

School Wellness Policy Building Assessment Tool

School Name: Lake Mills CSD

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This tool is to be completed to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. Offered at each grade level		X		Each classroom, PK-5, implements grade appropriate material relating to nutrition, food groups, and portions. FCS food coursework is available to all 9-12 grade as well as health being required for all 10th graders. Middle school has health smart search in 6th grade.	
2. Promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods and health enhancing nutrition practices		X		FCS coursework is offered as an elective while health class required in 10th grade covers food and nutrition as a unit in the semester long course	
3.					
4.					
Physical Education and Physical Activity Goals					
1. For all students K-12 throughout the entire year	X			PE curriculum, required K-12	
2. Teach skills and games for lifelong learning and fitness to be able to develop a lifelong personal wellness plan	X			PE curriculum	
3. <ul style="list-style-type: none"> ● Park and Rec coordinated through the school activities to include running club, soccer, football, basketball, baseball/softball, swimming lessons 	X			K-8 participation	

• Jump Rope for Heart Participation in PE					
4. We collect physical activity inventory during registration					
5. Physical Education also collects BMI and blood pressure as well as body fat index					
Nutrition Guidelines for All Foods Available to Students					
1. Adopted guidelines for foods and beverages sold on school campus during instructional day	X				
2. Removed vending machines on campus	X				
3. Monitor compliance of nutrition department with federal regulations	X				
4.					
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1. Brain breaks		X			Elementary
2. Exercise tapes for indoor recess days		X			Elementary
3.					
4.					
<i>Communication with Parents</i>					
1. Wellness policy is posted on the website	X				
2. Fitness levels shared with parents during conferences					
3. Pre school conference with parents for activity form completion					
4. Health plans are communicated					
5. Letters sent home that detail the Iowa department of health for school attendance regulations					
<i>Food Marketing in Schools</i>					
1. Post menus on school website, newspaper and TV	x				
2. Utilize Nutrition facebook page	x				
3. USDA Posters in the lunch line	x				
<i>Staff Wellness</i>					
1. Provide flu shots for staff and families	X				

2. Staff are provided a nutritional meal for breakfast and lunch that meets appropriate caloric intake 3. Blood pressure screening and monitoring 4. Employee mental health services/counseling available	X				
<i>Drug Abuse Prevention</i>					
1. Promotes and supports essential learning of healthy contribution	X			Required health class as well as participants in student panels and youth summits	
2. Connects with comprehensive community based program to decrease drug abuse 3. Prime for life - substance abuse/use education	X			Attend Winnebago County Task Force monthly meetings as board members as well as participants in drug awareness and educational information funnelled into surrounding school districts	