

Local Wellness Policy Progress Report

School Name: Lawton-Bronson Elementary

Wellness Contact Name/E-mail: Chad Shook, shookc@lb-eagles.org

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.

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.
Nutrition Education and Promotion Goals						
1. Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities designed to provide students with the knowledge and skills necessary to promote and protect their health.	Guidance Counselor Physical Education Teacher Principal	Yes			Included in our physical education and guidance curriculums	
2. Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction throughout Pre-K to High School.	Principal	Yes			Included in our science and social studies curriculums	
3. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods.	Food Service Director	Yes			Included in our school lunch program and early childhood snack programs	
4. Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise)	Classroom Teacher Physical Education Teacher	Yes			Included in our science, social studies and physical education curriculums	
5. At the beginning of the year teacher in-service include nutrition education training for teachers and other staff.	Food Service Director Principal			Yes	Collaboration between food service director, nurse and principal to	

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	Nurse				discuss implementation of this	
Physical Activity Goals						
<p>1. Develop a comprehensive, school-based physical activity program (CSPAP), that includes the following components:</p> <ul style="list-style-type: none"> ○ Physical education, recess; ○ Classroom-based physical activity; ○ Walk to school; and ○ Out of school time activities 	Principal Physical Education Teacher Transportation Director	Yes			Included in our physical education curriculum, daily schedule. Our transportation director collects data on walking to school and hosts district walk to school days.	
2. Engage students in moderate to vigorous activity during at least 50 percent of physical education class time	Physical Education Teacher	Yes			Physical education curriculum	
3. Ensure employees do not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment	Classroom Teachers Principal	Yes			Teacher handbook and professional development	
<p>4. Afford elementary students with recess according to the following:</p> <ul style="list-style-type: none"> ○ At least 20 minutes a day; ○ Outdoors as weather and time permits; ○ Encourages moderate to vigorous physical activity; ○ Scheduled to avoid extended periods of inactivity (i.e., periods of two or more hour) 	Principal	Yes			Daily schedules	
5. Encourage classroom teachers to	Principal	Yes			Physical Education	

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provide short physical activity breaks (3-5 minutes) when activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for extended periods of time;	Physical Education Teacher				Curriculum	
6. Encourage teachers to incorporate movement and kinesthetic learning approaches into core subject instructions when possible	Principal			Yes	Will be included as part of our teacher/staff handbooks	
7. Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle.	Principal Physical Education Teacher Nurse	Yes			Included in our classroom and physical education curriculums	

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Other School Based Activities Goals						
1. Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations	Nurse	Yes			School nurse regularly communicates with parents in regards to healthy choices and healthy school snacks.	
2. Share information about the nutritional content of meals with parents and students	Food Service Director	Yes			The school lunch menu includes nutritional information and can be found on the school website.	
3. Provide parents information about physical education and other school-based physical activity opportunities before, during and after the school day	Principal	Yes			Parents are informed through the handbook, school guidance counselor, school website, and social media.	
4. Discourage students from sharing foods or beverages during meal or snack times, given concerns about allergies and dietary needs	Food Service Director Nurse Principal	Yes			School/Board Policy	
5. Strive to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;	Principal	Yes			Building schedule	
6. Make drinking water available where school meals are served during mealtimes	Principal Food Service Director	Yes			Building contains an adequate number of water fountains	
Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students During the School Day (e.g. vending, school stores, etc.)						
1. Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the United States Department of Agriculture	Food Service Director	Yes			All a la carte items are Smart Snack approved, along with main entrees following the USDA	

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("USDA") Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities;					guidelines. There are not student run stores and all fundraising activities are done outside the school day.	
Standards for All Foods and Beverages Provided (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.						
1. Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the district in accordance law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations	Food Service Director	Yes			To the best of my knowledge all items provided are per the district's policy.	
Policies for Food and Beverage Marketing						
1. Ensure food and beverage marketing during the school day promotes food and beverages that meet the nutrition standards for meals or for foods and beverages sold individually	Food Service Director	Yes			Signage is posted in the building to promote healthy eating habits and what consists of healthy food/beverages.	
2. Promote healthy foods, including fruits, vegetables, whole grains and low-fat dairy products	Food Service Director	Yes			Posters are posted to show healthy food and to encourage whole grains. Only Skim & 1% milk is served.	
3. Market activities that promote healthful behaviors including vending machine covers promoting water; pricing structures that promote healthy options in vending machines; and sales of fruit for fundraisers.	Food Service Director	Yes			Drinking fountain is available. All a la carte items are Smart Snack compliant. No vending in elementary.	