

# School Wellness Policy Building Progress Report

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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. EXAMPLE: <i>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.</i>	X			Nutrition education is part of the science curriculum in each grade level.	Promote fruits & vegetables, whole grain products, low fat & fat free dairy products
2.					
3.					
4.					
<b>Physical Education and Physical Activity Goals</b>					
1. Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Healthy Kids Act		x		Nutrition education is part of the curriculum in each grade level	Promote fruits & vegetables, whole grain products, low fat & fat free dairy products
2.					
3.					
4.					
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1. Meals served through the NSLP and NSBP will be appealing & meet ,at a minimum, nutrition requirements established by state and federal law	x			<i>FSD meets state and federal requirements and strives for appealing meals</i>	<i>Implement using 100% whole grains in more foods</i>

2. Schools providing access to healthy foods outside the reimbursable meal programs before school, during school & 30 min, after the last bell shall meet Smart Snacks in 'schools nutrition standards at a minimum		x		Competitive food items are run through the smart snack calculator	Fundraiser ideas will be double checked/routed through the FSD to be approved or denied
3. Snacks provided to students throughout the school day (parties, etc) will meet standards set by law		x		A list of food alternative rewards has been provided to all staff	District will provide parents a list of foods/beverages that meet smart snacks
4.					
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
1. Encourage classroom teachers to provide activity breaks	x			Teachers currently provide "limp noodle" breaks	Encourage as many breaks as necessary
2. Make drinking water available where school meals are served	x			Drinking fountain is available near cafeteria	Permit students to carry water bottles
3. strive to provide students w/at least 10 min to eat after sitting for breakfast & 20 min for lunch	x			Students are currently given 10 min & 20 min respectively	Goal is currently being met
4. discourage sharing foods	x			If seen "sharing" students are reminded not to and why	Continue to monitor this activity
<b><i>Communication with Parents</i></b>					
1. district has a wellness policy committee consisting of parents, students, school nurse, staff, school board and the public	x			The superintendent invites comments concerning the school wellness policy	Parents & the public are notified of assessments & policy via the school newsletter and school website ( there will be a session for input of 2/22/17 6 pm-admin. bldg.)
2.					
3.					
4.					
<b><i>Food Marketing in Schools</i></b>					

1. Schools will only allow marketing of foods & beverages that meet smart snack guidelines	x			Non smart snack vendors advertising is not allowed	School will only allow advertising by smart snack vendors
2.					
3.					
<b>Staff Wellness</b>					
1. currently not in policy but wellness committee is gathering ideas to implement			x	Not implemented yet- staff are currently involved in a voluntary Falcon Fitness challenge ( this is a 2 month weight loss challenge with teams of 3)	Ideas discussed @wellness mtg are having monthly fitness goals for staff
2. Employer does do a wellness checkup and /or flu shot each fall		x		Is voluntary	Need to find ways to get ALL staff involved