

# School Wellness Policy Building Annual Progress Report

School Name: Northwood Kensett CSD

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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.
<b>Nutrition Education and Promotion Goals</b>					
1. <i>Is part of health education, FCS, science, and physical education classes at the secondary building</i>	X			Implemented as part of curriculum in the Secondary building	
2. Is provided in the elementary building per Iowa Core standards	X			Per Iowa Core	
3. Promotes fruits, vegetables, whole-grain products, low fat and fat free dairy products, healthy food preparation methods and health enhancing nutrition practices	X			Per No Child Left Behind Law	
4. Emphasizes caloric balance between food intake and physical activity	X			Core standards; Secondary taught in Health Class	
5. Includes enjoyable, developmentally appropriate, culturally relevant participatory activities such as taste-testing, farm visits and school gardens	X			Taste test at the Secondary, Farm visits for Elementary and Ag classes, 6 <sup>th</sup> grade garden plots at Worth County Fairgrounds	
<b>Physical Education and Physical Activity Goals</b>					
1. Is for all students in grades K-12 for the entire school year	X			Per Iowa Code	
2. Is taught by a certified physical education teacher	X			1 FT at Hs (Ted Bieth) and one .75 elem/.25 HS (Mike Kessel)	
3. Provides physical activity at a minimum of 30	X			<a href="http://www.nwood-">http://www.nwood-</a>	

minutes per day for grades K-5 and every student in grade 6-12 a minimum of 120 minutes per week. Physical activity can include a combination of PE (physical education, recess, and other classroom activity that requires moderate physical activity				<a href="http://kensett.k12.ia.us/vnews/display.v/SEC/High%20School%7CMaster%20Class%20Schedule">kensett.k12.ia.us/vnews/display.v/SEC/High%20School%7CMaster%20Class%20Schedule</a> ; <a href="https://docs.google.com/spreadsheets/d/1-HlOmKo10y3ncdjbWTerFltQF20uDVuxySRcwXWZ_o/edit#gid=0">https://docs.google.com/spreadsheets/d/1-HlOmKo10y3ncdjbWTerFltQF20uDVuxySRcwXWZ_o/edit#gid=0</a>	
4. Engages students in moderate to vigorous activity during at least 50 percent of physical education class time	X				PLC work group to continue developing class activities during PE
5. Includes students with disabilities (students with special health-care needs may be provided in alternative education settings)	X			Challenges: space and equipment	Cont. to use WCDA funds to purchase equipment
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
1. Discourage prolonged sedentary activities such as watching television, playing computer games, etc			X		
2. Encourages classroom teachers to incorporate physical activity into subject lessons when appropriate		X		Elementary classroom teachers encouraged to do brain break activities periodically throughout the day.	
3. Encourage classroom teachers to provide short physical activity breaks between lessons and/or classes when appropriate		X		See above; done when appropriate; alternative seating also encouraged (standing desks, rocking chairs, yoga balls)	
<b><i>Communication with Parents</i></b>					
1. Provide information about physical education and other school-based physical activity opportunities before, during and after the school day	X			All school based activities are listed in the student handbook and the online calendar	
2. Support parents' efforts to provide a healthy diet and physical activity for their children	X			Information placed on district website regarding healthy meals	
3. Support parents' efforts to provide their children with opportunities to be physically active outside of	X			Facilities provided for non-school sponsored physical activities	

school					
4. Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages	X			Discussed in District Monthly newsletter; information placed on website <a href="http://www.nwood-kensett.k12.ia.us/vnews/display.v/SEC/Wellness">http://www.nwood-kensett.k12.ia.us/vnews/display.v/SEC/Wellness</a>	
5. Provide opportunities for parents to share their healthy food practices with others in the school community			X	Limited learning opportunities within the school day	
<b>Food Marketing in Schools</b>					
1. Limit food and beverage marketing (i.e. vending machines) to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually	X			Per Healthy Hunger-Free Kids Act	
2. Prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages	X			Per Healthy Hunger-Free Kids Act	
3. Promote healthy foods, including fruits, vegetables, whole grains and low-fat dairy products	x			Per Healthy Hunger-Free Kids Act	
<b>Staff Wellness</b>					
1. Develop, promote and oversee a multifaceted plan to promote staff health and wellness guided by the school nurse	X			Offered Flu clinic; BP screening, Salads Provided, Wellness challenges- Barrier: staff involved in multiple outside activities making it difficult for participation	Network with other districts of similar size to compare and look for new ideas that fit the needs of the staff
2. Base the plan on input solicited from employees and outline ways to encourage healthy eating physical activity, and other elements of a healthy lifestyle among employees	X			Current offerings based on employee requests	