

## **Scott County, Iowa Local School Wellness Policy Triennial Assessment Under the Healthy, Hunger-Free Kids Act of 2010**

The Iowa Department of Education requires all Iowa LEAs to develop, implement and evaluate a District Wide wellness policy that encompasses the following components:

- Public involvement
- Publication notification
- Nutrition education
- Nutrition guidelines
- Nutrition promotion and marketing
- Physical activity
- Physical education
- Monitoring and evaluation

The Scott County Decategorization Board provides guidance and leadership to these policies and their assessment. This assessment fulfills two purposes:

- Offers Scott County LEAs a means to ensure state requirements for their School Wellness Policy are met and documented in ways that meet school nutrition administrative review requirements
- Offers Scott County the opportunity to see an overall picture of school wellness policies and practices at a community-wide level

There are both District-level and Building-level requirements for the policy and assessment. As a result, this assessment encompasses both levels. The Iowa Department of Education requires one District level assessment and a building level assessment for **EACH** building within that district on a triennial basis.

***When the assessment is completed: (May30th)***

- 1) Send completed copy of Local School Wellness Policy Assessment to Scott County Kids, 600 West 4<sup>th</sup> Street, Davenport, Iowa 52801 or email to: dawn.knutson@scottcountyiowa.com***
- 2) Keep a copy of these forms as documentation of compliance during the next School Nutrition Administrative Review.***

**Scott County, Iowa Local School Wellness Policy Triennial Assessment  
Under the Healthy, Hunger-Free Kids Act of 2010**

**Part One: DISTRICT REQUIREMENT**

**School District: Bettendorf Community School District**

**Date of Completion: August 20, 2018**

**Point of Contact/Person Responsible for Local School Wellness Policy and Assessment and  
Leader of Local School Wellness Policy Committee:**

<b>Title/Position</b>	<b>Department/School</b>
Director of Special Services/Curriculum Director of School Nutrition	

**Members of your Local School Wellness Policy Committee:**

<b>Name</b>	<b>Title/Position</b>
Mike Raso	Superintendent
Kay Ingham	Director of Special Services
Kayla Leu	Director of School Nutrition
Chris Like	STEM/CPD
Kathy Hayward	Physical Education
Scott Lammers	Physical Education
Diane Lichtenberg	Physical Education
Roxanne Schmertmann	Nurse
Carol Harris	Nurse
Mark Ciha	Health
Michelle Bruty	Counselor
Matt Edwards	Social Work
Adam Holland	School Board Director
Jenn Peitscher	Parent
Julie Willey	Parent
Julia Marbach	Parent
Vickie Pyevich	Parent
Sara Siokos	Parent

**PART TWO: DISTRICT REQUIREMENT**

***The following elements are a required part of Local School Wellness Policies. Use this form as a record that the District’s Local School Wellness Policy includes all required components.***

Yes	No	Regulation	Copy and Paste the Associated Section from your District’s Wellness Policy Here
		<b>Our District’s School Wellness Policy includes:</b>	
		Standards and nutrition guidelines for all foods and beverages sold on school campus during the school day that are consistent with: <ul style="list-style-type: none"> <li>• School meal nutrition standards</li> <li>• Smart Snacks in School nutrition standards</li> <li>• Iowa Healthy Kids Act standards</li> </ul>	The following nutritional guidelines for food available on school campuses will be adhered to: <ul style="list-style-type: none"> <li>· Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law;</li> <li>· 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</li> </ul>
		Standards for all foods and beverages provided, but not sold, to students during the school day (e.g. classroom parties, classroom snacks brought by parents, incentive foods, etc.)	Snacks provided to students during the school day without charge (e.g., class parties, daily snacks) will meet standards set by the district in accordance law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations
		Requirements that food and beverages marketed on campus must meet Smart Snacks in School standards	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
		Individual or team that provides wellness policy leadership and has the authority and responsibility to ensure schools comply with the District policy (listed on front page of this assessment)	The superintendent or superintendent's designee shall implement and ensure compliance with the policy
		Outlines the opportunity for public input into the development and implementation of the Local School Wellness Policy	Implementing a process for permitting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, administrators and the public to participate in the development, implementation, and periodic review and update of the policy
		Outlines the way the Local School Wellness Policy is made available to the public.	Making the policy and updated assessment of the implementation available to the public (e.g., posting on the website, newsletters, etc). This information shall include the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of the policy
		Describes the assessment process for the Local School Wellness Policy	Reviewing the policy at least every three years and recommending updates as appropriate for board approval; Developing administrative regulations, which shall include specific wellness goals and indicators for measurement of progress consistent with law and district policy
		Describes how assessments are made available to the general public for review	Making the policy and updated assessment of the implementation available to the public (e.g., posting on the website, newsletters, etc). This information shall include the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of the policy

**PART THREE: DISTRICT REQUIREMENT**

**It is required that Local School Wellness Policies have a minimum of one goal for each of the following areas:**

- 1) Nutrition promotion
- 2) Nutrition education
- 3) Physical activity
- 4) Other school-based activities

Required Area	District Goal	Action Steps for the Goal	Timeline
Nutrition Promotion	<p>Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors. The goal(s) for addressing nutrition education and nutrition promotion include the following:</p> <ul style="list-style-type: none"> <li>-Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods</li> </ul>	<p>Second Chance Breakfast introduced at the high school which has increased participation.</p> <p>We've included breakfast items with higher protein content (hard-boiled eggs, omelets, and yogurt)</p> <p>Alternate entrees have been added to the lunch menu to increase participation</p> <p>Salad bars have been added to all but one elementary school to increase fruit and vegetable consumption</p> <p>Neil Armstrong participates in the FFVP program, so each student receives a fresh fruit or vegetable as their mid-morning snack.</p> <p>We had two open summer school sites this year and participation was the highest that it has ever been</p>	2017/2018
Nutrition Education	<p>Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors. The goal(s) for addressing nutrition education and nutrition promotion include the following:</p> <ul style="list-style-type: none"> <li>-Implement evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques</li> </ul>	<p>The kindergarten-5th grade received a grant of \$50-60 per classroom for nutrition items. Kindergarten purchased flip books with nutritional education &amp; stuffed animals. Other grades purchased items that related to portion size and reading nutrition labels.</p>	2017/2018
Physical	<p>Schools will provide students and staff with age and grade appropriate</p>	<p>Students in third through 12<sup>th</sup> grade participated in the</p>	2017/2018

<p>Activity</p>	<p>opportunities to engage in physical activity that meet federal and state guidelines, including the Iowa Healthy Kids Act.</p> <p>-Develop a comprehensive, school-based physical activity program (CSPAP), that includes the following components:</p> <ul style="list-style-type: none"> <li>○ Physical education, recess;</li> <li>○ Classroom-based physical activity;</li> <li>○ Out of school time activities;</li> </ul> <p>-Seventy five percent of all third through twelfth graders will score in the “Healthy Fitness Zone” in three out of five of the Fitness gram tests that are administered each year during the student’s physical education class.</p>	<p>Fitness gram testing, while students in kindergarten through 2<sup>nd</sup> grade are learning about the test. The Fitness gram testing consists of 5 areas (body composition, endurance, strength, aerobic endurance, and flexibility). The district goal is that 75% of students will score in the “Healthy Fitness Zone” in three out of the five Fitness gram tests. All schools have finished their testing for the school year. Elementary sent a sheet home with each student letting the parent/guardian know if their student met the Healthy Fitness Zone. The results of the Fitness gram testing are as follows:</p> <ul style="list-style-type: none"> <li>● High School- 78.2% scored in the HFZ (Healthy Fitness Zone) in 3/5 Fitness gram tests</li> <li>● Middle School- 79.6% scored in the HFZ in 3/5 Fitness gram tests</li> <li>● Elementary- 83.14% of 3-5th graders scored in the HFZ in 3/5 Fitness gram tests</li> </ul> <p>The high school Pride Time offers students the chance to partake in physical activity. Options for students include pool time, using the fitness center, opening the gym for basketball and allowing students to make up missed PE time.</p> <p>High school students took school visits in physical education to look at heart monitors.</p>	
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		Middle School has set up an Instagram page called “Bett Middle Health.” The page posts articles such as “Eat This, Not That” and posts pictures of past Bettendorf Sports teams.	
Other School-based Activities	<p>Schools will support student, staff, and parents’ efforts to maintain a healthy lifestyle, as appropriate. The goal(s) for addressing other school-based activities that promote student wellness include the following:</p> <ul style="list-style-type: none"> <li>-Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.</li> <li>-Develop a plan to promote staff health and wellness</li> <li>-Share information about the nutritional content of meals with parents and students</li> <li>-Support the consumption of breakfast at school by implementing alternative breakfast options to the extent possible</li> <li>-Permit students to bring and carry water bottles filled with water throughout the day</li> </ul>	<p>The high school staff does a health challenge after the holidays. The district has staff wellness days. The district also offers flu shots and wellness screenings to all employees.</p> <p>There are water bottle filling stations located throughout the high school. Staff encourages students to carry clear water bottles throughout the school day.</p> <p>The high school principal purchased fresh fruit for all high school students during several testing days. The administrators handed the fruit out to students. This went over really well.</p> <p>High protein alternate entrees were added to school breakfast</p> <p>A district snack list was distributed to parents at the beginning of the school year and in the middle of the school year</p>	2017/2018

**PART FOUR: DISTRICT REQUIREMENT**

***It is required that Local School Wellness Policies conduct an assessment to determine:***

- 1) How the wellness policy compares to model wellness policies.***
- 2) Progress made in attaining the goals of the wellness policy.***
- 3) Compliance with the wellness policy.***

***Use this form as a record that the District’s Local School Wellness Policy includes these required components.***

Model Policy Items	Last Assessment Period <u>2016-2017 School Year</u> Implementation of the school wellness policy				Today’s Implementation of the school wellness policy			
	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>
<b><i>Our District:</i></b>								
Offers the USDA School Breakfast program.	X				X			
Offers an after-school snack program.	X				X			
Offers meals and snacks that meet federal nutrition standards.	X				X			
<b><i>Competitive foods and beverages (a la carte, vending and regulated fundraising)</i></b>								
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> <b>General</b>	N/A	N/A	N/A	N/A	X			



Model Policy Items	Last Assessment Period 2016-2017 School Year Implementation of the school wellness policy				Today's Implementation of the school wellness policy			
	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>
<b>Standards</b>								
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA's Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> <b>Calories</b>	N/A	N/A	N/A	N/A	X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA's Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> <b>Sodium</b>	N/A	N/A	N/A	N/A	X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA's Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> <b>Saturated Fats</b>	N/A	N/A	N/A	N/A	X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA's Healthy, Hunger-Free Kids Act of 2010,	N/A	N/A	N/A	N/A	X			

Model Policy Items	Last Assessment Period 2016-2017 School Year Implementation of the school wellness policy				Today's Implementation of the school wellness policy			
	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>
<i>whichever is more stringent Trans Fats</i>								
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA's Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent Total Fats</i>	N/A	N/A	N/A	N/A	X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA's Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent Sugar</i>	N/A	N/A	N/A	N/A	X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA's Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent Dietary Fiber/Whole Grain</i>	N/A	N/A	N/A	N/A	X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the	N/A	N/A	N/A	N/A	X			

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<b><i>Our District:</i></b>								
USDA's Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent Milk</i>								
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA's Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent Fruit-Vegetable Juice</i>	N/A	N/A	N/A	N/A	X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA's Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent Caffeine</i>	N/A	N/A	N/A	N/A	X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA's Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent Flavored or Carbonated Beverages</i>	N/A	N/A	N/A	N/A	X			
<b><i>Provides age-appropriate and</i></b>								

Model Policy Items	Last Assessment Period 2016-2017 School Year Implementation of the school wellness policy				Today's Implementation of the school wellness policy			
	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>
<b><i>Our District:</i></b>								
<b><i>culturally sensitive instruction in behaviorally-focused nutrition education that helps students develop the knowledge, attitudes, skills, and behaviors to adopt, maintain and enjoy healthy eating habits in:</i></b>								
Elementary Grades (at least 50 hours per academic year)								
Kindergarten	X				X			
First Grade	X				X			
Second Grade	X				X			
Third Grade	X				X			
Fourth Grade	X				X			
Fifth Grade	X				X			

Model Policy Items	Last Assessment Period 2016-2017 School Year Implementation of the school wellness policy				Today's Implementation of the school wellness policy			
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<b><i>Our District:</i></b>								
Middle School Grades (at least 50 hours per academic year)								
Sixth Grade	X				X			
Seventh Grade	X				X			
Eighth Grade	X				X			
High School Grades (at least 50 hours per academic year)								
Ninth Grade	X				X			
Tenth Grade		X				X		
Eleventh Grade		X				X		
Twelfth Grade		X				X		

Model Policy Items	Last Assessment Period 2016-2017 School Year Implementation of the school wellness policy				Today's Implementation of the school wellness policy			
	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>
<b><i>Our District:</i></b>								
<b><i>Provides age-appropriate and culturally sensitive instruction in behaviorally-focused physical education that helps students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy, physically active lifestyles in:</i></b>								
Elementary Grades (50 – 150 minutes per week)								
Kindergarten	X				X			
First Grade	X				X			
Second Grade	X				X			
Third Grade	X				X			
Fourth Grade	X				X			

Model Policy Items	Last Assessment Period 2016-2017 School Year Implementation of the school wellness policy				Today's Implementation of the school wellness policy			
	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>
<b><i>Our District:</i></b>								
Fifth Grade	X				X			
Middle School Grades (minimum of 120 minutes per week)								
Sixth Grade	X				X			
Seventh Grade	X				X			
Eighth Grade	X				X			
High School Grades (minimum of 120 minutes per week)								
Ninth Grade	X				X			
Tenth Grade	X				X			
Eleventh Grade	X				X			
Twelfth Grade	X				X			

Model Policy Items	Last Assessment Period 2016-2017 School Year Implementation of the school wellness policy				Today's Implementation of the school wellness policy			
	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>
<b><i>Our District:</i></b>								
Prohibits withholding physical activity as a punishment (recess and/or physical education).		X			X			
Physical education is provided by credentialed teachers (degree in physical education and certified).	X				X			
Physical education is provided in appropriate teacher: student ratios (maximum 30:1).		X				X		
Includes all children (encompassing physically challenged and disabled) in purposeful activity for the majority of the physical activity for the majority of the physical education class period.	X				X			
Has adequate indoor facilities (designated gymnasium) for physical education (35 sq ft per child).	X				X			



Model Policy Items	Last Assessment Period 2016-2017 School Year Implementation of the school wellness policy				Today's Implementation of the school wellness policy			
	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>
<b><i>Our District:</i></b>								
Has adequate outdoor facilities for physical education (75 square feet per child).	X				X			
Has enough equipment for meaningful participation in physical education.	X				X			
Has provisions to maintain and replace physical education equipment as necessary.	X				X			
Prohibits withholding students from physical education class to make up missed instructional time, class work or tests in other subjects or behavior problems.	X				X			
Assures that physical education is graded as an academic subject (middle/high school grades).	X				X			
Assures that physical education grades count in the overall GPA (middle/high school grades).	X				X			

Model Policy Items	Last Assessment Period 2016-2017 School Year Implementation of the school wellness policy				Today's Implementation of the school wellness policy			
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<b><i>Our District:</i></b>								
Requires physical education every year (high school).	X				X			
Required that all students take physical education (no exemptions).		X				X		
Policies include nutrition standards for foods and beverages offered at parties, celebrations and social events.	X				X			
Prohibits student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value and compete with healthy school meals in elementary schools and restricts access in middle, junior and high schools during school hours	X				X			
Provides communication to parents/guardians regarding nutrition and physical activity policies	X				X			

Model Policy Items	Last Assessment Period 2016-2017 School Year Implementation of the school wellness policy				Today's Implementation of the school wellness policy			
	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>
<b><i>Our District:</i></b> within the district.								
Prohibits using food as a reward.		X				X		
Prohibits withholding food as a punishment.	X				X			
Provides after school opportunities for physical activity for all students.	X					X		
Makes indoor facilities (gymnasium) available to all/most students after school hours.		X				X		
Prohibits withholding recess (participation in unstructured physical activity) as a punishment.		X				X		
Provides 30 minutes of daily recess for students featuring time for unstructured but supervised active play in elementary grades.	X				X			

**PART FIVE: DISTRICT REQUIREMENT**

It is required that the each school District update the public on the content and implementation of the Local School Wellness Policy including progress made in attaining the goals of the policy.

**The most updated copy of the District’s School Wellness policy is made available to the public in the following ways: School District Website**

**The most updated assessment of the District’s School Wellness policy is made available to the public in the following ways: School District Website**

**PART SIX: BUILDING REQUIREMENT**

Provide a summary of each school's local wellness events and activities including how individuals can get involved.

Neil Armstrong has "Girls on the Run" group that takes groups of girls to local 5K races to encourage healthy behaviors and build community. We also participate in the dental bus twice a year that allows students to get routine cleanings and dental work during school that they may not be able to afford or have transportation to outside of school hours.

Thomas Jefferson has a walk and talk with the PTA on Tues/Wed/Thurs during the spring and fall before school for 30 minutes. They have a yearly walk-a-thon. 30 minutes a day of activity as well as a weekly garden club. A salad bar is also provided for healthy lunch alternative.

Mark Twain Intramurals. This is a 5th grade program, and anyone in 5th grade can participate. Signups are going to be posted in front of the gym a week before the sport begins, and all the students need to do is write their name down.

Boys Sports: Football, Basketball, Wrestling, Volleyball and Track

Girls Sports: Soccer, Basketball, Volleyball and Hockey

4th grade does a swimming unit in April. The rest of the school really only has PE or Recess.

Bettendorf Middle School - BMS offers staff members water bottle fill stations. There is a fitness center located in the building that is available to employees to use for wellness. BMS staff members also participate in the district-wide wellness day hosted at the high school.

The physical education staff strive to have 75% of students reaching 3 out of 5 on their fitness test scores. We encourage students to drink water by having water bottle fill stations throughout the building.

Grant Wood highly discourages food as reward. Mr. Cain (principal) has made sure that the kids are getting plenty of recess time, I believe we have built in 30 minutes. Of course we have just built a brand new 21st century school so our gym being separate from our cafeteria now allows us to have more activities and given the kids probably almost triple the place to play during PE time which will increase cardiovascular activity. We will have a walking club. Snacking must be from the safe snack list but encouragement for pick and peel is highly encouraged.

Bettendorf High School-

Students: Have water bottle fillers in numerous areas of the school and encourage water in the classroom to stay hydrated. Last school year administration brought in apples and oranges for a snack during passing to encourage healthy snacks. We also have a second chance breakfast to encourage students to get something to eat after 1st block if they didn't get the chance to

eat before coming to school. Pride offerings for enrichment opportunities of fitness and health (the doctor is in sessions).

Staff: We have a challenge after winter break before spring break a fitness challenges that encourages fitness and healthy choices.

Paul Norton- Run into Summer each year in May.

- PE 3x/week
- Intramural sports for 5th grade after school
- Hearing screening
- Vision screening
- 4th grade Health Talk
- Dental Bus
- Daily recess
- School Newsletter where we bring topics that are pertinent for nursing issues
- Weekend backpack program for low SES (food)
- Bus Safety
- Wellness breaks
- Fresh fruit in the guidance office if child forgot theirs(seasonal)
- Field trip for third grade at Blackhawk State Park
- Flu Clinic with Genesis free for students.
- Wellness screening for staff from Genesis once a year.

Herbert Hoover- Walk-a-thon in September

- Review lunch menu as a whole school each morning
- 3-5 Fitness Gram as part of PE
- PE 3x/week
- Intramural sports for 5th grade after school
- Hearing screening
- Vision screening
- 4th grade Health Talk
- Dental Bus
- Students bring water bottles from home
- Daily recess
- School Newsletter where nurse highlights wellness (flu prevention, immunization)
- Fire Safety
- Red Ribbon Week Activities
- Weekend backpack program for low SES (food)
- Bike helmets for all 2nd graders
- Bus Safety
- Brain breaks for lower elementary students

Each building should complete all items (below) unless the items reference a grade level that does not attend your school.

School Name: \_\_\_\_\_

Grade Level(s): \_\_\_\_\_

Model Policy Items	Today's Implementation of the school wellness policy			
<b><i>Our School:</i></b>	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>
Offers the USDA School Breakfast program.	X			
Offers an after-school snack program.	X			
Offers meals and snacks that meet federal nutrition standards.	X			
<b><i>Provides age-appropriate and culturally sensitive instruction in behaviorally-focused nutrition education that helps students develop the knowledge, attitudes, skills, and behaviors to adopt, maintain and <u>enjoy healthy eating habits</u> in:</i></b>				
Elementary Grades (at least 50 hours per academic year)				
Kindergarten	X			
First Grade	X			
Second Grade	X			
Third Grade	X			
Fourth Grade	X			
Fifth Grade	X			

Model Policy Items	Today's Implementation of the school wellness policy			
<i><b>Our School:</b></i>	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>
Middle School Grades (at least 50 hours per academic year)				
Sixth Grade	X			
Seventh Grade	X			
Eighth Grade	X			
High School Grades (at least 50 hours per academic year)				
Ninth Grade	X			
Tenth Grade	X			
Eleventh Grade	X			
Twelfth Grade	X			



Model Policy Items	Today's Implementation of the school wellness policy			
<b><i>Our School:</i></b>	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>
<b><i>Provides age-appropriate and culturally sensitive instruction in behaviorally-focused physical education that helps students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy, <u>physically active lifestyles</u> in:</i></b>				
Elementary Grades (50 – 150 minutes per week)				
Kindergarten	X			
First Grade	X			
Second Grade	X			
Third Grade	X			
Fourth Grade	X			
Fifth Grade	X			
Middle School Grades (minimum of 120 minutes per week)				
Sixth Grade	X			

Model Policy Items	Today's Implementation of the school wellness policy			
<i><b>Our School:</b></i>	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>
Seventh Grade	X			
Eighth Grade	X			
High School Grades (minimum of 120 minutes per week)				
Ninth Grade	X			
Tenth Grade	X			
Eleventh Grade	X			
Twelfth Grade				
Prohibits withholding physical activity as a punishment (recess and/or physical education).	X			
Physical education is provided by credentialed teachers (degree in physical education and certified).		X		
Physical education is provided in appropriate teacher: student ratios		X		

Model Policy Items	Today's Implementation of the school wellness policy			
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(maximum 30:1).				
Includes all children (encompassing physically challenged and disabled) in purposeful activity for the majority of the physical activity for the majority of the physical education class period.	X			
Has adequate indoor facilities (designated gymnasium) for physical education (35 sq ft per child).	X			
Has adequate outdoor facilities for physical education (75 square feet per child).	X			
Has enough equipment for meaningful participation in physical education.	X			
Has provisions to maintain and replace physical education equipment as necessary.	X			
Prohibits withholding students from physical education class to make up missed instructional time, class work or tests in other subjects or behavior problems.	X			
Assures that physical education is graded as an academic subject (middle/high school grades).	X			
Assures that physical education grades count in the overall GPA (middle/high school grades).	X			
Requires physical education every year (high school).	X			

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Required that all students take physical education (no exemptions).	X			
Policies include nutrition standards for foods and beverages offered at parties, celebrations and social events.		X		
Prohibits student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value and compete with healthy school meals in elementary schools and restricts access in middle, junior and high schools during school hours	X			
Provides communication to parents/guardians regarding nutrition and physical activity policies within the district.		X		
Prohibits using food as a reward.		X		
Prohibits withholding food as a punishment.	X			
Provides after school opportunities for physical activity for all students.	X			
Makes indoor facilities (gymnasium) available to all/most students after school hours.	X			
Prohibits withholding recess (participation in unstructured physical activity) as a punishment.				X
Provides 30 minutes of daily recess for students featuring time for unstructured	X			

Model Policy Items	Today's Implementation of the school wellness policy			
<i><b>Our School:</b></i>	<i>fully in place</i>	<i>partially in place</i>	<i>under development</i>	<i>have not considered this</i>
but supervised active play in elementary grades.				