

# Local Wellness Policy Progress Report

**School Name: North Linn**

**Wellness Policy Contact: Pat Kelly**

**Date Completed: 05-10-2024**

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.
District Wellness Policy promotes healthy foods, fruits and vegetables, along with whole grain products. Milk is also low fat or fat free and flavored. We also promote safe and healthy food preparation.	Pat Kelly FSD	x			We have updated our website to indicate and find information easily.	s We will continue to include more fresh items and also student input.
2. Website promotes amounts and types of foods to be eaten for nutritional health. EX. my tray and NSBP and NSLP meal pattern and guidelines	Pat Kelly FSD		x		Goals of this are to include students with more hands on so they can see what the amounts look like.	Invite groups to taste test and to serve sizes themselves
3.						

## 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.Is for students k-12 and is taught by a certified P.E. teacher who engages students in moderate exercise for 50 percent of class	P.E. staff	x			Teachers ensure that the students move a certain amount of time in each class	

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. To make students and staff be healthier so they can concentrate better which will help them learn not only in class but outside of school and make better choices of food and exercise.	Committee		x		Created a wellness committee to help make sure we have a broad view of what we feel is correct for students.	To continue to meet with students, staff and parents to ensure the best wellness policy

### 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.The district will discourage sedentary activities such as watching tv, playing on computers etc...	Principals and all staff		x		Staff has been encouraged to promote healthy choices	Continue to promote exercise and not to choose to sit and play games and to make good choices on snacks
2. Offer class room health education that compliments P.E. by reinforcing the knowledge and self-management skills needed to maintain a physical active lifestyle and to reduce time spent in sedentary activities	Teachers		x		Health classes and regular class activities such as getting up from the chair and periodically move around and to constantly reinforce the value of physical activity	

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

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.To have our meals be appealing and	Pat Kelly FSD	x			Continued training of food	

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.
attractive to children and to be served in a clean and welcoming setting. We will meet the minimum nutrition requirements established by the USDA as well as offering choices on fruits and vegetables and try to have these producers be fresh fruit and vegetables when possible					service staff and education kitchen help on appearance as well as color of plate to make the students wanting to try different choices of food. We put an emphasis quality and flavor	Keep trying to keep it to serving simple food. More fresh options and overall offer more options.
2. The school district will share nutritional information per request.						

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

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. Where all food used for parties are to be peanut and nut free and pre packaged	School nurse and FSD, and Principal	x			List have been sent home to families and teachers and staff have been explained on the process	Continue to make sure these steps are taken
2. The district will not allow food to be used as a reward to part of a class; it will be all or none.			x		The district will not keep a student from eating lunch because of behavior	Work on limiting overing pizza parties for a reward and if you do make sure that even those that are not capable of accomplishing the same task has the same reward.

**Polices 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.Promote through social media and through our website			x		Wellness policy is posted on the website	Start writing wellness articles and putting in the school paper
2. Wall hangings and or pictures of healthy choices of food			x		Staff has put posters and other wall hangings on the hallway walls and in the kitchen to promotes this.	Try to get great looking posters and items that will pop out to the students and to make it interesting.

**This institution is an equal opportunity provider.**