



Southeast Polk Community School District						
Local Wellness Policy Progress Report SY26						
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District Wellness Policy Goals	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 School district will provide nutrition education and engage in nutrition promotion that is offered at each grade level as part of a sequential, comprehensive, standards based program.		X		<p>Harbor courses often run a Nutrition-based theme in Expedition's classes at least once per year. Renew students complete Health class if they haven't taken it already, which has units discussing nutrition.</p> <p>Students in High School take Health</p> <p>Nutrition education occurs in 8th-9th grade</p> <p>All students at the Middle School take Health (All about Nutrition Curriculum)</p> <p>Mitchellville Elementary has multiple health fairs, classroom lessons on food and nutrition and a focus on Habit #7 Sharpen the Saw.</p> <p>The district has provided some resources and suggested times of the day to teach about these topics</p>		
2. The district will promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy preparation methods and health-enhancing practices. Emphasize caloric balance between food intake and physical activity and link with meal programs, other foods and nutrition related community services.	X			<p>A variety of fruits and veggies, whole grains and fat-free dairy are offered daily at all sites through the National School Breakfast and Lunch Program</p> <p>Mitchellville Elementary won the Healthiest State award for their commitment to physical activity. They recently constructed two Vireo hydroponic gardens</p>		
Physical Activity						
1. School district will provide physical education for all students (K-12) for the entire year and taught by a certified PE teacher.	X			PE takes place two times a week at Mitchellville		
2. Elementary schools will provide recess for students that is at least 20 minutes per day.	X			Mitchellville's main recess is 30 minutes in length.		
3. Physical education will not be used as a punishment.	X			Physical education is not used as punishment.		
4. Students will engage in moderate to physical activity during at least 75% of physical education.	X			In physical education warm ups are provided, brief instructions are given followed by continuous play. Mitchellville Elementary averages 20 minutes of continuous play.		
5. Elementary schools provide recess for students that is at least 20 minutes daily, preferably outdoors, encourages moderate to vigorous physical activity verbally and with provision of space and equipment and discourages extended periods of inactivity (2 hours or more).	X			<p>These are all part of the Healthy Kids Act. We schedule the appropriate amount of PE and recess to meet the state requirements.</p> <p>Centennial Elementary teachers provide movement breaks throughout the day.</p> <p>Mitchellville Elementary almost all grades are now taking two recess times. One is thirty minutes.</p>		
Other School Based Activities Goals						
1. Physical activity will be integrated into the classroom setting through: · Health education reinforcing the knowledge & self-mgmt skills to maintain a physically active lifestyle and reduce sedentary activities · Discourage sedentary activities		X		<p>9th Grade Students take Health Classes</p> <p>The district has provided some health education resources</p> <p>Alternative Programs students who have not taken Health Class will complete it at this building. Expedition's courses have various opportunities for students to learn about health-related content.</p> <p>Mitchellville Elementary does a modified marathon twice a year, an all school walk and uses assessments to earn walks to the park, hiking with teachers, gaga ball, kickball, etc.</p>		

2. The school will provide opportunities for physical activity to be incorporated into other subjects		X		Alternative Programs teachers frequently utilize the gym when applicable in multiple content areas Jr. High periodically has classes go outside, walking and exploring their physical setting. Middle School has done Professional Development with staff on brain breaks and on getting students moving in class Centennial Elementary all teachers provide brain breaks (movement breaks) throughout the day and different subjects	The Wellness Committee will encourage strategies to promote movement through the school day and also sharing amongst sites where movement throughout the school day has been a success.
3. The school will encourage classroom teachers to provide short activity breaks between lessons or classes.		X		Alternative Programs, Jr. High, Middle School and High School provide some breaks via passing times Jr. High students are encouraged to make use of the passing time even if in a blocked class Mitchellville Elementary uses transition periods for brain breaks	
4. The district will provide nutrition information/menu analysis will be provided for the school menus.	X			The district utilizes PrimoEdge and provides additional nutritional analysis to Head Cooks and District Nurses	The nutrition program will continue to provide nutrition and menu information to teachers, staff, nurses and families.
5. The district will encourage parents to pack healthy lunches and snacks		X		Some information and recommendations are listed in student handbooks and on the Food & Nutrition section of the Southeast Polk District Website	Start working as a committee to prepare messages for families for the website
6. The district will provide opportunities for parents to share their healthy food practices with others.			X	Mitchellville Elementary provides a Health Fair once a year District wide preschool offers some events for families throughout the year to learn and share their successes	Potential area to start work on as a committee
7. The district will provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebration/parties, rewards and fundraising activities		X		The district provides information about different sports/activities that students can participate in, in the virtual backpack online. Clay Elementary students have a healthy pick sheet to celebrate their birthdays instead of treats in addition to a healthy options document. Mitchellville Elementary provides a birthday menu that includes physical activities as opposed to treats	Work as a committee to prepare messages for families for the website.
8. The district will provide information about physical education and other school-based physical activity opportunities before, during and after the school day.			X	The Digital Backpack on SEP's website provides some information on these topics.	
9. The district will support parents' efforts to provide their children with opportunities to be physically active outside of school			X	The district has many sports and recreation opportunities and a great partnership with the Altoona Campus The district does excuse students to leave early for extra curricular physical activities within reason.	
10. School-based marketing will be consistent with nutrition education and health promotion. The school district will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.		X		The Food & Nutrition department promotes healthy meals and Smart Snack options in cafeteria spaces	
11. The school will prohibit school-based marketing of brands promoting predominately low-nutrition foods and beverages.		X		Mitchellville Elementary removed their pop machine.	The nutrition director will encourage discussions/education about what products are not compliant with Smart Snacks regulations and when those items can be provided or sold.
12. The school will promote health foods including fruits, veggies, whole grains and low-fat dairy	X			The district promotes fruits, veggies, whole grains and low-fat dairy through the National School Lunch Program, National School Breakfast Program, Fresh Fruits and Veggies Program, Afterschool Snack Program, Preschool Snack and the Special Milk Program	
13. The school district values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school should develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee.			X	The district organizes several different wellness activities that staff can participate in throughout the school year. The District maintains a Staff Wellness Committee and creates wellness challenges. Staff who complete the program receive an additional \$200 yearly. Clay Elementary does an activity called the Clay Cup where teachers come into the gym to do a PE activity. Clay also participates in the Hy-Vee Squat Challenge where teachers are encouraged to take part with their students.	Could have building champions designated to help promote staff wellness activities.
Standards and Nutrition Guidelines for All foods and Beverages Available to Students During The School Day					
The district has many sports and recreation opportunities and a great partnership with the Altoona Campus The district does excuse students to leave early for extracurricular physical activities within reason.	X			Schools meals meet or exceed minimum nutritional requirements established by state and federal law.	Continue to meet and exceed nutritional requirements
2. Schools will serve meals that are appealing and attractive to children in clean and pleasant settings.	X			Meals are planned in a way that both tastes good and is visually appealing. Staff are trained in methods to keep quality and appeal high.	Continue to explore ways to create appealing and tasty meals to students.
3. Fruits, veggies, legumes, lean proteins and whole grains will be served.	X			Fruits, veggies, legumes, lean proteins and whole grains are served in school meals	

4. Only low-fat (1%) and fat-free milk or nutritionally equivalent non-dairy alternatives will be served.	X			Only low-fat, fat-free milk and nutritionally equivalent non-dairy alternatives are served.	
5. Schools will taste-test new products with students. Meal nutritional information will be shared with parents, students and staff on the district website.			X	Breakfast and lunch monthly menus are shared with staff and parents. Parents are able to access SchoolCafe online to check the daily menu and nutritional information. Menu changes are communicated by the head cook to building staff	Additional taste testing opportunities can be added district wide for new menu items, speciality items and/or new fruits and vegetables.
6. The school will operate a breakfast program and arrange bus schedule and utilize methods to serve breakfast and encourage participation.	X			All schools operate a school breakfast program and schools work with transportation to ensure schedules align to allow students an opportunity to eat breakfast	
7. The school will notify parents and students of the availability of the SBP.	X			The district creates menus, newsletters, parent/teacher information letters and social media posts letting families know about the availability of the school breakfast program.	
8. The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district will utilize electronic identification and payment system.	X			All district point of sale screens contain no identification of meal eligibility status. Meal eligibility status is housed at the district office.	
9. The school district will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.			X	Sites aim to provide at least 20 minutes for lunch and 10 minutes for breakfast.	
10. The school district will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.	X			Throughout the district, all sites attempt to schedule all meal periods between 11am-1pm.	
11. Conflicting activities will not be scheduled during meal times unless students may eat during such activities.	X			Meals are often provided for field trips and activities district wide to ensure students are well fed	Continue to find ways to provide meals to students even when involved with activities
12. The school will provide students access to hand washing or hand sanitizing before they eat meals or snacks	X			At elementary classroom teachers offer bathroom breaks. and students wash their hands before lunch	
13. The school district will provide continuing professional development for all nutrition professionals.	X			All Food and Nutrition Staff receive the federal level of continuing education training annually if not more	
14. All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines, student's stores or fundraising activities) during the school day, or through programs for students after the school day will meet nutrition standards as required by state and federal law.	X			All a la carte items meet Smart Snacks guidelines. Fundraisers must be approved by the Principal. If the fundraiser contains food, the Director of Food and Nutrition is contacted to verify the product meets Smart Snacks requirements	
15. The school district encourages fundraising activities that promote physical activity. Fundraisers are at the discretion of the school principal. Fundraising conducted in schools and during the school day will be in compliance with state and federal laws.			X	Some sites do not conduct any fundraising during the school day. Mitchellville Elementary provides opportunities like Girls on the Run.	
16. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits, vegetables, whole grains, lean proteins and low-fat dairy foods. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. The school district will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.			X	Clay Elementary teachers ask that snacks coming from home are healthy snacks. This is communicated in classroom newsletters and the elementary handbook Snacks provided to preschool and the Afterschool Snack Program are varied and provide whole grain options, fresh fruits and vegetables, quality proteins and low fat milk options	
17. The school district will encourage teachers and staff to use strategies other than food for rewarding academic performance and good behavior. If food is used as a reward, staff is encouraged to have healthy options available. Food and beverages will not be withheld as a form of punishment.			X	Clay Elementary uses PBIS tickets, positive office referrals, Classroom Compliment Cards and non-food items for recognizing good behavior, achievement and growth	
18. The school district will provide through the district website a list of healthy ideas for school parties. Parents are encouraged to bring healthy snacks or non-food items. All foods brought into the classroom must be prepackaged, store bought items.			X	Mitchellville Elementary utilizes a birthday menu that encourages students to pick birthday celebration items such as an extra recess, pajama day, hat day, etc. that helps steer students away from sugary birthday treats	
19. Foods and beverages offered or sold at school-sponsored events outside the school day are encouraged to meet the nutrition standards for meals or for foods and beverages sold individually. School day is defined as midnight the night before to 30 minutes after the end of the official school day.			X	The Jr. High Building along with Mitchellville Elementary have removed soda machines.	Sites will strive to be more intentional about providing healthier options and modeling healthier options to students
20. All foods made available on campus adhere to state and local food safety, sanitation and security guidelines.	X			Many staff in the Nutrition Department are ServSafe certified. Nutrition Staff are trained in food safety.	
21. For safety and security of food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.			X	Kitchen access is limited to food service professionals and authorized personnel.	All unauthorized vendors and visitors are directed to enter through the main front doors to check in.