

School Wellness Policy Building Annual Progress Report

School Name: North Union Elementary & Middle School

Wellness Contact Name/E-mail: Sue Boeckholt RN/sue.boeckholt@nuwarriors.org

Date: 10/19/2017

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. Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, and healthy foods	X			-Smart Snacks in Vending -School meal nutrition standards provide visuals during meals -Nutrition Nuggets monthly news letter sent home with elementary -Posters displayed to show healthy foods	For parents and MS students, will post Healthy Food Ideas on school website
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Physical Education and Physical Activity Goals					
1. Promote the benefits of a physical lifestyle and help students develop skills to engage in lifelong healthy habits	X			--P.E. class for all students -Nutrition Nuggets monthly news letter has physical activity ideas too -Posters displayed that promote activity	Walked for 30min. Oct. 5 th 2016 But only elementary participated. Oct. 4 th 2017, MS walked as well with teachers

				-Participate in the annual Healthiest State Walk in Oct. Challenges: Some students held back from recess due to negative behaviors, seems to contradict, or doesn't promote a physical lifestyle.	Alternatives to staying in from recess: Have student walk around the perimeter of the school yard or fence during recess but not engaging with others.
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Nutrition Guidelines for All Foods Available to Students					
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1. Smart Snacks in Vending	X			Nutrition standards for all foods sold in school are listed with the wellness policy.	wellness policy posted on school website—Done 2017.
2. School meals					
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Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1. Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations	X			-Healthy Birthdays, Celebrations & Family Events flyer from Action for Healthy Kids -Healthy Food Ideas: School Snacks, Celebrations & Family Events flyer from Action for Healthy Kids , sent home with elementary students Challenges: Kids still coming to school with unhealthy snacks such as chips that are not baked	Birthday celebrated at school wearing a crown, sash, or hat, and using the birthday plate during lunch. Post the flyers on the school website along with the wellness policy for parents of MS students to see.

				Flyers only given to elementary students and not middle school	
2. Provide school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment.		X		<p>-Healthy Non-Food Rewards from Action for Healthy Kids, posted in staff lounge for teachers to see.</p> <p>Challenges:</p> <p>-School store offered treats for rewards from green tickets. Gum (not sugar free) and other candy offered that don't meet nutrition standards</p> <p>Some teachers offer food rewards that do not meet the standards</p> <p>-Ice cream sundaes given to elementary as a reward</p> <p>-Donuts for dad</p>	<p>No longer using the school store for green tickets 2017-2018</p> <p>Fruit smoothies instead of ice cream sundaes</p> <p>Bran muffins made using whole grain wheat and reduced sugar instead of donuts</p>
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Communication with Parents					
1. How parents can be a role model for school wellness	X			<p>-Flyer from Team Nutrition on parents being a role model</p> <p>Challenges: Parents busy and choose easier ways to feed family such as fast food.</p> <p>Healthy food costs more</p>	Post flyer on school website under the wellness policy

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Food Marketing in Schools					
1. Healthy Fundraisers that promote family health and well-being	X			<p>Flyer available from Action for Healthy Kids</p> <p>School in compliance with food sales as mandated and listed in the wellness policy</p> <p>Challenges: Difficult to change the mindset of those wanting to sell food that doesn't meet the healthy guidelines, after decades of doing so, and with a good return of money</p>	Give a copy of ideas to teachers, or display on a poster for all to read.
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Staff Wellness					
1. How staff can be a role model for school wellness		X		<p>Flyer from Team Nutrition on how staff can be a role model</p> <p>Challenges: Annual weight loss challenge however not all staff participate.</p> <p>-Pot lucks held almost monthly is full of foods and beverages that don't meet nutrition standards.</p>	Post flyer in staff lounge
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