

# School Wellness Policy Building Progress Report

School Name: W. Burlington JR/SR High

Wellness Contact Name/E-mail: Patty McPherson

[patty.mcpherson@wbschools.us](mailto:patty.mcpherson@wbschools.us)

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.

<b>Wellness Policy Language</b> <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>	<b>List steps that have been taken to implement goal and list challenges and/or barriers of implementation.</b>	<b>List next steps that will be taken to fully implement and/or expand on goal.</b>
<b>Nutrition Education and Promotion Goals</b>					
1. Schools will provide nutrition education & engage in nutrition promotion that helps students develop lifelong healthy eating behaviors	x			Nutrition education is part of the science curriculum in each grade level.	Promote fruits & vegetables, whole grain, low fat & fat free dairy products
2.					
3.					
4.					
<b>Physical Education and Physical Activity Goals</b>					
1. Schools will provide student with age and grade appropriate opportunities to engage in physical activity that meet the Healthy Kids Act		x		Promote a physically active lifestyle at least 25 % of PE class time	Engage students in moderate-vigorous activity at least 50% of PE class time
2.					
3.					
4.					
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1. Meals served through the NSLP & NSBP will be appealing & meet, at a minimum, nutrition requirements established by a state and federal law	x			<i>FSD meets state and federal requirements and strives for appealing meals</i>	<i>Food Service Director will continue to follow all state &amp; federal laws pertaining to all foods served &amp; add more 100% whole grain products when available</i>

2. Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and 30 min. after the last bell shall meet Smart Snacks in Schools nutrition standards at a minimum		x		Competitive foods are run through the smart snack calculator	
3. Snacks provided to students throughout school day (parties,etc) will meet standards set by law		x		A list of food alternative rewards had been provided to 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 provide breaks as needed	Encourage as many breaks as necessary
2. Make drinking water available where school meals are served	x			Drinking fountain is available in cafeteria	Permit students to carry water bottles
3. Strive to provide students w/at least 10 min. to eat after sitting down for breakfast and 20 min. for lunch	x			Students are currently given 10 min& 20 min respectfully	Continue to monitor
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 members, and the public	x			The Superintendent invites comments concerning the school wellness policy	Parents and the public are notified of assessments & policy via the school newsletter and school website ( will hold a session for input in Feb. 2017- exact date to be announced)
2.					
3.					
4.					
<b><i>Food Marketing in Schools</i></b>					
1. Schools will only allow marketing of foods & beverages that meet Smart Snacks guidelines	x			Non Smart Snack vendor 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 at wellness committee meeting are having monthly fitness goals for staff
2.					