

Local Wellness Policy Progress Report

School Name: North Union Community School District

Wellness Policy Contact:

Date Completed: March 2, 2023

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. EXAMPLE: <i>Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.</i>	Cindy Smith (Curriculum Director)	x			Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.

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2. Provide nutritional education and engage in nutrition promotions of fruits, vegetables, and healthy foods, that help students develop lifelong health eating behaviors.	Robert Zotz Alex Fisher Amber Henderson Brittney Foix	x			All elementary students will be celebrating National Healthy School week. Activities planned: Mindful Monday, Tasty Tuesday, Wellness Wednesday, Thoughtful Thursday, Fitness Friday. At high school nutrition is taught in health class and also in science curriculum. Options of taking family and consumer science class. All classes are listed under the guidance counselor tab and have descriptions of class content.	Explore additional lessons and activities to add. First year celebrating National Healthy School week, do this yearly?
3.						

Physical Activity Goals

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1. Provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines, including the Iowa Healthy Kids Act. The goal for addressing physical	Hollie Anderson Alex Fisher Amber Henderson	X			Recess everyday for elementary students. PE twice a week at elementary school and daily at high school. Participated in the	Explore ideas of doing fall and spring staff challenge. Will continue to take part in the

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activity will promote the benefits of a physical active lifestyle and help students develop skills to engage in lifelong healthy habits.					Healthy state walk. This is something that we continue to do yearly at elementary and high school. Staff wellness challenge that ends this week. Encouraged staff to get physically active and healthy food choices.	health state walk yearly.
2.						

Other School Based Activities Goals

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1.						
2.						

Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day (e.g. vending, school stores, etc.)

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1.All foods and beverages sold individually outside the reimbursable meal programs to students on the school campus during the school day(including those sold through vending machines, students stores, or fundraising activities) will be consistent with the Federal regulations for School meal nutrition stands and the Smart	Dee Jensen	X			Every item placed in the vending machine is placed into a nutrition calculator to see if it meets the guidelines.	Continue to look for new items for the vending machine that meet the standards.

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Snacks in School nutrition standards.						
2.						

Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.

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1. North Union School will support students, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate. The goals for addressing other school-based activities that promote student wellness include: Providing staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment. Providing parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.	Administration	X			Listed in the elementary handbook. All treats must be prepackaged.	Could put a snack list on the website, healthy snack options.
2.						

Policies for Food and Beverage Marketing

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1. The District is committed to providing a school environment that ensures	Dee Jensen Administration	X			No food advertising on our school property. We have no	

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<p>opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subject to advertising on the District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on school campus, consistent with the District's wellness policy.</p>					<p>food store. Only thing sold on campus during school hours is cafeteria food and one vending machine available at the high school.</p>	
2.						

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