

Local Wellness Policy Progress Report

School Name: Boys and Girls Home

Wellness Policy Contact: Katie Swanson

Date Completed: 08/08/2023

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.	Katie Swanson, Mary Anne Oehlerking	X			Monthly nutrition lessons are given to each classroom. 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.	Katie Swanson, Mary Anne Oehlerking	x			Fresh fruits and vegetables are prepared when possible. All are expected to try new foods and education regarding food is shared at mealtimes. Posters are in the classrooms, hallways, and cafeteria describing proper nutrition Weekly physical education lessons discuss nutrition,	Winter will include greenhouse plant and vegetable growth and education. Spring/summer a garden is planted. Students care for garden and learn about items and how to care for it.

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					fitness, and life-long health.	
3. Promote a spring/summer garden and use of items to create food for students to eat.	Katie Swanson, Mary Anne Oehlerking		X		Horticulture room is in place. Rotation procedures to plant, weed, water.	Securing seeds and potting soil each season. Planting seeds and transplant to garden. Water and weed. Harvest when ready.

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.	Mary Anne Oehlerking	X			Physical education classes include lessons on life-long physical fitness and activity Active brain breaks are being used in classrooms. A yoga room has been added.	Development of more structured physical education activities. Teach students how to use yoga as a life-long skill for mental and physical health.
2. Encourage classroom teachers to provide short physical activity breaks (3-5) minutes, as appropriate.	Mary Anne Oehlerking	X			Active brain breaks are being used in classrooms. Students also can move around the classroom and take individual breaks when needed.	Provide more brain break activity ideas to teachers. Provide websites for easy access and use.

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.	Mary Anne Oehlerking	X			Clients are allowed to have water bottles with them all day. For those who do not	Acquire more water bottles for those who do not have one. Bottles are in the student store

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					have one, there is also water available in the classrooms with drinking glasses.	and available to all.
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.)

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1. We do not provide any food for sale during the school day.	Mary Anne Oehlerking	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	Mary Anne Oehlerking	X			Teachers typically provide popcorn, cheese, yogurt, or	Guidelines added to the staff handbook.

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celebrations. We do not use food for rewards.					hard boiled eggs during class celebrations.	
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.	Mary Anne Oehlerking	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.