

# Local Wellness Policy Progress Report

**School Name: Highland Community School District**

**Wellness Policy Contact: Rachel Cerny, Angela Cerny, Jane O’Leary**

**Date Completed: May 8, 2024**

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.
Nutrition education is part of the elementary Physical Education Curriculum	Cam Larson (Elementary PE)		X		Nutrition education is taught for each grade level.	Expand the curriculum for each grade by adding more lessons and activities. Incorporate nutrition activities into other lessons and units.
K & 1 <sup>st</sup> Grade Ag in the Classroom	Jane O’Leary	X			Educators come in and teach kids about where food comes from and kids get to sample farm fresh foods.	
Middle & High School Health Education, 6 <sup>th</sup> Grade Life Skills		X			Health and Physical Education taught.	

## Physical Activity Goals

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Physical Activity during PE	Cam Larson (Elementary)	X			Elementary Students receive 40 – 80 minutes of	

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	PE)				physical education every week. Students are active a majority of the time through skill development and games. Students also receive 30-45 minutes of recess each day.	
Physical Activity during PE	Jody Fink, MS/HS Physical Education	X			MS Students have PE every other day for 56 minutes each day. HS Students can take PE every other day for 56 minutes each day or they can apply for a waiver if they participate in after school sports.	

### Other School Based Activities Goals

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Elementary – Has an after school yoga and running program.		X				
Students learn CPR	Cindy Peiffer, Jody Fink	X			Seniors must take CPR as a graduation requirement. Mr. Fink also teaches CPR as a part of high school PE.	

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**Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day (e.g. vending, school stores, etc.)**

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All food & beverages sold during the school day (12:01 am to 30 minutes after the last bell rings) must meet Smart Snack Standards	Rachel Cerny Jane O’Leary Angela Hazelett	X			Continuous monitoring.	Remind staff each year about guidelines concerning food & beverages sold during the school day.
Expand selections for snack cart to be more competitive with outside food that is brought in	Rachel Cerny	X			New food & beverage items for sale on snack cart	Continue to look for and test new Smart Snack Compliant food & beverages.
Limit marketing of food & beverage items to items that meet the USDA standards for meals or Smart	Rachel Cerny	X			All food and beverages sold through the nutrition department are Smart Snack Compliant.	Work with groups doing fundraisers to make sure items they are marketing for sale during the school day are Smart Snack Compliant and that they are not using subtle marketing – branded coolers, cups, ect that are advertising non Snack Foods.

**Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.**

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Strengthen language of wellness policy and practice of encouraging students to eat well balanced meals by participating in the School Breakfast Program & National School Lunch Program and not allowing outside food during meal times as a reward or part of a meeting. Strike a healthy balance by using these foods as an occasional smaller portion snack treat in the afternoon.					Elementary no longer allows pizza parties in places of school lunch. Instead students have a slice of pizza along with their school lunch.	
Encourage use of non-food / non-candy items as rewards for students – brain breaks, line leader, pencils, stickers, 5 extra minutes of recess, dance party, walk outside around the building, listen to music / draw for 5 minutes, ect.		X			All levels use brain breaks, recess / gym breaks and are using less candy / food as rewards.	

### **Polices for Food and Beverage Marketing**

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All food & beverages sold during the school day - from 12:01 AM to 30 minutes after the last bell will be Smart Snack Compliant	Rachel Cerny	X				Continue to monitor food & beverages sold during the school day. Work with groups and organizations to promote healthier food options. Work with concession stand groups to make sure they are

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						compliant with the Smart Snack sales times with new school hours.
Expand selections for snack cart to be more competitive with outside food that is brought in.	Rachel Cerny	X			New food & beverage items available on snack cart.	Continue to look for and test new Smart Snack Compliant foods & beverages that are available from current prime vendor
Limit marketing campus wide to food / beverage items that meet USDA standards for meals or the Smart Snack Guidelines	All	X				Continue to monitor.

**This institution is an equal opportunity provider.**