

School Wellness Policy Building Progress Report

School Name: **Sunset** Wellness Contact Name/E-mail: **Lori Hartnett**

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. Promote physical activity	X			Snap fitness trainer came-did exercises with kids and Hy-vee nutritionist- sampled fruits	Pick another fitness place in town to come next year
4. Started Facebook and Twitter	X			Promote facts about veggies	Continue- more often
Physical Education and Physical Activity Goals					
1. PE Class- variety of sports and physical activities	X			Funds for equipment	Continue annually
2. Track & Field Day	X			Sometimes weather since outdoors	Continue annually
3. Homecoming Fall walk	X			Kids get to take a nature walk before lunch time	Continue Annually
4. Track your miles 4 the year- 100 miles per year	X			Kids can walk the outdoor track at recess or after school to track	Continue Annually
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. Yoga- beginning of school day	X			Different Behaviors	Brought in profess instructors for all students/staff

2. Rewards systems- more physical activities instead of food rewards		X		Not always sure it's being done	Encourage/promote more ideas
3.					
4.					
Communication with Parents					
1. Facebook	X			Not everyone has or has "liked" the page	Invite families to "like"
2. Twitter	X			Connects more with students than parents	Finding time to post often
3. Monthly newsletters		X			
Food Marketing in Schools					
1. Menu boards	X				
2. flyers/posters in buildings	X				
3.					
Staff Wellness					
1. Healthy Iowa email sent out	X			Hard to keep people committed	Join a team
2. School nurse emails healthy tips/ideas	X			She does a great variety	Continue annually
3. Annual flu shots				Shots offered annually for free	