

# Local Wellness Policy Progress Report

**School Name: St. Patrick's School**

**Wellness Policy Contact: Jessica Schmalen/Lincoln Robinson**

**Date Completed: 10/14/19**

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. EXAMPLE: <i>Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.</i>	Cindy Smith (Curriculum Director)	x			Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
2. Nutrition requirements met through a variety; of fruits and veg., milk options and whole grains.	Cheri Mullin	X			Provided through lunch program.	Continue with the healthy lunch options.
3. Students will learn about their physical, emotional, and spiritual health during PE and religion/guidance.	Teachers	X			Built into schedule.	Possibly bring a health professional to go over healthy options.

## 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. Students will participate in the Presidential Fitness Test.	Mr. Robinson	X			Built into curriculum.	Show the students their progress from the beginning to end of the year.
2. Students participate in at least 120 min of activity a week.	Mrs. Schmalen	X			Built into schedule.	In compliance.

### 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. Teachers will participate in the Diocesan wellness checks twice a year.	Mrs. Schmalen	X			Teachers are encouraged to get these wellness checks done, even if they don't participate in our insurance.	Send information that these checks don't cost them anything extra and it simply a benefit to them.
2.						

### 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. NA						
2. NA						

### 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. Sugary treats will be kept to a minimum during parties.	Mrs. Schmalen		X		Teachers often offer the students a healthy option during parties.	-Encourage teachers to keep healthy snacks in their classroom.
2. Food as a reward is kept to a minimum.	Mrs. Schmalen/Teachers	X			Teachers rarely offer food as a reward. They offer other things such as pencils, erases ect.	-Encourage teachers to continue to choose other reward options other than food.

**Polices for Food and Beverage Marketing**

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1. NA						
2. NA						

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