

School Wellness Policy Building Progress Report

School Name: Le Mars Middle School

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 and classroom teachers will promote healthy snack choices.
Physical Education and Physical Activity Goals					
1. Promote the benefits of physically active lifestyle	X			PE and FACS Classes	
2. Engage students in moderate to vigorous activity	X			PE 2-3 times per week 84-126 minutes per week Recess 50 minutes per week	
Nutrition Guidelines for All Foods Available to Students					
1. Provide students with knowledge and skills necessary to promote and protect their health	X			PE and FACS Classes	
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1. Scheduled to avoid extended periods of inactivity	X			Recess and PE Literacy Block - Stations/Breaks 3 minutes break every 42 minutes due to Master Schedule	

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 food 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 The MS has 2 water bottle filling stations	
Staff Wellness					
1. Provide access to drinking water	X			Culligan drinking water system, Two water bottle fill stations	
2. Offer fitness classes; eg. Yoga, Pilates, Bootcamp, Zumba	X			Staff can access training facilities at the high school.	