

# School Wellness Policy Building Annual Progress Report

School Name: Solon Community Schools

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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.
<b>Nutrition Education and Promotion Goals</b>					
1. Nutrition Education is 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		Health materials utilized in grades K-4, 9. Fitness course work in lower middle school and gap in 7-8.	Consider adding a health course or component for grades 7-8.
2. Nutrition education includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste- testing, farm visits, and school gardens.		X		These activities have taken place in some grade levels in previous years, but not all grades or annually.	Consider these activities in future years.
3. Promotes fruits and vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation methods and health -enhancing nutrition practices.		X		Health materials utilized in grades K-4, 9. Fitness course work in lower middle school and gap in 7-8.	Consider adding a health course or component for grades 7-8.
4. Includes training for teachers and other staff.				No formal ongoing training in place.	Consider training.
<b>Physical Education and Physical Activity Goals</b>					
1. Physical Education is taught by a certified teacher.	X			All PE teachers are certified.	
2. Physical Education includes students with disabilities.	X			All students enroll in the same PE class.	
3. Physical Education engages students in moderate to vigorous physical activity for during at least 50 percent	X			Monitor with heart rate monitor at SMS SHS.	

of physical education class.					
4. Classroom teachers will not use excessive physical activity or withhold opportunities for physical activity as punishment.	X			Communicated with teachers.	
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1. See the DE guidance on Healthy Kids Act, <a href="http://www.tinyurl.com/lowa-HKA">www.tinyurl.com/lowa-HKA</a>	X				
2. The Nutrition Guidelines for all foods available will focus on promoting student health and reducing childhood obesity.	X				
3. School meals served through the NSLBP will be appealing and attractive to children, will 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; serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and ensure that all of the served grains are whole grain.	X				There is always room for improvement and change. Continue to find and prepare new and exciting menu items for students; to increase meal participation.
4. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will operate the breakfast program to the extent possible; arrange bus schedules and utilize methods to serve breakfast that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfasts or breakfast during morning break or recess, to the extent possible.		X			Implement a “grab-and-go” breakfast option at all buildings within the school district.
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
1. The school district will provide information about physical education and other school -based physical activity opportunities before, during, and after the school day.			X		Revisit these goals to see if they are feasible for Solon Community Schools.
2. The school district will support parents’ efforts to provide their children opportunities to be physically			X		Revisit these goals to see if they are feasible for Solon

active outside of school.					Community Schools.
3. The school district will include sharing information about physical activity and physical education through a website, newsletter, other take home materials, special events or physical education homework.			X		Revisit these goals to see if they are feasible for Solon Community Schools.
<b>Communication with Parents</b>					
1. Communicate with parents through email, media releases, newsletters, the district webpage, and signage within school district buildings.			X	No formal communication documented.	Consider asking healthy fitness teachers to highlight in school newsletters.
<b>Food Marketing in Schools</b>					
1.			X		
2.			X		
3.			X		
<b>Staff Wellness</b>					
1. Currently not addressed in school district wellness policy.			X		District will review wellness policy and consider including a staff wellness component.