

School Wellness Policy Building Annual Progress Report

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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.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. It 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.			X		
2. It is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.		X			
3. Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens.			X		
4. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.			X		
Physical Education and Physical Activity Goals					
1. Physical Education is for all students in grades K-12 for the entire school year.	X				
2. Physical Education is taught by a certified physical education teacher	X				
3. Physical Education includes students with disabilities, students with special health-care needs may be provided in alternative educational settings.	X				
4. Physical Education engages students in moderate to vigorous activity during at least 50 percent of physical education class time.	X				
5. Accommodations will be made for students in grades 9-12 as outlined in Policy 603.6.		N/A			

Nutrition Guidelines for All Foods Available to Students

School Meals

1. be appealing and attractive to children;	X				
2. be served in clean and pleasant settings;	X				
3. meet, at a minimum, nutrition requirements established by state and federal law:	X			SMI Review-2013	
4. offer a variety of fruits and vegetables, legumes and whole grains;	X				
5. serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA);	X				
6. The school should, when feasible, engage students and parents, through taste-tests of new entrees and surveys, in selecting foods offered through the meal programs in order to identify new, healthful and appealing food choices.			X		
7. The school should, when feasible, share information about the nutritional content of meals with parents and students. (The information could be made available on menus, a web site, on cafeteria menu boards, placards or other point-of-purchase materials.)		X		Information is provided upon request. Nutrikid software has been reviewed, but not purchased.	

Breakfast

1. Operate the breakfast program, to the extent possible.	X				
2. Arrange bus schedules and utilize methods to serve breakfasts that encourage participation, including the option of serving breakfast in the classroom and “grab-and-go” breakfasts.		X			
3. Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.			X		

Free and Reduced-Priced Meals

1. Utilize electronic identification and payment systems.	X				
2. When feasible, provide meals at no charge to all children, regardless of income.	X				
3. Promote the availability of meals to all students.	X				

Meal Times and Scheduling

1. The school will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;	X				
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2. The school should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities	X				
3. The school will provide students access to hand washing or hand sanitizing before they eat meals or snacks.	X				
4. The school should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).	X				
Qualifications of Food Service Staff					
1. Provide continuing professional development for all nutrition professionals.	X			Documented PD provided. Implemented 2015-16 year.	
2. Provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.	X			District is using DE provided PD and EMC SafeSchools Curr.	
Food Safety					
1. All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.	X			HACCP Plan is implemented and reviewed each year by food service staff	
2. For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.	X			Food Service Facility Use Guidelines will be attached.	
Other School Based Activities Goals					
Integrating Physical Activity into the Classroom Settings					
1. Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.			X		
2. Provide opportunities for physical activity to be incorporated into other subject lessons.	X				Use gonoodle.com Songs, lessons with movement
3. Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.	X				Use gonoodle.com, Brain breaks
Communication with Parents					
1. Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages.			X		
2. Prepackaged or professionally prepared products will be used for	X			No home made treats	

healthy celebrations/parties, rewards and fundraising activities.					
3. Provide information about physical education and other school-based physical activity opportunities before, during and after the school day.	X			Rec Center fliers, February Fitness Night	
4. Support parents' efforts to provide their children with opportunities to be physically active outside of school.		X		Rec Center Programs, Fitness Night	
5 Include sharing information about physical activity and physical education through a web site, newsletter, other take-home materials, special events or physical education homework.		X			
Food Marketing in Schools					
1. Limit the marketing and promotion of foods and beverages that do not meet the nutrition standards for meals or for foods and beverages sold individually.			X		
2. Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.		X		Posters	
3. Market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.			X		
Staff Wellness					
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