

# School Wellness Policy Building Annual Progress Report

School Name: North Union Elementary & Middle School

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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<br><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. Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, and healthy foods                   | X              |                    |              | <ul style="list-style-type: none"> <li>- Snacks in the vending machine are compliant with nutrition standard rules</li> <li>-Nutrition Nuggets monthly news letter sent home with elementary students, Pk-3 through 5<sup>th</sup>.</li> <li>-Posters displayed in cafeteria that promote healthy food choices</li> <li>-Challenges: Still seeing children and adults bringing snacks to school that do not support the nutrition standards</li> </ul> | <p>Healthy Food Ideas along with the Nutrition Standards for all snacks and meals will be posted on the school's website for middle school, staff, and parents to see</p> <p>Staff will be encouraged to model eating healthier snacks</p> |
| 2.  |                |                    |              |  |  |
| 3.  |                |                    |              |  |  |

| 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>--P.E. class for all students</p> <p>-Nutrition Nuggets monthly news letter has physical activity ideas too</p> <p>-Posters displayed that promote activity</p> <p>-Participate in the annual Healthiest State Walk in Oct.</p> | <p>All school will participate by walking 30 min. every year, in the Healthiest State Walk Initiative held in October.</p> <p>Policy made that states RECESS IS NOT AN OPTION. All students are to participate.</p> |
| 2.  |   |  |  |  |   |
| 3.  |   |  |  |  |   |
| 4.  |   |  |  |  |   |
| Nutrition Guidelines for All Foods Available to Students  |   |  |  |  |   |
|   |   |  |  |  | .   |
| 1. Smart Snacks in Vending  | X |  |  | Nutrition standards for all foods sold in school are listed with the school's wellness policy.   | Wellness Policy is posted on school's website   |
| 2. School meals   |   |  |  | Need to follow the nutrition standards   | Reminders to cooks to follow the standards<br>Monitor   |
| 3.  |   |  |  |  |   |
| 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 |  |  | <p>-Healthy Birthdays, Celebrations &amp; Family Events flyer from <b>Action for Healthy Kids</b></p> <p>-Healthy Food Ideas: School Snacks, Celebrations &amp; Family Events flyer from <b>Action for</b></p>                     | Post the flyers on the school website along with the wellness policy for parents of MS students to see.   |

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|   |   |   |  | <p><b>Healthy Kids</b>, sent home with elementary students</p> <p>Challenges: Kids still coming to school with unhealthy snacks such as chips that are not baked or eating 2-3x's the amount listed for one portion</p> <p>Flyers only given to elementary students and not middle school</p>                                    |   |
| 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 <b>Action for Healthy Kids</b>, posted in staff lounge for teachers to see.</p> <p>Challenges:<br/>Many teachers continue to offer food rewards that do not meet the standards.</p> <p>Examples:<br/>-Ice cream sundaes<br/>-donuts<br/>-gum that is not sugar free<br/>-suckers/lollipops</p> | Continue to educate teachers on the consequences of rewarding with food |
| 3.  |   |   |  |  |   |
| 4.  |   |   |  |  |   |
| <b>Communication with Parents</b>   |   |   |  |  |   |
| 1. How parents can be a role model for school wellness  | X |   |  | <p>-Flyer from <b>Team Nutrition</b> on parents being a role model</p> <p>Challenges: Parents busy and</p>   | Post flyer on school website under the wellness policy                  |

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|  |   |   |  | choose easier ways to feed family such as fast food.<br><br>Healthy food costs more   |   |
| 2.   |   |   |  |   |   |
| 3.   |   |   |  |   |   |
| 4.   |   |   |  |   |   |
| <b>Food Marketing in Schools</b>                                 |   |   |  |   |   |
| 1. Healthy Fundraisers that promote family health and well-being | X |   |  | Flyer available from <b>Action for Healthy Kids</b><br><br>School in compliance with food sales as mandated and listed in the wellness policy<br><br>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 | Continue to monitor food sales for compliance   |
| 2.   |   |   |  |   |   |
| 3.   |   |   |  |   |   |
| <b>Staff Wellness</b>  |   |   |  |   |   |
| 1. How staff can be a role model for school wellness             |   | X |  | Flyer from <b>Team Nutrition</b> on how staff can be a role model<br><br>Challenges:<br>Annual weight loss challenge however not all staff participate.   | -Post flyer in staff lounge<br><br>-Continue to educate staff on the dangers of food that is high fat , high cholesterol, high sodium |

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|----|--|--|--|---|--|
|    |  |  |  | -Pot lucks held almost monthly is full of foods and beverages that do not meet nutrition standards. |  |
| 2. |  |  |  |   |  |