

School Wellness Policy Building Assessment Tool

School Name: Lake Mills CSD

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This tool is to be completed 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. Offered at each grade level		X		Each classroom, PK-5, implements grade appropriate material relating to nutrition, food groups, and portions. FCS food coursework is available to all 7-12th grade as well as health being required for all 7th & 10th graders. Middle school has health smart search in 6th grade.	
2. Promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods and health enhancing nutrition practices		X		FCS coursework is offered as an elective while health class required in 7th & 10th grade covers food and nutrition as a unit in the semester-long course.	
3.					
4.					
Physical Education and Physical Activity Goals					
1. For all students K-12 throughout the entire year	X			PE curriculum, required K-12	
2. Teach skills and games for lifelong learning and fitness to be able to develop a lifelong personal wellness plan	X			PE curriculum	
3. Park and Rec coordinated through the school activities to include running club, soccer, football, basketball, baseball/softball, swimming lessons	X			K-8 participation	

• Jump Rope for Heart Participation in PE					
4. We collect physical activity inventory during registration					
5. Physical Education also collects BMI and blood pressure as well as body fat index					
Nutrition Guidelines for All Foods Available to Students					
1. Adopted guidelines for foods and beverages sold on school campus during instructional day	X				
2. Removed vending machines on campus	X				
3. Monitor compliance of nutrition department with federal regulations	X				
4.					
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1. Brain breaks		X		Elementary	
2. Exercise tapes for indoor recess days		X		Elementary	
3. Sensory path in cold hallway		X		Elementary	
4.					
<i>Communication with Parents</i>					
1. Wellness policy is posted on the website	X				
2. Fitness levels shared with parents during conferences		X			
3. Pre school conference with parents for activity form completion					
4. Health plans are communicated	X				
5. Letters sent home that detail the Iowa department of health for school attendance regulations					
<i>Food Marketing in Schools</i>					
1. Post menus on school website, newspaper and TV	x				
2. Utilize Nutrition facebook page	x				
3. USDA Posters in the lunch line	x				
<i>Staff Wellness</i>					
1. Provide flu shots for staff and families	x				

2. Staff are provided a nutritional meal for breakfast and lunch that meets appropriate caloric intake 3. Blood pressure screening and monitoring 4. Employee mental health services/counseling available	X				
Drug Abuse Prevention					
1. Promotes and supports essential learning of healthy contribution	X			Required health class as well as participants in student panels and youth summits	
2. Connects with comprehensive community based program to decrease drug abuse 3. Prime for life - substance abuse/use education	X			Attend Winnebago County Task Force monthly meetings as board members as well as participants in drug awareness and educational information funneled into surrounding school districts	

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BOARD POLICIES OF THE LAKE MILLS COMMUNITY SCHOOL DISTRICT SERIES 500 Code No. 507.13 WELLNESS POLICY The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential. The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition, regular physical activity, and other wellness indicators. The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards and in compliance with state and federal law. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality. The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals. Toward this end, the school district may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of meals to all student; and/or use nontraditional methods for serving meals, such as "grab-and-go" or classroom breakfast. The school district will develop a local wellness policy committee comprised of representatives of the board, parents, leaders in food/exercise authority and employees, community members, and other wellness professionals. The

administration will report annually to the board regarding the effectiveness of this policy. Specific Wellness Goals: The LMCS district will provide nutrition education and engage in nutrition promotion that: Is offered at each grade level as part of a program designed to provide students with the knowledge and skills necessary to promote and protect their health; Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices. The LMCS district will provide physical education that: Is for all students in grades K-12 for the entire school year unless parents request opting out so their child is able to take other courses that otherwise will not fit into their schedules; Emphasizes real-world applications so that students have the skills necessary to develop a lifelong personal wellness plan. The LMCS district will provide drug abuse prevention education that: Promotes and supports the LMCS essential learning of healthy contribution; Connects with a comprehensive community based program to decrease drug abuse in the communities that make up the LMCS district. The nutrition guidelines for all foods available on the LMCS campus will focus on promoting student health, reducing childhood obesity, and developing the skills needed for healthy contribution both now and in the future. The board will monitor and evaluate this policy by monitoring compliance with established school district-wide nutrition and physical activity wellness policies. Food service staff will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent. Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq. (2005) Child Nutrition Act of 1966, 42 U.S. C. 1771 et seq. Cross Reference: 504.6 Student Activity Program 710 School Food Services Approved July 10, 2006 Reviewed March 8, 2010, Sept. 9, 2013, July 7, 2016, July 8, 2019, February 10, 2020