

School District: St Joe HHS District Wellness Policy Annual Progress Report 2021 | 2022  
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1-12-22

Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Steps to Implement, challenges/barriers	Data source for monitoring; Next steps for full implementation/expansion
<b>Policy Leadership</b>					
1. The designated officer for ensuring district compliance with the wellness policy and oversight is identified. (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Committee in place Still - some new add members	
<b>Public Involvement</b>					
2. Meets at least once per year to establish district wellness goals for, and to oversee, school health and safety policies and programs including development, implementation, and periodic review and update of the wellness policy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	met Jan 2022 to cover this school year. COVID had affected formal group meetings	
3. To the extent possible, Committee includes parents/legal guardians, students, and representatives of district nutrition services, physical education teachers, school health professionals, the school board, school administrators, and the general public. (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	offer to all staff, families, and interested parties. school board aware	continue to "advertise" through flyers email updates
<b>Food and Beverage Availability</b>					
<b>School Meals</b>					
4. Pre-K to fifth graders will be provided a minimum of 20 minutes to consume lunch after they have received their food. (NS-11)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	currently doing this	School Schedule allows for this
<b>Foods Sold Outside of School Meals Program (Competitive Foods and Beverages)</b>					
5. Foods and beverages sold outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards (SS-1, SS-2)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2 exempt fundraisers named snack cart follows smart snacks for the most part	written communication w/ staff work on concessions. start as people want
6. Standards established for foods provided but not sold (e.g., class parties, class snacks), during the school day on school campuses (SS-4)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Challenges - parents like to send food treats.	continued education and handouts w/ LWP goals for non food treats
<b>Food and Beverage Marketing</b>					
7. Any foods and beverages marketed or promoted to students on school campuses during the school day meet or exceed the USDA Smart Snacks in School nutrition standards. (PO-3)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Besides fundraisers only marketing is USDA or smart snacks marketing	keep exemptions at no more than (2). Encourage healthier options for 5th grade bar sale
<b>District Goals for Health &amp; Wellness</b>					
<b>Nutrition Education</b>					
8. Schools will provide nutrition education and engage in nutrition promotion that fulfills the criteria identified in the district LWP (NS-8, NS-12, HPE-11).	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	McMillian Health here this week. Great programs for all grades. Keep teachers up to date on nutrition education	teacher lesson plans handouts ↑ resources for teachers to do more
<b>Nutrition Promotion</b>					
9. Nutrition promotion using evidence-based techniques, creating food environments that encourage healthy nutrition choices and participation in school meal programs using a comprehensive and multi-channel approach by school staff, teachers, parents/legal guardians, students, and the community. (NS-5, NS-8, NS-9)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	USDA and team nutrition more handouts available. handouts and website. challenges - time and willingness	work w/ Parvian Health and Kylee Bennett for more resources



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10. Promote healthy food and beverage choices and participation in school meal programs through use of marketing and merchandising and through adherence to 100% of foods and beverages promoted to students meeting the USDA Smart Snacks in School nutrition standards. (NS-5, SS-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Doing well.	Posted info and flyers in gym by concessions and cafeteria.
<b>Physical Activity</b>					
11. Schools promote and ensure varied physical activity opportunities such as before, during, and after school; staff involvement; and family and community engagement, that are in addition to, and not a substitute for, quality physical education. (PO-8, PA-4, PA-3, PA-2)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Aftercare still in gym. Large campus w/ lots of space for staff/kids to use.	<del>outdoor</del> Facilities open to public. Indoor space can be rented to public.
12. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason. (PA-6, PA-7 ES)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Very rarely is this ever needed. Only when all other options are exhausted.	Continue to find alternatives for punishment and not withholding recess.
<b>Physical education</b>					
13. District will provide students with physical education using an age-appropriate, sequential PE curriculum consistent with national and state standards for PE. (HPE-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Now have licensed PE teacher.	Lesson plans. Continue to monitor PE curriculum.
14. All students will be provided equal opportunity to participate in physical education classes. Appropriate accommodations allow for equitable participation for all students and physical education classes and equipment are adapted as necessary.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	PE teacher good w/ students and assures all activities are inclusive of all skill levels.	Lesson plans. Continue to try new things/activities.
<b>Update/inform the Public</b>					
15. Annually, the public is notified about the content and implementation of the wellness policy and any updates to the policy. The name and contact information of the designated officer is publicized with information on how the public can become involved with the wellness committee or obtain additional information on the wellness policy. (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LWP available to public	School website.
16. Every three years, the district assesses compliance with the policy, how it compares to published state and federal model wellness policies and the district's progress in attaining the goals of the policy. Results and policy modifications, as needed, will be made public. (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Triennial assessment done 2020/2021 and wellness policy continues to be updated as needed.	LWP on school website.
17. Records will be maintained to document compliance with the requirements of the wellness policy including items 1, 2, 3, 15, and 16 above.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wellness binder has all updated documents	LWP and wellness binder



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<b>Other School Based Strategies for Wellness</b>					
18. SFAs must include, at a minimum, one goal for Other School-Based Strategies for Wellness in the LWP. SFAs must explore the use of evidenced based strategies when identifying goals. (List and report below)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Continue to explore ways to offer facilities outside of challenges-getting interest in running such activities listed in goals live close enough to do.	Discuss more like to school options. Not many people promote staff wellness after school activities like yoga
<b>Optional Goals- School Meals</b>					
19. Schools will not use foods or beverages as rewards for academic performance or good behavior. Additionally, schools will not withhold foods or beverages for punishment. Teachers are provided with a list of alternative ideas for behavior management. (NS-10)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Challenges-accountability and trying to get staff and parents to see importance	LWP goals and handouts reminding parents
<b>Optional Goals- Water</b>					
20. Free, safe, unflavored, drinking water available throughout the school day, throughout every school campus.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Boyle refilling station & maintains in gym, school cafeteria	
<b>Optional Goals- Staff Wellness</b>					
21. Schools will offer staff wellness programs such as weight management, health assessments. (EW-1, EW-2, EW-3)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Challenges-interest in such programs as a group. chair person to organize	Ask around for interest in such
<b>Optional Goals- Community Involvement</b>					
22. School will allow community members access to the district's outdoor physical activity facilities before and after school. (PA-8)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	open campus available to public before & after school	handouts, flyers.
23. School partners with local community organizations, businesses, or local hospitals to engage students and their families in health promotion activities. (PO-9)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	incaps reading program. encourage youth sports outside school programs offered	handouts, flyers.
<b>Other Optional Goals</b>					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
<b>Success/Updates/Activities/Events:</b>					

- Lots of new PE equipment bought from wellness fund and designated space for it. Over \$2,500 spent this year alone on playground & PE equipment
- No walking club this year. With try archery program instead. Grant \$8 received.
- McMillan was put again this year. Lots of great feedback from students and staff.
- New "Wellness Room" w/ School renovations.
- Continuing to offer lots of fresh veggie and fruit options in cafeteria.
- Staff noticing more kids eating!
- Recess before lunch for PK-2nd grade continues to go well.





## Wellness Policy (LWP) Annual Meeting Review/Agenda: 1/12/22

- Updated school/Local Wellness Plan (LWP) on schools website
- Flyer inviting parents to this meeting sent home last week in principal email.
- Triennial assessment completed last year per requirements.
  - o Continue to work towards goals that are not currently in place fully.
- Cafeteria State Inspection documents will all need submitted this week. They will be at school in Feb for on site review.
  - o Copy of Wellness Policy and last assessment must be included
- Walking Club was not renewed this year due to not enough interest from staff. Will revisit in future.
- McMillan Health came this week and did nutrition education and body health with all grades. Paid for through Wellness Fund
- Walk A Thon continues to provide funds to purchase new playground and PE equipment. Nearly \$2,500 spent on new equipment this last year.
- Lunchroom continues to offer fresh fruits and vegetables to students. Have offered spinach, fresh broccoli and cauliflower, red/orange bell peppers, sweet potatoes, different rices, zucchini, and cucumbers.
- Front office continues to update marketing handouts and flyers. Bulletin boards and posters in gym and cafeteria are updated and smart snack standards and afterschool snack program guidelines posted.
- After school snack program now in place. Offering children healthier snacks after school.
- Aftercare continues to be in gym to promote exercise.
- Recess before lunch for Pre-K through 2<sup>nd</sup> grade continues to offer good feedback from staff. Kids not as rushed to eat.
- Suggestions for future. Goals to work towards:
  - o Offer more education and programs for staff regarding wellness and nutrition. Start afterschool wellness program for staff (i.e yoga or other fitness class). Heather Sorg talked about doing a program that incorporates the rosary and yoga type exercise.
  - o Archery Club coming this next year
  - o Field Day activities- who will chair this year? Date?
  - o MyPlate curriculum for 3<sup>rd</sup> and 4<sup>th</sup> grade classes again. Was previously doing before COVID
  - o Continued reminders and handout to parents to encourage less birthday treats and focus more on non-food treats. Continued reminder to staff to work towards non-food classroom celebrations. Not use food as a reward

Open Floor: Suggestions/ideas, on snowy or bad weather days we need to find way to get kids more gym time instead of indoor recess.

- Kids eating more when all food put on trays instead of giving so many options. This speeds up line and teachers see kids eating

more fruits/veggies because of this!



# WELLNESS POLICY MEETING SIGN-IN SHEET

**Project:** Wellness Policy Annual Meeting and Review

**Meeting Date:** 01/12/2022 3pm

**Facilitator:** Elizabeth Loubier, RN – School Nurse

Place/Room: Gym

[illegible]