

School Wellness Policy Building Progress Report

School Name: **Eddyville Elementary** Wellness Contact Name/E-mail: **Sherry Mattson sherry.mattson@rocket.k12.org**

Progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or failed 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. The School District will provide nutrition education and engage in nutrition promotions.		X		The school promotes healthy meal choices.	
2.					
3.					
4.					
Physical Education and Physical Activity Goals					
1. The School District will provide physical education for all students in grades K-12 for the entire school year.	X			Grades K-3 have 3 recesses per day. 4th grade has 2, 5 & 6 grades have 1. Recesses are 25 minutes. Each class has PE class 3 days per week	
2.					
3.					
4.					
Nutrition Guidelines for All Foods Available to Students					
1.					
2.					
3.					
4.					
Other School Based Activities Goals					
Integrating Physical Activity into the Classroom Settings					
1. Offer classroom health education that complements 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.			X		Wellness Committee will discuss how to proceed with this step at the next meeting.
2. Discourage sedentary activities, such as watching television, playing computer games, etc.	X			Recess is offered to all grades	
3. Provide opportunities for physical activity to be incorporated into other subject lessons.			X		Wellness Committee will discuss how to proceed with this step at the next meeting.
4. Encourage classroom teachers to provide short physical activity breaks between lessons or classes as appropriate.			X		Wellness Committee will discuss how to proceed with this step at the next meeting.
Communication with Parents					
1. Wellness Policy and minutes from Wellness meetings are on the district website	X				
2.					
3.					

4.				
Food Marketing in Schools				
1. Limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually.	X			There are no vending machines available to the students.
2. Promote healthy foods, including fruits, vegetables, whole grains, and low fat dairy products.	X			Following the meal pattern promotes healthy foods. We offer a wide variety of fruits and vegetables on our salad bar.
3. Market activities that promote healthful behaviors (and are allowable) including: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.	X			Food Service Director has offered suggestions other than food for fundraisers