

# School Wellness Policy Building Progress Report

School Name: Lewis Central Schools

Wellness Contact Name/E-mail:

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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.
<b>Nutrition Education and Promotion Goals</b>					
1.Promotion of nutrition education at each grade level.	X			All schools are promoting nutrition education by offering fresh vegetables daily for lunch.	Develop signs that describe the benefits of eating different kinds of vegetables.
2. Promote educational learning activities about nutrition (field trips, garden, preparing foods)		X		We plan to have healthy food demonstrations and tastings in the classroom or kitchen. Applied for equipment grants but did not receive.	Continue to apply for equipment grants.
3. Develop nutrition programs that emphasize healthy choices within the school lunch program.	x			Our menus and the nutritional data is posted on our school website using Nutrislice menu software.	Add tips on nutrition to the Nutrislice website for student and parent education.
4. Emphasize caloric intake balance with physical activity.		x		Physical education teachers talk about balancing exercise and calorie intake during class.	Develop educational flyers and lessons to emphasize physical activity and caloric intake balance.
<b>Physical Education and Physical Activity Goals</b>					
1. 30 minutes physical activity for K- 5 daily & 120 minutes physical activity weekly for 6-12.		X		K-5 students have 25 minutes recess daily, plus PE class 2-3 times a week.	K-5 teachers incorporate physical activity short breaks, for example "Go Noodle".

				6-12 students' curriculum and graduation requirements limit physical education class options.	Increase physical education course elective options for 9-12.
2. PE classes for K-12 students for entire school year.		x		K-8 students take PE classes for the entire school year.	Increase physical education course elective options for 9-12.x
3. Provide activity breaks when testing for long periods of time.		x		Students are given activity breaks when taking state and national tests.	Invest in alternative seating; wobble chair or exercise balls, etc.
4. Staff are not to use or withhold physical activity as punishment.		x		Recess is only withheld when negative behavior occurs on the playground.	Continue with PBIS – Positive Behavior Intervention & Supports implementation.
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1. School meals meet USDA guidelines & engage students and parents taste tests, surveys and sharing of nutrition information.	x			Schools meal program is in compliance with NSLP & SBP regulations. Students are offered taste tests of new menu items. HS students participated in a survey about the school lunch program.	Share nutrition education tips and recipes on student bulletins/newsletters.
2. Ensure all students have breakfast at home or school. Notify parents of breakfast program.		x		We mail home information about our school meals programs at the beginning of the school year. All this information is on the school website as well. All students are allowed to eat breakfast if tardy. HS students have 2 <sup>nd</sup> chance breakfast.	Promote breakfast in trimester bulletin /newsletter.
3. Provide water and juice w/o sweeteners. Offer fat-free flavored and low fat unflavored milk.	X			All schools provide cups for use at water fountains located in eatery. All juice offered is 100% juice. Fat-free choc, straw and	Continue to offer cups for water, 100% juice and variety of milk daily.

				white milk and 1% white milk is offered daily.	
4. No sharing foods or beverages with another. 5. Adequate time allotted for meals and oral health. 6. Food service staff are provided with training and development.		x		Students are given adequate time to eat lunch and brush their teeth is needed. It is very difficult for staff to enforce the no sharing with food and beverages with others.	Remind students periodically that they are not share foods and beverages with another.
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
1. Health education in the classroom that compliments physical education.		x		PE teachers talking to students about staying active and eating healthy.	Develop worksheets on health education and the importance of physical activity.
2. Discourages sedentary activities.		x		PE teachers talking to students about staying active and eating healthy.	Develop worksheets on health education and the importance of physical activity.
3. Incorporate physical activity into other subjects.			x		Encourage new techniques and games to teach different subjects.
4. Encourage short activity breaks between lessons.		X		Students walk to classes and lunchroom.	Remind teachers that students need short breaks of activity to re-energize their minds and bodies.
<b><i>Communication with Parents</i></b>					
1.Send home nutrition info and post nutrition tips on website. Encourage parents to pack health lunches.			X		Share nutrition education tips and recipes on student bulletins/newsletters.
2. Provide parents with list of snacks for celebrations, snacks and fundraising activities.			x		Share nutrition education tips and recipes on student bulletins/newsletters.

3. Ask parents to notify school of students' food allergies or special dietary needs.	x			Diet Modification Request Form is posted on the district website with instructions.	
4. Provide info on physical activity opportunities.	X			All physical activity opportunities are posted on peachjar.com.	
<b>Food Marketing in Schools</b>					
1. Limiting food & beverage marketing to the promotion of foods that meet nutrition standards.	X			We do not market food and beverages sold individually.	
2. Prohibit marketing of brands that promote low-nutrition foods and beverages.	x			We do not market foods of low nutrition value.	
3. Promote healthy foods. 4. Market activities that promote healthy behaviors.	x			We offer fresh vegetables at lunch daily.	Signage to promote healthy eating in the cafeteria.
<b>Staff Wellness</b>					
1. Staff are encouraged to plan and implement activities that maintain a healthy lifestyle.		x		Staff are encouraged to plan and implement healthy lifestyles.	Implement staff wellness plan from insurance provider.
2.					