

School Wellness Policy Building Progress Report

School Name: Adair-Casey 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.
Nutrition Education and Promotion Goals					
1. 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	X			Nutrition education is part of the Iowa Common Core: 21 st Century Skills and NGSS PK-8.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies to be review at curriculum days.
2. Is part of not only health education classes, but also classroom instruction in subjects such as contests, promotions, taste-testing, farm visits and school gardens.		X		Each educational level will add what items that are accomplished to meet this goal: 1. Elementary-Field trip to Hy-Vee Hall on Exercising Character-4th grade, student taste-testing for new menu items, track and field day, mileage club	Find items for taste testing in the middle school.

3. Emphasizes caloric balance between food intake and physical activity.	X			<ul style="list-style-type: none"> 1. Student meals are designed to meet the USDA standards for caloric intake by age group. 2. 10 water-bottle fill stations installed at the Elem and MS to encourage drinking water . 	
4. Links with meal programs, other foods and nutrition- related community services; and includes training for teachers and other staff.	X			<ul style="list-style-type: none"> 1. Backpack meals 2. Food pantry for community located in Adair, Casey and Guthrie Center. 3. Adair-Casey CSD has location on website for teachers/parents/community member to receive tips on healthy living. 	
Physical Education and Physical Activity Goals					

<p>1. The school district will provide physical education that:</p> <ul style="list-style-type: none"> ● Is for all students in grade PK-8 for the entire school year, ● Is taught by a certified physical education teacher ● Includes students with disabilities, students with special health-care needs may be provided in alternative education setting; and ● Engages students in moderate to vigorous activity during at least 50 percent of physical education class time. 	X			<p>ACCD offers PK-8 Physical Education that is provided by certified staff.</p> <p>MS and HS offers a peer PE course that integrates students with disabilities with grade alike peers.</p> <p>PE teachers are required to submit Iowa Core Overview documents that includes all standards taught and evaluated. This document includes plans for vigorous activities at least 50 percent of the time.</p>	
<p>2. Daily recess Elementary schools provide recess for students that:</p> <ul style="list-style-type: none"> ● Is at least 20 minutes a day ● Is preferably outdoors ● Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and, ● Discourages extended period of 	X			<ul style="list-style-type: none"> • Teachers are required to submit their building recess schedules to the curriculum director for review. • At the Elementary level, teachers utilize physical brain breaks throughout the day. When students are indoors for extended periods of time, the gym is 	

<p>inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, school should give students periodic breaks during which they are encouraged to stand and be moderately active.</p>				<p>available for indoor recess.</p> <ul style="list-style-type: none"> Teachers have an activity guide to use in their classrooms. 	
<p>3. Physical Activity and Punishment Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activities.</p>	X			<p>1. This has been enacted as a district policy.</p>	
<p>4. Physical Activity Opportunities before/after School with daily periods of moderate to vigorous physical activity for all participants</p>	X			<p>1. Some mornings at the Adair-Casey CSD, the gym is open to all students for activity.</p> <p>2. Extra-curricular activities are offered for all MS students. An effort is made to coordinate fine arts and athletic practices at different times allowing the most participation for both.</p> <p>2. At the Elementary level, we are in collaboration with the Boys and Girls Club.</p>	

Nutrition Guidelines for All Foods Available to Students					
<p>1. School meals Meals served through the National School Lunch and Breakfast Programs will:</p> <ul style="list-style-type: none"> ● Be appealing and attractive to children ● Be served in clean and pleasant settings ● Meet, at a minimum, nutrition requirements established by state and federal law ● Offer a variety of fruits and vegetables, legumes and whole grains, ● Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternative (as defined by the USDA) ● Ensure that half of the served grains are whole grains 	X			<p>Clean/Inspected Serve only 1% and fat-free milk.</p> <p>Elem and MS cafeteria is decorated with items throughout the year.</p> <p>Food sensitivities and allergies are handled by the following:</p> <p>.</p> <p>Peanuts and items made in a factory that processes peanuts are not served as a part of the meal.</p> <p>If the allergy is a disability then parents complete the diet modification request and diet modifications are made.</p> <p>Nutritional content of meals on-line a month at a time.</p>	.

<p>2. Breakfast To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional need and enhance their ability to learn, schools will:</p> <ul style="list-style-type: none"> ● Operate the breakfast program, to the extent possible ● Arrange bus schedules and utilize methods to serve breakfast that encourages participation, including breakfast to go ● Notify parents and students of the availability of the School Breakfast Program, where available; and, ● Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means. 	X			<ol style="list-style-type: none"> 1. AC offers a breakfast program. 2. Breakfast to go 3. Notified parents of School Breakfast Program 	
<p>3. Free and Reduced-Priced Meals The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals.</p>	X			<ol style="list-style-type: none"> 3. ACCSD has an electronic id and payment system. 4. Promotes the availability of all meals to students. 	

<p>Toward this end, the school district may:</p> <ul style="list-style-type: none"> ● Utilize electronic identification and payment systems; and ● Provide meals at no charge to all children, regardless of income; and ● Promote the availability of meals to all students 					
<p>4. Meal Times and Scheduling The school district:</p> <ul style="list-style-type: none"> ● Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch; ● Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11am and 1pm; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities; ● Will schedule lunch periods to follow recess periods (in 		X		<p>ACCSD provides students the times for lunch that have been determined to be appropriate by team.</p> <p>Students are provided access to and encouraged to hand wash before eating meals. Restroom is adjacent to the cafeteria for ease of use.</p> <p>Tooth-brushing regimens are occurring at the MS.</p>	<p>ACCSD will build the elementary schedule for next school year (2017-18) to have recess before lunch.</p>

<p>elementary school);</p> <ul style="list-style-type: none"> ● Will provide students access to handwashing or hand sanitizing before they eat meals or snacks; and, ● Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral needs (e.g., orthodontia or high decay risk). 				<p>Students wash hands or use hand sanitizing before they eat meals or snacks at the elementary level.</p>	
<p>5. Qualification of Food Service Staff</p> <p>Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:</p> <ul style="list-style-type: none"> ● Provide continuing professional development for all nutrition professionals; and ● Provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria worker, according to their levels of responsibility. 	<p>X</p>			<p>Food service professionals take continuing education credits.</p>	

<p>6. Sharing of Foods.</p> <p>The school district discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.</p>	X			<p>ACCS D discourage students from sharing food to the extent possible.</p>	
<p>7. Foods Sold Outside the Meal (e.g. vending, a la carte, sales)</p> <p>All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte (snack) lines, vending machines, and student stores or fundraising activities) during the school day, or through programs for students after the school day will meet nutrition standards as required by state or federal law.</p>	X			<p>The district adheres to these guidelines and are reviewed at administrative meetings.</p> <p>Vending machines are set on a timer not allowing purchases until 30 minutes after school releases.</p> <p>All vending products are reviewed to meet the nutrition standards on an annual basis and checked throughout the year.</p>	
<p>8. Fundraising Activities There are two types of fundraising – regulated and other.</p>	X			<p>No food sales are allowed throughout the day.</p>	

<p>Regulated fundraisers are those that offer the sale of foods and beverages on school property and that are targeted primarily to PK-8 students by or through other PK-8 students, student groups, school organizations, or through on-campus school stores. Regulated fundraising activities must comply with the state nutrition guidelines. All other fundraising activities are encouraged, but not required, to comply with the state nutrition guidelines if the activities involve foods and beverages.</p>					
<p>9. Snacks</p> <p>Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of meals, children’s nutritional needs, children’s ages and other considerations. The school district will disseminate of list of healthful snack items to teachers, after-school program personnel and parents. If eligible, schools that provide snacks through after- school programs will pursue</p>	<p>X</p>			<p>At the elementary level, students are encouraged to have a water bottle in the classroom.</p> <p>There are water bottle filling stations for student and staff use.</p> <p>At the elementary level, healthy snacks are offered to students during the day.</p> <p>At MS there are water bottle filling stations for</p>	

receiving reimbursements through the National School Lunch Program.				student and staff. At MS students are allowed water bottles.	
10. Rewards The school district will not use foods or beverages, especially those that do not meet the nutrition standards or foods and beverages sold individually, as rewards for academic performance or good behavior, and withhold food or beverages (including food served through meals) as a punishment.		X		ACCSD does not use food or beverages as rewards.	
11. Celebrations Foods and beverages offered or sold at school-sponsored events outside the school day are encouraged to meet the nutrition standards for meals or for foods and beverages sold individually.	X			The district adheres to these guidelines and are reviewed at administrative meetings.	
12. FoodSafety All foods made available on campus adhere to	X			Inspected kitchens Food Service Director is ServSafe certified	

<p>food safety and security guidelines.</p> <ul style="list-style-type: none"> All foods made available (by the Food Service department) will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Points (HACCP) plans and guidelines are implemented to prevent food illness in schools. <p>http://www.fns.usda.gov/tn/Resources/servingsafe_chapter6.pdf</p> <ul style="list-style-type: none"> For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel. 				<p>within first year of employment.</p>	
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
<p>1. Integrating Physical Activity into Classroom Setting For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward the end, the school district will:</p> <ul style="list-style-type: none"> Offer classroom health 	X			<p>We offer health classes at the 6th, 8th grade</p> <p>Teachers offer students “brain breaks” that offer students the opportunity to get out of their seats and move while learning.</p> <p>The elementary schools</p>	

<p>education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;</p> <ul style="list-style-type: none"> ● Discourage sedentary activities, such as watching television, playing computer games, etc. provide opportunities for physical activity to be incorporated into other subject lessons; and, ● Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate. 				<p>have partnered with Iowa State University to offer students the SWITCH program that promotes healthy lifestyles outside the classroom.</p> <p>Health and wellness classes offered</p> <p>At Elementary level, teachers utilizes the Go Noodle website to provide brain break activities.</p>	
Communication with Parents					
<p>1. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will:</p> <ul style="list-style-type: none"> ● Send home nutrition information, post nutrition tips on school web sites and provide nutrient analyses of school menus; ● Encourage parents to pack 	X			<ol style="list-style-type: none"> 1. Webpage contains a food service link that hosts a Choose My Plate link that parents, students and community members can look at nutrition information about healthy eating. 2. Health/PE website is updated every month for 	

<p>healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standard for individual foods and beverages;</p> <ul style="list-style-type: none">● Provide parents a list of foods that meet the school district’s snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities;● Provide opportunities for parents to share their healthy food practices with others in the school community;● Provide information about physical education and other school-based physical activity opportunities before, during and after the school day;● Support parents’ efforts to provide their children with opportunities to be physically active outside of school; and● Include sharing information about physical activity and physical education through a website, newsletter, other take-home materials,				<p>the specific skill set learned.</p>	
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<p>special events or physical education homework.</p>					
Food Marketing in Schools					
<p>1. School- based marketing will be consistent with nutrition on and health promotion. The school district will:</p> <p>Limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually;</p> <p>Prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages;</p> <p>Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products</p>	X			<p>1. Ala carte at breakfast and noon.</p> <p>2. We promote healthy lifestyle “options” through life size posters of student eating healthy foods.</p>	
Staff Wellness					
<p>1. 1. The school district values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school should:</p> <ul style="list-style-type: none"> ● Establish and maintain a staff wellness committee composed of at 	X			<p>1. Monthly email from benefits specialists that focuses on wellness. This information is distributed through Wellmark.</p> <p>MS weight room is open</p>	

<p>least one staff member, local hospital representative, dietitian or other health professional, recreation program representative, union representative and employee benefits specialist;</p> <ul style="list-style-type: none">● Develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee;● 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.				<p>and available for staff use both before and after school and on weekends.</p>	
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