

Local Wellness Policy Progress Report

School Name: Mid-Prairie Community Schools

Wellness Policy Contact: Jenna Grout (nurse) or Amy Shalla (administrator)

Date Completed: May, 2017

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. Nutrition education is a part of the school curriculum promoting healthy choices.	Amber Kempf (Nutrition Director), School Counselors		X		Reviewed curriculum and standards to make sure all areas of health are being covered.	Continue to review curriculum and investigate new and alternative ways to educate students regarding nutrition and health.
2.						

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. Mid-Prairie’s Physical Education and daily recess meet the goals set, but we need to continue to work on physical fitness with our students and find ways to increase physical activity during the school day.	Kelby Bender (PE Teacher), PE staff	X			Physical activity is available for all district students starting at PK through 12th grades. Scheduling issues can be a challenge.	Continue to investigate alternative activities for students with special needs. Continue to review the schedule to add time for physical activity when it is available.

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.
2. Integrating physical activity into classroom settings continues to be a priority for our district.	Kelby Bender (PE teacher) Jenna Grout (Nurse), counselors		X		Health education is offered for students k-12. Elementary classroom teachers are encouraged to utilize "Move it Mondays" and "Workout Wednesdays" to increase physical activity breaks within the classroom.	Explore ways to increase physical activity in the classroom settings at the high school and middle school levels.

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. We will continue to communicate with parents on healthy choices for students. We share lists of foods that meet the food standards, support parents' efforts to encourage physical activities with their children.	Jenna Grout (nurse), counselors and school personnel		X		Lists of healthy foods have been sent to parents, wellness policy is on website, wellness information is shared through newsletters.	Continue to send information to parents, utilize social media, newspapers, and newsletters to provide information.
2. Mid-Prairie Schools continue to encourage all staff to be healthy and role models for students providing activities to maintain a healthy lifestyle.	Jenna Grout (nurse), counselors and other school personnel		X		Wellness committee promotes staff health and wellness encouraging activity inside and outside of the school buildings.	Continue to offer opportunities for staff to engage in healthy lifestyle choices.

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. Attractive meals are offered using healthy foods that meet the nutritional requirements defined by the USDA, allowing students time to sit and eat.	Amber Kempf (Nutrition director)	X			Follow USDA guidelines and investigate new menu options. Educate families on the changes and the opportunities for new menu items.	Surveys regarding the nutritional content for parents/students, Explore and offer new healthy food choices
2. Foods sold outside of the meal follow the USDA Smart Snacks nutrition standards	Amber Kempf (Nutrition Director)	X			Educating staff on the guidelines.	Continue to discuss healthy choices.

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. Regulated fundraising activities comply with the USDA Smart Snacks in School nutrition standards.	Amber Kempf (nutrition director), building administrators, counselors	X			Fundraising must be approved by the school board and fit the USDA standards. Booster clubs have organized a district wide color run fundraiser that supplies most fundraising money and it involves physical activity.	Continue to investigate alternatives to fundraising that does not involve food.
2. Snacks that are provided for student celebrations are in sealed prepackaged containers and from the list of healthy options that is shared with parents.	Amber Kempf (nutrition director), administrators, counselors, nurses	X			Lists of healthy options are sent to parents through newsletters and websites.	Continue to educate parents on the nutrition standards and encourage healthy choices that are sent to school.

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.						
2.						