

School Wellness Policy Building Progress Report

School Name: Clark Elementary

2022-2023 School Year

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This tool is 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. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy foods	X				PE teachers will promote. Classroom teachers will promote healthy snack choices. Cooks promote healthy food choices.
Physical Education and Physical Activity Goals					
1. Promote the benefits of physically active lifestyle	X			Wellness Day	
2. Engage students in moderate to vigorous activity	X			PE twice weekly 50-60 minutes Recess twice daily for total of 60 minutes	
Nutrition Guidelines for All Foods Available to Students					
1. Provide students with knowledge and skills necessary to promote and protect their health	X			4 th and 5 th grade science, Continue to promote healthy choices through the DARE program (5 th Grade)	
Other School Based Activities Goals					
Integrating Physical Activity into the Classroom Settings					
1. Scheduled to avoid extended periods of inactivity	X			Recess PE Brain Gym Brain Breaks Rotations for classes at 3 rd , 4 th and 5 th	

Communication with Parents					
1. Public involvement section of regulation; newsletter menus have calorie counts, etc.; nutritional content of meals	X			Nutritional menus are posted on the school website, nutrition values posted on the school website, area summer feeding sites are listed in the district newsletter	
Food Marketing in Schools					
1. Posters displayed in the areas where meals are served	X			Portions poster displayed	
2. Allow water bottles	X			Students are allowed to have water bottles at their desk PTO funded the installation of water bottle fill stations	
Staff Wellness					
1. Provide access to drinking water	X			Culligan drinking water system, water bottle fill stations	
2. Offer fitness classes; eg. Yoga, Pilates, Bootcamp, Zumba	X			Staff can access training facilities at the high school.	