

# School Wellness Policy Building Progress Report

**School Name: Guthrie Center CSD**

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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.

<b>Wellness Policy Language</b> <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	<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 and/or barriers of implementation.</b>	<b>List next steps that will be taken to fully implement and/or expand on goal.</b>
<b>Nutrition Education and Promotion Goals</b>					
1. 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			Nutrition education is part of the Iowa Common Core: 21 <sup>st</sup> Century Skills and NGSS PK-8.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies to be review at curriculum days.
2. Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, elective subjects; includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits, and school gardens	X			Each educational level will add what items that are accomplished to meet this goal:  1. Elementary- track day  2. FFA Greenhouse/plant sale  3. HS Health fair	Find items for taste testing in the middle school. Community involvement: ie visit farms, orchards, etc
3. Promotes fruits, vegetables, whole grain products, low fat, and fat-free dairy products, healthy food preparation methods and	X			GCCSD follows nutrition guidelines	

health-enhancing nutrition practices					
4. Emphasizes caloric balance between food intake and physical activity.	X			<p>1. Student meals are designed to meet the USDA standards for caloric intake by age group.</p> <p>2. 3 water-bottle fill stations installed at the Elem and HS to encourage drinking water.</p> <p>3. PE and recess</p>	
5. Links with meal programs, other foods and nutrition- related community services; and includes training for teachers and other staff.	X			<p>1. Food Bank of Iowa Backpack program</p> <p>2. Food pantry for community located in Adair, Casey and Guthrie Center.</p> <p>3. Meals on Wheels</p> <p>4. Summer Food Program</p> <p>5. Provide meals to KidZone</p>	

Physical Education and Physical Activity Goals					
<p>1. The school district will provide physical education that:</p> <ul style="list-style-type: none"> <li>• Is for all students in grade PK-8 for the entire school year,</li> <li>• is consistent with meeting the state requirements and will examine other recommendations (The Centers for Disease Control and Prevention which recommends at least 150 minutes a week for elementary students and 225 minutes a week for middle and high school students.)</li> <li>• Is taught by a certified physical education teacher</li> <li>• Includes students with disabilities, students with special health-care needs may be provided in alternative education setting; and</li> <li>• Engages students in moderate to vigorous activity during at least 50 percent of physical education class time.</li> </ul>	X			<p>GCSCD offers K-6, 9-12 Physical Education that is provided by certified staff.</p> <p>Elem and HS offers a peer PE course that integrates students with disabilities with grade alike peers.</p> <p>PE teachers are required to submit Iowa Core Overview documents that includes all standards taught and evaluated. This document includes plans for vigorous activities at least 50 percent of the time.</p>	

<p>2. Daily recess Elementary schools provide recess for students that:</p> <ul style="list-style-type: none"> <li>• Is at least 20 minutes a day</li> <li>• Is preferably outdoors</li> <li>• Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and,</li> <li>• Discourages extended period of inactivity. (ie periods of two or more hours)</li> <li>• When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, school should give students periodic breaks during which they are encouraged to stand and be moderately active.</li> </ul>	X			<ul style="list-style-type: none"> <li>• Teachers are required to submit their building recess schedules to the curriculum director for review.</li> <li>• At the Elementary level, teachers utilize physical brain breaks throughout the day. When students are indoors for extended periods of time, the gym is available for indoor recess. (when available)</li> </ul>	
<p>6. Physical Activity and Punishment Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activities. (eg recess, physical education) as a punishment</p>	X			<p>1. This has been enacted as a district policy.</p>	

Nutrition Guidelines for All Foods Available to Students					
<p>1. School meals Meals served through the National School Lunch and Breakfast Programs will:</p> <ul style="list-style-type: none"> <li>● Be appealing and attractive to children</li> <li>● Be served in clean and pleasant settings</li> <li>● Meet, at a minimum, nutrition requirements established by state and federal law</li> <li>● Offer a variety of fruits and vegetables</li> <li>● Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternative (as defined by the USDA)</li> <li>● Ensure that more than half of the served grains are whole grains</li> </ul>	X			<p>Clean/Inspected Serve only 1% and fat-free milk.</p> <p>Food sensitivities and allergies are handled by the following:</p> <p>Peanuts and items made in a factory that processes peanuts are not served as a part of the meal.</p> <p>If the allergy is a disability then parents complete the diet modification request and diet modifications are made.</p> <p>Nutritional content of meals on-line a month at a time.</p>	
2. Breakfast To ensure that all children have	X			1. GC offers a breakfast	

<p>breakfast, either at home or at school, in order to meet their nutritional need and enhance their ability to learn, schools will:</p> <ul style="list-style-type: none"> <li>● Operate the breakfast program, to the extent possible</li> <li>● Arrange bus schedules and utilize methods to serve breakfast that encourages participation, including breakfast to go</li> <li>● Notify parents and students of the availability of the School Breakfast Program, where available; and,</li> <li>● Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.</li> </ul>				<p>program.</p> <ol style="list-style-type: none"> <li>2. Breakfast to go</li> <li>3. Notified parents of School Breakfast Program via handbooks and website</li> </ol>	
<p>3. Free and Reduced-Priced Meals The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may:</p> <ul style="list-style-type: none"> <li>● Utilize electronic identification and payment systems;</li> </ul>	X			<p>4. GCCSD has an electronic id and payment system.</p> <p>5. Promotes the availability of all meals to students.</p>	

<p>and</p> <ul style="list-style-type: none"> <li>● Provide meals at no charge to all children, regardless of income; and</li> <li>● Promote the availability of meals to all students</li> </ul>					
<p>4. Meal Times and Scheduling The school district:</p> <ul style="list-style-type: none"> <li>● Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;</li> <li>● Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11am and 1pm; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;</li> <li>● Will schedule lunch periods to follow recess periods (in elementary school);</li> <li>● Will provide students access to handwashing or hand sanitizing before they eat meals or</li> </ul>		X		<p>GCCSD provides students the times for lunch that have been determined to be appropriate by team.</p> <p>Students are provided access to and encouraged to hand wash before eating meals. Restroom is adjacent to the cafeteria for ease of use.</p> <p>Students wash hands or use hand sanitizing before they eat meals or snacks at the elementary level.</p>	<p>GC Elem is looking into changing schedules to allow lunch before recess.</p>

<p>snacks; and,</p> <ul style="list-style-type: none"> <li>● Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral needs (e.g., orthodontia or high decay risk).</li> </ul>					
<p>6. Qualification of Food Service Staff</p> <p>Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:</p> <ul style="list-style-type: none"> <li>● Provide continuing professional development for all nutrition professionals; and</li> <li>● Provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria worker, according to their levels of responsibility.</li> </ul>	X			Food service professionals take continuing education credits.	
<p>7. Sharing of Foods.</p> <p>The school district discourages students from sharing their foods or beverages with one</p>		X		GCCSD discourage students from sharing food to the extent possible.	



another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.					
<p>Foods Sold Outside the Meal (e.g. vending, a la carte, sales)</p> <p>Elementary Schools: The food service program will approve and provide all food and beverage sales to students in elementary. To this end:</p> <ul style="list-style-type: none"> <li>• Food in elementary schools should be sold as balanced meals, given young children's limited nutrition skills; and</li> <li>• Foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits and non-fried vegetables</li> </ul> <p>Secondary Schools: All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte (snack) lines, vending machines, and student stores or fundraising activities) during the school day, or through programs for students after the school day will meet nutrition standards as required by state or</p>	X			The district adheres to these guidelines and are reviewed at administrative meetings.	All vending products are reviewed to meet the nutrition standards on an annual basis and checked throughout the year.

federal law.					
<b>Beverages</b> <ul style="list-style-type: none"> <li>• <b>Allowed:</b> water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free milk and nutritionally equivalent nondairy beverages (as defined by the USDA).</li> <li>• <b>Not allowed:</b> soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50 percent real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain minimal amounts of caffeine).</li> </ul>	X			GC Elem Handbook prohibits soda at lunch.  Following nutrition guidelines.	
<b>Foods</b> A food item sold individually: <ul style="list-style-type: none"> <li>• will have no more than 35 percent</li> </ul>	X			<b>Examples:</b> Food items could include, but are not limited to, fresh fruits and vegetables;	

<p>of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10 percent of its calories from saturated and trans fat combined;</p> <ul style="list-style-type: none"> <li>• will have no more than 35 percent of its weight from added sugars;</li> <li>• will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches and main dishes; and,</li> <li>• will include a choice of at least two fruits and/or nonfried vegetables for sale at any location on the school site where foods are sold.</li> </ul>				<p>100 percent fruit or vegetable juice; fruit-based drinks that are 100 percent fruit juice and that do not contain additional caloric sweeteners; cooked, dried or canned fruits (canned in fruit juice or light syrup); and cooked, dried or canned vegetables (that meet the above fat and sodium guidelines).</p> <p>GCCSD policy follows state guidance.</p>	
<p><b>Portion Size</b> Limit portion sizes of foods and beverages sold individually to those listed below:</p> <ul style="list-style-type: none"> <li>• One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or</li> </ul>				<p>GCCSD follows board policy.</p>	

jerky; <ul style="list-style-type: none"> <li>• One ounce for cookies;</li> <li>• Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;</li> <li>• Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;</li> <li>• Eight ounces for non-frozen yogurt;</li> <li>• Twelve fluid ounces for beverages, excluding water and milk; and,</li> <li>• The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of meals. Fruits and non-fried vegetables are exempt from portion-size limits.</li> </ul>					
8. Fundraising Activities There are two types of fundraising – regulated and other. Regulated fundraisers are those that offer the sale of foods and beverages on school property and that are targeted primarily to PK-12 students by or through other PK-12 students, student groups, school organizations, or through on-campus school stores. Regulated fundraising activities must comply with the state nutrition guidelines. All other fundraising activities are encouraged, but not required, to comply with the state		X			GCCSD needs to implement fundraiser and food sales to comply with regulations.

nutrition guidelines if the activities involve foods and beverages.					
<p>9. Snacks</p> <p>Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.</p>	X			<p>At the elementary level, students are allowed to have a water bottle in the classroom.</p> <p>There are water bottle filling stations for student and staff use.</p> <p>At the elementary level, healthy snacks are allowed to students during the day.</p> <p>Elem and HS students are allowed clear water bottles.</p>	
<p>10. Rewards</p> <p>The school district will not use foods or beverages, especially those that do not meet the nutrition standards or foods and beverages sold individually, as rewards for academic performance or good behavior, and withhold food or beverages (including food</p>		X			Rewards needs to comply to guidelines.

served through meals) as a punishment.					
<p>11. Celebrations</p> <p>Schools should evaluate their celebration practices that involve food during the school day. The school district will disseminate a list of healthy party ideas to parents and teachers.</p>		X			Add to handbooks a list.
<p>12. School-Sponsored Events</p> <p>Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually.</p>	X				
<p>13. FoodSafety</p> <p>All foods made available on campus adhere to food safety and security guidelines.</p> <ul style="list-style-type: none"> <li>All foods made available (by the Food Service department) will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Points (HACCP) plans and guidelines are implemented to prevent food illness in</li> </ul>	X			<p>Inspected kitchens</p> <p>Food Service Director is ServSafe certified within first year of employment.</p>	

<p>schools.</p> <p><a href="http://www.fns.usda.gov/tn/Resources/servin_gsafe_chapter6.pdf">http://www.fns.usda.gov/tn/Resources/servin_gsafe_chapter6.pdf</a></p> <ul style="list-style-type: none"> <li>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.</li> </ul>					
Other School Based Activities Goals					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
<p>1. Integrating Physical Activity into Classroom Setting: For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will:</p> <ul style="list-style-type: none"> <li>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.</li> <li>Discourage sedentary activities,</li> </ul>	X			<p>We offer health classes at the 5th, 9<sup>th</sup> grade</p> <p>Teachers offer students “brain breaks” that offer students the opportunity to get out of their seats and move while learning.</p> <p>Health and wellness classes offered</p> <p>At Elementary level, teachers utilizes the Go Noodle website to provide brain break activities.</p>	

<p>such as watching TV, playing computer games, etc.</p> <ul style="list-style-type: none"> <li>• Provide opportunities for physical activity to be incorporated into other subject lessons; and,</li> <li>• Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.</li> </ul>				<p>Some mornings at the Guthrie Center CSD, the gym is open to all students for activity.</p> <p>Extra-curricular activities are offered for all HS students. An effort is made to coordinate fine arts and athletic practices at different times allowing the most participation for both.</p>	
<b>Communication with Parents</b>					
<p>1. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will:</p> <ul style="list-style-type: none"> <li>• Send home nutrition information, post nutrition tips on school web sites and provide nutrient analyses of school menus;</li> <li>• Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standard for individual foods</li> </ul>		X		<p>1. Health/PE website is updated every month for the specific skill set learned.</p>	<p>1. Webpage contains a food service link that hosts a Choose My Plate link that parents, students and community members can look at nutrition information about healthy eating.</p>



<p>and beverages;</p> <ul style="list-style-type: none"><li>● Provide parents a list of foods that meet the school district’s snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities;</li><li>● Provide opportunities for parents to share their healthy food practices with others in the school community;</li><li>● Provide information about physical education and other school-based physical activity opportunities before, during and after the school day;</li><li>● Support parents’ efforts to provide their children with opportunities to be physically active outside of school; and</li><li>● Include sharing information about physical activity and physical education through a website, newsletter, other take-home materials, special events or physical education homework.</li></ul>					
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<b>Food Marketing in Schools</b>					
<p>1. School-based marketing will be consistent with nutrition education and health promotion. The school district:</p> <ul style="list-style-type: none"> <li>• Encourage food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually</li> <li>• Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and</li> </ul> <p>Market activities that promote healthful behavior (and are therefore allowable) including: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines, and sales of fruit for fundraisers.</p>	X			<p>1. Ala carte at breakfast and noon.</p> <p>2. GC Elem puts posters up to promote healthy eating.</p>	
<b>Staff Wellness</b>					
<p>1. 1. The school district values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school should:</p> <ul style="list-style-type: none"> <li>• Establish and maintain a staff wellness committee composed of at least one staff member, local hospital</li> </ul>	X			<p>HS weight room is open and available for staff use both before and after school and on weekends.</p> <p>Social committee: “No Soda September”</p>	<p>1. Monthly email from benefits specialists that focuses on wellness. This information is distributed through</p>

<p>representative, dietitian or other health professional, recreation program representative, union representative and employee benefits specialist;</p> <ul style="list-style-type: none"><li>● Develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee;</li><li>● Base the plan on input solicited from employees and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees.</li></ul>					<p>Wellmark.</p> <ol style="list-style-type: none"><li>2. Implement a cardio room for staff.</li><li>3. Wellness Committee will meet every other year.</li></ol>
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