

# Local Wellness Policy Progress Report

**School Name:** Ames Community School District

**Wellness Policy Contact:** Chris Stensland

**Date Completed:** 10/27/22

This tool is to document progress in meeting the goals written in the district’s wellness policy at each school building. Document steps that have or will be taken to accomplish each goal. In the “Contact Person” column identify the individual who can report on the goals’ progress. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of those goals. Add more lines for goals as needed.

## Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
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.	Erin Miller (Director of Teaching and Learning)		X		Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
2. Is part of not only health education classes, but also classroom instruction in all subjects where appropriate	Erin Miller (Director of Teaching and Learning)		X		Nutrition education is taught across elementary classrooms, but a concrete scope and sequence is not present outside of the health curriculum and the science curriculum	
3. Emphasizes caloric balance between food intake and physical activity	Erin Miller (Director of Teaching and Learning)	X			Nutrition education in FCS & health classes talk about both food intake and physical activity	

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4. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.	Erin Miller (Director of Teaching and Learning)	X			FCS instruction at the secondary and elementary health units include information about these topics in an age appropriate way	
5. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices	Erin Miller (Director of Teaching and Learning)			X		
6. Links with other meal programs, other foods and nutrition-related community services.	Erin Miller (Director of Teaching and Learning)			X		

## Physical Activity Goals

<b>District Wellness Policy Goals</b>	<b>Contact Person</b>	<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 of implementation.</b>	<b>List next steps that will be taken to fully implement and/or expand on goal.</b>
1. PE is provided at all Grade Levels	Erin Miller (Curriculum Director)	X			PE is a required State educational standard	
2. Includes students with disabilities, students with special health-care needs may be provided in alternative educational settings	Erin Miller (Curriculum Director)	X			Students with disabilities are included in physical education in the general education setting or through a Peer PE model	

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3. Engages students in moderate to vigorous physical activity for at least 50 percent of physical education class time unless medically authorized special needs are verified	Erin Miller (Curriculum Director)			X	While the PE teachers encourage vigorous physical education, I have no data to support how much time in a class students are engaged in vigorous physical activity	
4. Is taught by certified physical education teachers	Erin Miller (Curriculum Director)	X			All of our PE teachers are fully certified	
5. Encourages classroom teachers to provide opportunities for physical activity throughout the day during classroom time, as appropriate	Erin Miller (Curriculum Director)	X			We have provided professional learning for staff on the importance of movement and brain breaks using physical activity, and we continue to model and encourage staff to engage in this way	
6. District employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.	Jeff Hawkins (Associate Superintendent)				While physical activity is not a punishment and we discourage employees from using the withholding of physical activity as a punishment, some recess withdrawal as a punishment occasionally occurs.	

## Other School Based Activities Goals

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1. Implement a Wellness program through the self-insurance	Stacy Duhn (Insurance Coordinator)		X		We offer annual immunizations such as the flu vaccine.	
2. Employee Assistance Program	Stacy Duhn	X			Provides free mental health counseling for employees	

## Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day (e.g. vending, school stores, etc.)

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1. NLSP provided through Chartwells meets all the requirements of the Healthy Kids Act	Marilyn Rutherford (Food Service Director)	X			Increased signage, unlimited fruits and vegetables.	

**Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.**

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1. Snacks provided will make a positive contribution to the child's diet	Jeff Hawkins, Associate Superintendent			X	PBIS incentives do not meet standards	Meet with Director of Teaching and Learning and Associate Superintendent
2. All foods sold during the school day must meet snack requirements	Marilyn Rutherford and Jeff Schoening	X			Ala Carte and school store (when operating) meet the standards	
3 Snacks provided will make a positive contribution to the child's diet	Mary Morton (Northwood Principal)	X			Snacks provided for 4 year old preschool are catered by Food Service, meet snack meal patterns, and are fully imbedded in the curriculum	

**Polices for Food and Beverage Marketing**

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1. Food and beverages offered or sold school sponsored events outside the school day are encouraged but not required to meet nutrition standards	Lyle Fedders, Activities Director	X			Variety of drink and food options are available	
2.						

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