

Local Wellness Policy Progress Report

School Name: Lincoln Elementary

Wellness Policy Contact: Julie Trepa

Date Completed: Oct 22, 2022

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. Add more lines for goals as needed.

Nutrition Education and Promotion 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.
1. Nutrition education -Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.	Autumn Seielr	X			Our students talk about healthy eating in a variety of units. At preschool it looks like offering new vegetables and fruits to try through 1st grade where they have a unit on healthy eating and dental impacts of healthy eating.	
2.						
3.						

Physical Activity 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.
1. Physical Activity - Schools will provide age	Autumn Seiler	X			Kinder has 50 minutes of	

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<p>and grade appropriate opportunities to engage in physical activity that meets Iowa Healthy Kids Act</p> <p>Physical activity requirements for students: Grades K–5: minimum of 30 minutes per school day (i.e. recess, physical education, brain breaks, etc)</p> <p>Grades 6–12: minimum of 120 minutes per week (i.e. recess, physical education, interscholastic sports, non school activities – can be documented through a physical activity contract)</p>					<p>List steps that have been taken to implement goal and list challenges of implementation.</p> <p>recess. They also have 2-45minute PE classes per 6 day cycle. There are multiple brain breaks through out the day for physical movement as well as walking breaks. We also offer an addition 15 minute recess before school to offer additional activity for students.</p> <p>1st grade has 50 minutes of recess. They also have 2-45minute PE classes per 6 day cycle. There are multiple brain breaks through out the day for physical movement as well as walking breaks. We also offer an addition 15 minute recess before school to offer additional activity for students.</p>	
2.						

Other School Based Activities 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.
1. As appropriate, schools will support students, staff and parents efforts to maintain a healthy lifestyle	Autumn Seiler	X			We share healthy snack options with parents prior to the school year starting. We encourage water bottles at school and physical activity to students to self regulate.	
2.						

Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students During the School Day (e.g. vending, school stores, etc.)

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.
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 ("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;	Autumn Seiler	N/A			No food is sold to students beyond the reimbursable meal program.	
2.						

Standards for All Foods and Beverages Provided (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.)

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.
1. Snacks provided to students during the school day without charge (e.g. class parties) will meet standards set by the district in accordance with law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations; and	Autumn Seiler	X			We share healthy snack ideas with parents at before school conference and talk about the importance of healthy food choices. Many of our snacks are donated locally. While these are a donation we work with the provider to ensure they are healthy options for our students. We require prepacked items for class parties to be able to monitor ingredients. Moderation is our goal for sugar intake.	
2.						

Polices for Food and Beverage Marketing

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.
1. Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutrition standards on campus during the school day.	Autumn Seiler	N/A			We do not market or sell items on the Page Campus.	
2.						

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This institution is an equal opportunity provider.