

Local School Wellness Policy Progress Report

School Name: Eddyville Blakesburg Fremont CSD

Wellness Policy Contact: Tara Waldren, Erin Hynick

Date Completed: 10/02/24

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. The school district will provide nutrition education and engage in nutrition promotions.	Health teacher		X		Nutrition education is part of the health curriculum.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.

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. The school district will provide physical education for all students in grade K-12 for the entire school year.	PE Teachers	X			Grades K-3 have 3 recesses per day, 4 th grade has 2, 5 & 6 grades have 1. Recesses are 25 minutes. Each class has PE class weekly. Various options available at Jr. Sr. High including Lifetime Lifting, Lifetime Fitness, Strength Training.	

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. Offer classroom health education that compliments physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.	Health Teachers	X			Initiated health curriculum in elementary grades. Time split between classroom and gym.	
2. Provide opportunities for physical activity to be incorporated into other subject lessons.	Classroom Teachers, School Nurse		X			School nurse to survey teachers re: what is currently being done in the classroom.
3. Wellness Policy and minutes from wellness meetings are on the district website.	Food Service Director, School Nurse		X			Contact person to update district website with most recent meeting/policy info.

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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1. The district will post menus on the district website and/or individual school websites and include nutrient content and ingredients.	Food Service Director	X			Available on district website at https://menus.healthepro.com/organizations/1842 .	
2. The district encourages schools to use fundraisers that promote physical activity (e.g., walk-a-thons, Jump Rope for Heart or fun runs) instead of food items.	School Nurse			X		Develop a list of healthy fundraising ideas to share with staff and students.

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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1. The district will ensure free, safe and unflavored drinking water is available to students during the school day and during the extended school day (including during out-of-school time/and before and after school).	Scott Williamson	X			Multiple water fountains and water bottle filling stations are available in each school building.	

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. Limit food and beverage marketing to the promotion of foods and beverages that meet the nutritional standards for meals or for foods and beverages sold individually.	Food Service Director	X			No vending machines available to the students during school hours.	
2. Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.	Food Service Director	X			Following the meal pattern promotes healthy foods. We offer a wide variety of fruits and vegetables on our salad bar.	

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