

School Wellness Policy Building Progress Report

School Name: North East Hamilton Wellness Contact Name/E-mail: Jessica Hector

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. National B'fast Week	X			Taste test different foods	Continue annually
2. National Lunch Week	X			Taste test different foods	Continue annually
3. Iowa Switch program 5-2-1-0 registered site AHA kid's Fit Snow day challenges	X			Daily brain breaks/ go noodle Take home challenge	Continue annually Guest trainer & Walkers
4. Started Facebook and Twitter and Instagram	X			Promote facts about veggies	Continue- more often
Physical Education and Physical Activity Goals					
1. PE Class- variety of sports and physical activities	X			New equipment from grants & Community gifts	Continue cooperative community efforts
2. Spring Field Day	X			All school event	Continue annually
3. Walking Cub "Don't sit get fit" (school walking path)	X			Launched w/ all Iowa walk, twice a week @ recess, all school walks-hallway recognition	Continue doing year round
4. 2 hrs more activity/week	X			Walking club @ home suggestions	Continue weekly
Nutrition Guidelines for All Foods Available to Students					
1. Monthly menus online	X			<i>Shows nutrients</i>	<i>Continue annually</i>
2. Posters from USDA	X			Tells about health benefits	Continue annually
3. Monthly menu boards	X			Tells health facts of foods	Continue annually
4. Facebook	X			Promote lunch /Bfast	Continue annually
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					

1. sensory pathways & variety of brain breaks from SWITCH	X			Different Behaviors	Continue annually
2. Rewards systems- more physical activities instead of food rewards		X		Keep reinforcing	Encourage/promote more ideas
3.					
4.					
Communication with Parents					
1. Facebook/Instagram/Twitter	X			Activity pics to promote school	Invite families to “like”
2. Letters sent with students	X				Continue monthly
3. Monthly newsletters	X				Continue monthly
Food Marketing in Schools					
1. daily announcement of menus	X			Taste test/educational materials Student read daily	Continue annually
2. flyers/posters in buildings/library classes	X			Cafeteria health trivia, nutrition label activities, diet logs	Would like occasionally fun names of food
3. NEH farms/cooking classes	X			Growing veggies/taste testing/my plate education	Continue monthly
Staff Wellness					
1. walking/exercise challenge	X			Log time with students	Join a team/encourage each other
2. School nurse emails healthy tips/ideas	X			She does a great variety Shots offered annually for free Promote positive mental health coping abilities @ monthly pro. Development days	Continue monthly
3. Annual flu shots	X				Continue monthly
4. Self help book study with paras	X				Continue monthly