

# Local Wellness Policy Progress Report

**School Name: Central Lyon CSD**

**Wellness Policy Contact: Brent Jorth, Superintendent**

**Date Completed: 10/20/22**

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. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods.	Steve Harman – Elementary Principal  Jason Engleman – Secondary Principal	X			Nutrition education is part of the science curriculum in each grade level.	7 <sup>th</sup> & 8 <sup>th</sup> Grade Health Class added during the 2022-23 school year. Previously taught within the 7 <sup>th</sup> & 8 <sup>th</sup> Grade Science Curriculum.
2. Emphasize caloric balance between food intake and energy expenditure.	Steve Harman – Elementary Principal  Jason Engleman – Secondary Principal	X			Nutrition education is part of the science curriculum in each grade level.	7 <sup>th</sup> & 8 <sup>th</sup> Grade Health Class added during the 2022-23 school year. Previously taught within the 7 <sup>th</sup> & 8 <sup>th</sup> Grade Science Curriculum.

## 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. Engage students in moderate to vigorous activity during at least 50% of physical education time.	Steve Harman – Elementary Principal  Jason Engleman – Secondary Principal	X			Physical education teachers in the elementary and secondary develop lessons that focus on 1) warm-up exercises, 2) vigorous physical activity, and 3) cool-down exercises. Vigorous activity accounts for more than 50% of the P.E. class time; while warm-up and cool-down exercises are important to avoid injury.	Principals will be intentional during observations and formal evaluation to track and monitor the time spent during each phase of P.E. class.
2. Master schedule is created, and individual student schedules built, to avoid extended periods of inactivity.	Steve Harman – Elementary Principal  Jason Engleman – Secondary Principal		X		Students in grades 5-12 are scheduled in classes for 42 minutes. At the conclusion of the period, students transition to an alternative classroom/subject for study.  Elementary students – grades PS-4 <sup>th</sup> grade – spend the majority of their day with the same teacher.	Elementary teachers will be encouraged to incorporate “brain-breaks” and utilize physical movement activities to break up longer periods of “inactivity” during the 90 minute literacy block and 60 minute math block of teaching and learning.  Secondary teachers will be encouraged to avoid lecture-based instruction in favor of cooperative learning or more “active-learning” models of instruction.

## 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. Permit students to bring and carry water bottles filled with water throughout the day.	Steve Harman – Elementary Principal  Jason Engleman – Secondary Principal	X			When students returned to “in-person” instruction in August of 2020, K-12 students were encouraged to bring their own water bottles to carry/use throughout the day. The practice has continued.  Avera Health and Public Health of Lyon County has provided the school nurse with complimentary water bottles students can be given.	Reinforce the impact of drinking water rather than soft drinks, coffee, or other beverages.  Discourage secondary students from using water bottles for non-water beverages.
2. Develop a plan to promote staff health and wellness.	Brent Jorth - Superintendent		X		The school nurse and secondary principal provide monthly challenges for staff to compete with one another to improve their health and wellness.	Engage with the Rock Rapids and Doon communities to broaden the health and wellness challenges.  Seek partnership opportunities with Avera, Sanford, and other healthcare and wellness professionals in the community to provide professional learning for staff focused of staff well-being.

## 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. Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at minimum, nutrition requirements established by state and federal law.	Darsha Tuenge – Food Service Director	X			Food service staff utilize recipes that meet or exceed federal and state nutrition requirements.	
2. Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and 30-minutes after school shall meet the USDA Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities.	Darsha Tuenge – Food Service Director  Steve Breske – Director of Buildings & Grounds		X		Food service staff ensure a la carte items sold to students in grades 7-12 meet all Smart Snack standards.	School staff will meet with Pepsi Co. staff to identify vending machine equipment that can be purchased/leased that allows for timed access for Smart Snack approved items during the school day.

## 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. Snacks provided to students during the school day without charge will meet standards set by the district in accordance with the law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.	Steve Harman – Elementary Principal  Jason Engleman – Secondary Principal  Darsha Tuenge – Food Service Director		X		K-12 students are provided fruits and vegetables as an afternoon snack daily. Food service staff prep the food and student workers distribute the fruit and vegetables.	Snacks provided for elementary students (K-4) during the morning will be monitored for their nutritional value.  Parents will be provided a list of “smart snacks” that meet nutritional standards that are appropriate for “birthday parties” and other celebrations during back-to-school night, conferences, and on the districts website.

## Polices for Food and Beverage Marketing

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. Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snack in school nutritional standards on campus during the school day.	Brent Jorth - Superintendent	X			Marketing materials must be approved by the superintendent prior to the posting of signage in the building.	

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