynamically so that students are moving constantly. Routines are emphasized so that less time is spent transitioning. **MS** - The PE program follows the state's standards based on the Shape America standards and the suggested minimums and benchmarks.	EL - We will continue to look for ways to maintain and improve movement/activity levels throughout the classes.
3. Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle;	Steve Lansing (Fall 2019) Michelle DeHart	X 	 X		The Health and Fitness class combines this goal with the mandates in Chapter 12 for a Health education program. **EL** - Health curriculum in the elementary focus on healthy habits. While it supports what is taught in physical education, it is not necessarily aligned fully.	EL- Review current health curriculum within the general education classrooms.

	Caitlin Huffman and Paul Sonius - MS	X			**MS** - Health classes are taught for all students in grades 5-8 and meet the chapter 12 requirements.	
4. Follow all state regulation for minutes per day or per week for appropriate grade levels.	Dan Peterson Michelle DeHart Ruth Verbrugge	x X x			**HS-** School policy requires four years of daily physical education class unless they are a senior with a full academic load. This policy mirrors state law. **EL** - K - 4 students have physical education three times in a six day cycle, meeting every other day. **MS** - All students have a required PE class every other day. All students have an activity time following lunch every day and at the end of the day on select days of the week. Teachers also incorporate movement into classroom activities as possible.	

Other School Based Activities 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. Engage students and parents, through surveys to identify new, healthful, and appealing food choices;	Ally Eliason			X		This is something that we will have to undertake in the near future with a district wide survey to parents and students.

2. Support the consumption of breakfast at school by implementing alternative breakfast option to the extent possible;	Ally Eliason	X			Breakfast is available to all students. There is the main option and also the choice of cereal	
3. Permit student to bring and carry water bottles filled with water throughout the day;	Dan Peterson Ruth Verbrugge Michelle DeHart	X X X			**HS** This is a supported school policy that only allows students to carry water with them. The school has designated water bottle filling drinking fountains for student use. **MS** A bottle filling station is available in multiple areas for students to fill water bottles brought to school. **EL** - There are bottle filling stations in two locations at the elementary. Students and staff are allowed to use water bottles.	
4. Make drinking water available where school meals are served during mealtimes;	Ally Eliason	X			**HS-** Has drinking fountain available in the lunch room.Ice water dispenser and cups are placed at the beginning of the lunch line daily. **MS** A water fountain is located directly outside the lunchroom **EL** - There is a water dispenser and cups available to elementary students in the lunchroom during lunch.	

5. Strive to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;	Dan Peterson Ruth Verbrugge Michelle DeHart		x x X		High school scheduling is prohibitive. With our small lunch shift sizes, there is not a time where students don't have adequate time to eat. If time is an issue, the supervising staff will grant an allowable extra time for students to consume their food. **MS** - scheduling limits the specified amount of time suggested (10 and 20 minutes. Depending when a student arrives to breakfast the minimum time to eat is 10 minutes. Lunch time can vary for students but any student needing additional time to complete their meal is permitted. **EL** - This is dependent on the student's arrival time for breakfast. There is sufficient time scheduled for breakfast to include 10 minutes of break time. Recess is scheduled after lunch allowing students to stay in the lunchroom to finish eating if additional time is needed.	
6. Discourage students from sharing food or beverages during meal or snack times, given concerns about allergies and dietary needs;	Dan Peterson	X			The student handbook covers this. No outside food, unless homemade is allowed, and no sharing of any food is allowed per	

	Ruth Verbrugge Michelle DeHart	 X	x		policy. **MS** - Students are permitted to bring their own lunch. Sharing of meals is discouraged by supervisory staff. **EL** - Sharing of meals is discouraged. Students are allowed to bring their own lunch.	

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