

Local Wellness Policy Progress Report

School Name: North Union Elementary and Middle School- Swea City

Wellness Policy Contact: Alarie Crouch RN/ alarie.crouch@nuwarriors.org

Date Completed: 9/26/2025

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. Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, and healthy foods	Jen Leininger	X			*School lunch program and vending machine snacks are compliant with nutrition standard rules	*Explore Implementing healthy snacks or nonconsumable treats as rewards *Post influencing signage in the building
2. Nutrition Education	Alarie Crouch and Teachers		X		*Nutrition Education is part of the curriculum. *Wellness Warriors Newsletter (monthly to whole school) touches on nutrition	*Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies. *Explore nurse providing more lessons on nutrition
3. Health Promotion	Alarie Crouch	X			*Smile comes every Fall for free screenings and sealants *Lion's Club comes every year for vision screens for PK/K *Flu Vaccine Clinic every fall for students and staff	*Post on FB Healthy Tips/Newsletter *Encourage staff to be good role models by what they eat and drink

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					*Classroom health lessons- germs, handwashing, dental health, hygiene	

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 an active lifestyle and help students develop skills to engage in lifelong healthy habits	Steve Ryan	X			*PE class for all students including Workout Wednesdays *Morning lifting program for MS students *Wellness Warriors Monthly Newsletter touches on active living *Participation in annual Healthiest State Walk in Oct *MidTerm/Quarterly/Semes ter “rewards” include physical activities *Brain Breaks in the Elementary	*Consider Participating in National Healthy Schools Week *Consider Increased opportunity for MS to be physically active *Encourage teachers to give MS students opportunity to stretch and move during prolonged periods of sitting/testing
2.						

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. Staff Wellness	Alarie Crouch	X			*Wellness and Weight Loss challenge starting every January *Wellness Warriors Monthly Newsletter	*Explore options besides potluck- Starting Smart Snackin' staff brings healthy snacking options to share *Encourage staff to take stretching and walking breaks *Consider monthly challenges (water intake, etc) *Explore Team Nutrition *Post newsletter for staff and other health promoting signage *Encourage staff to be role models in health
2. Communication with Parents/Community	Alarie Crouch	X			*Wellness Warriors Monthly Newsletter	*Consider posting health information on website and FB page

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. Smart Snacks in Vending Machine?	Jennifer Leininger	X			*Nutrition standard for all foods sold in school are listed with the school wellness policy	
2. School Meals	Jennifer Leininger	X			*Following the nutrition standards *Free Breakfast and lunch for all students- will	*Explore/Consider Second chance breakfast

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					continue to remind parents each month *Salad bar option for MS and staff	

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. Rewards in School	Teachers- Heather Schiltz, Joe Johnson		X		*MidTerm/Quarterly/Semester “rewards” include physical activities *Brain Breaks in the Elementary *Reward boxes with nonconsumable options *Extra recess earned	*Discourage taking away recess *Encourage healthy snack options as rewards *Explore Action for Health Kids *Provide staff with alternative ideas for rewards
2. Celebrations	Teachers- Heather Schiltz, Joe Johnson		X		*MS play physical activities for celebrations *Policy in place that Prepackaged foods that include nutritional information are provided by families for birthdays, etc	*Provide families with healthy alternative ideas for birthday treats, etc. that meet nutrition standards *Explore Action for Healthy Kids

Policies for Food and Beverage Marketing

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. Healthy Fundraisers that promote family health and well-being	Julie Runksmeier	X			*School in compliance with food sales as mandated and listed in the wellness policy	*Explore fundraising options that include health and nutrition
2. Advertising and Marketing	Jennifer, Alarie, Julie	X			*School does not advertise unhealthy foods and beverages	*Look into Action for Healthy Kids

This institution is an equal opportunity provider.

****Parents and Community Members interested in involvement with the Wellness Policy Committee, please reach out to the school****