

Local Wellness Policy Progress Report

School Name: Boys and Girls Home

Wellness Policy Contact: Katie Swanson

Date Completed: 10/7/19

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. Provide clients with the knowledge and skills necessary to promote and protect their health.	Tim Clark	X			Monthly nutrition lessons are given to each classroom. “Fear Factor” fruit and vegetable trials are done quarterly Posters are in the classrooms, hallways, and cafeteria describing proper nutrition Weekly physical education lessons discuss nutrition, fitness, and life-long health.	Winter will include greenhouse plant and vegetable growth and education
2. Promote fruits, vegetables, and whole-grain products, low-fat and fat-free dairy products and healthy foods.	Tim Clark	x			Monthly nutrition lessons are given to each classroom. “Fear Factor” fruit and vegetable trials are done quarterly Posters are in the classrooms, hallways, and cafeteria describing proper	Winter will include greenhouse plant and vegetable growth and education

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					nutrition Weekly physical education lessons discuss nutrition, fitness, and life-long health.	
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. Promote the benefits of a physically active lifestyle and help clients develop skills to engage in lifelong health habits.	Ben Mohning	X			Bi-weekly physical education classes include lessons on life-long physical fitness and activity Active brain breaks are being used in classrooms.	Development of more structured physical education activities
2. Encourage classroom teachers to provide short physical activity breaks (3-5) minutes, as appropriate.	Ben Mohning	X			Active brain breaks are being used in classrooms. Students also are able to move around the classroom and take individual breaks when needed.	Provide more brain break activity ideas to teachers.

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. Permit clients to bring and carry water bottles filled with water throughout the day.	Ben Mohning	X			Clients are allowed to have water bottles with them all day. For those who do not have one, there is also water available in the	Acquire more water bottles for those who do not have one.

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.
					classrooms with drinking glasses.	
2. Strive to provide clients with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.	Katie Swanson	X			Classroom schedules allow 20 minutes for breakfast and 30 minutes for lunch, which provides more than the minimum time for eating once meals have been served.	Continue to inform the teachers of the importance of being on time for meals.

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. We do not provide any food for sale during the school day.	Ben Mohning	X			There are no vending machines or other food sales available.	
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. Teachers are encouraged to provide healthy snacks to students during celebrations. We do not use food for rewards.	Ben Mohning	X			Teachers typically provide popcorn, cheese, yogurt, or hard boiled eggs during class celebrations.	

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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. We do not allow any food and beverage marketing to be done in our school.	Ben Mohning	X			The only food and beverage posters/materials that students see are those provided by the USDA or 5-2-1-0	
2.						

This institution is an equal opportunity provider.