

Local Wellness Policy Progress Report

School Name: Lawton-Bronson Jr/Sr High Wellness Contact Name/E-mail: Brandi Jessen/jessenb@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. | Brandi Jessen | X | | | Physical Education, Health and life time fitness are classes available for high school students and are accompanied with a graduation requirement. Junior high students also take PE and a special course in both 7 th and 8 th grade to cover these areas. | |
| 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. | Brandi Jessen | X | | | These topics are also discussed in biology, anatomy and physiology, and our agriculture strand. | |
| 3. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods. | Brandi Jessen | X | | | Evidence of this can be found in our course offerings but also in our offerings in school lunches. | |

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| 4. Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise) | Brandi Jessen | X | | | This is discussed in the above course offerings. | |
| 5. At the beginning of the year teacher in-service include nutrition education training for teachers and other staff. | Brandi Jessen | | | X | | Will incorporate this into a professional development during the spring semester and at the beginning of the next school year. |
| Physical Activity Goals | | | | | | |
| 1. Develop a comprehensive, school-based physical activity program (CSPAP), that includes the following components: <ul style="list-style-type: none"> ○ Physical education, recess; ○ Classroom-based physical activity; ○ Walk to school; and ○ Out of school time activities | Brandi Jessen | X | | | Evidence of this can be found in our course offerings and extracurricular activities. We also have a “Walk to School Wednesday” during the fall and spring months when weather permits. | |
| 2. Engage students in moderate to vigorous activity during at least 50 percent of physical education class time | Brandi Jessen | X | | | This is an expectation of all PE sections. | |
| 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 | Brandi Jessen | X | | | We utilize our handbook policy for behavior concerns, which does not include this criterion. | |
| 4. Afford elementary students with recess according to the following: <ul style="list-style-type: none"> ○ At least 20 minutes a day; ○ Outdoors as weather and time permits; ○ Encourages moderate to vigorous physical activity; | | | | N/A | | |

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| <ul style="list-style-type: none"> ○ Scheduled to avoid extended periods of inactivity (i.e., periods of two or more hour) | | | | | | |
| 5. Encourage classroom teachers to 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; | Brandi Jessen | X | | | We have 3 minute passing periods and this is extended during testing times. Teachers incorporate brain breaks as needed during their classes. | |
| 6. Encourage teachers to incorporate movement and kinesthetic learning approaches into core subject instructions when possible | Brandi Jessen | X | | | We encourage hands-on activities and project based learning. | |
| 7. Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle. | Brandi Jessen | X | | | We offer both of these classes in both junior and senior high. | |

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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 | Brandi Jessen | | | N/A | Food is not allowed in our classrooms. | |
| 2. Share information about the nutritional content of meals with parents and students | Brandi Jessen | X | | | 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 | Brandi Jessen | X | | | Parents are informed through the handbook, school guidance counselor, course offering manual, 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 | Brandi Jessen | X | | | There are at least 2 staff members observing students during both lunch times. | |
| 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; | Brandi Jessen | X | | | We serve breakfast for 30 minutes before school and our lunch periods are 30 minutes long. | |
| 6. Make drinking water available where school meals are served during mealtimes | Brandi Jessen | X | | | There is a water fountain with a water bottle dispenser located in the lunch room. | |
| 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 | X | | | All a la carte and vending items are Smart Snack approved, along with main entrees following the | |

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| <p>("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;</p> | | | | | <p>USDA guidelines. There are not student run stores and all fundraising activities are done outside the school day.</p> | |
| Standards for All Foods and Beverages Provided (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.) | | | | | | |
| <p>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</p> | <p>Food Service Director</p> | <p>X</p> | | | <p>To the best of my knowledge all items provided are per the district's policy.</p> | |
| Polices for Food and Beverage Marketing | | | | | | |
| <p>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</p> | <p>Food Service Director</p> | <p>X</p> | | | <p>Signage is posted in the building to promote healthy eating habits and what consists of healthy food/beverages.</p> | |
| <p>2. Promote healthy foods, including fruits, vegetables, whole grains and low-fat dairy products</p> | <p>Food Service Director</p> | <p>X</p> | | | <p>Posters are posted to show healthy food and to encourage whole grains. Only Skim & 1% milk is served.</p> | |
| <p>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.</p> | <p>Food Service Director</p> | <p>X</p> | | | <p>Vending machine only carries 100% fruit juice and water. Drinking fountain (along with a bottle filling station) is available. All items are Smart Snack compliant. FFA conducts fruit sales as fundraiser.</p> | |

