

Local Wellness Policy Progress Report

School Name: Allamakee Community Schools **Wellness Contact Name/E-mail:** Julie Magner, Foodservice Director

Elizabeth Happ, FFI Resource Coordinator

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.

District Wellness Policy Goals <i>(add more lines for goals as needed)</i>	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.
Nutrition Education and Promotion Goals						
1.The Allamakee Community School District will offer sequential, comprehensive, and standards-based nutrition education.	School Principals Elizabeth Happ (FFI Resource Coordinator)	X			Lessons on nutrition taught monthly in classrooms Wellness Classes	
2. The Allamakee Community School District will communicate nutrition messages with students via the 4H FFI high school team.	?			X	We have poor involvement in the high school FFI team	Need to establish staff team leader
3. The Allamakee Community School District will provide parent involvement in nutrition education.	Elizabeth Happ (FFI Resource Coordinator)		X		Monthly Food & Fitness Happenings newsletters are sent to parents.	Development of a wellness fair for families & staff
Physical Activity Goals						
1. The Allamakee Community School District will provide physical education for all students taught by a certified physical education instructor.	Deb Tweedy Tara Stein (P.E. Instructors)	X			120 minutes per week of physical activity is achieved by all students.	
2. The Allamakee Elementary Schools will provide recess for all elementary grades.	Joe Griffith Julie Askelson (Elementary Principals)	X			Offer physical activity during indoor through the use of CD’s and games during indoor recess.	

3. The Allamakee Elementary Schools will provide access to physical activity, encourage opportunities and educate healthy life styles with strong academic performance.	Greg Criswell (Wellness Instructor)		X		Wellness classes in middle school Live Healthy IA Walk in Fall 2017	
4. The Allamakee Elementary Schools will provide after-school physical activity enrichment programs.	Barb Winters (21st Century Grant Coordinator)		X		Physical activity clubs (archery, Wii Fit) offered 1-2 times per week.	Partnerships with community organizations need to be pursued

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Other School Based Activities Goals						
1. The Allamakee Community School District will provide the integration of physical activity into classroom settings.	Elizabeth Happ Tara Stein Deb Tweedy (FFI Resource Coordinator, P.E. Instructors)		X		Implementation of brain break activities 1/week for 6th grade class Live Healthy IA Walk held in Fall 2017	Implementation of brain break activities 1/week for 7th & 8th grade classes
2. The Allamakee Community School District will provide support for parents' efforts to maintain a healthy diet and daily physical activity for their children.	Elizabeth Happ (FFI Resource Coordinator)		X		Newsletters are utilized to communicate physical activity messages	Encourage family physical activity via table at parent/teacher conferences Develop statement of ACSD support for active lifestyles for placement on website and social media platforms
3. The Allamakee Community School District will provide encouragement and support of personal efforts by the staff to maintain a healthy lifestyle.	Karen Burke Elizabeth Happ (School Nurses, FFI Resource Coordinator)		X		Staff health screening held Fall 2017	Provide staff wellness education 1-2 times/semester for Spring 2017 Consider developing staff physical activity incentive program
Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students During the School Day (e.g. vending, school stores, etc.)						
1. The Allamakee Community School District will provide vending machines in which all food and beverages will be sold individually outside the reimbursable meal programs during the school day or through programs/events for students after the school day.	Julie Magner (FoodService Director)	X			Ensure vending machine foods meet Smart Snack regulations	

2. The Allamakee Community School District will provide breakfast to ensure that all children have the opportunity to meet their nutritional needs and enhance their ability to learn.	Julie Magner (FoodService Director)	X			All breakfasts provided meet National Breakfast Program guidelines	
3. The Allamakee Community School District will provide food service entrees/meals for lunch to ensure that all children have the opportunity to meet their nutritional needs and enhance their ability to learn.	Julie Magner (FoodService Director)	X			All lunches provided meet National School Lunch Program	For 2017-2018 FY, we would like to purchase \$2.00/student/day
Standards for All Foods and Beverages Provided (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.)						
1. The Allamakee Community School District will provide encouragement of healthy food items (low in fat, sugar, and salt) to be served for celebrations.	(Building Principals)			X		Need further discussion on district wide classroom snacks rules/guidelines
2. The Allamakee Community School District will provide encouragement of healthy snacks.	(Classroom Instructors)		X		Classroom and cafeteria taste tests After-school cooking club promoting healthy, easy snacks	
Policies for Food and Beverage Marketing						
1.						
2.						