

School Wellness Policy Building Assessment Tool

School Name: **Norwalk CSD**
dserres@nowalk.k12.ia.us

District Wellness Contact Name/E-mail: **DeeAnna Serres**

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. Provide age-appropriate nutrition education and nutrition promotion for all foods		x		2nd grade and 4th grade plan menus and get education regarding food components	
2. Allowed 2nd grade and 4th grade classrooms the opportunity to plan a class menu. Talked about required components.		x			
3. LW & OV students had a coloring contest during National School Lunch Week-winners received a soccer ball, water bottle or jump rope					
4. Student Garden	MS			Student goal to have a student garden and compost area. MS team of teachers and students began to meet in October. Presented our goals to Administration, reached out to community businesses for supplies. Writing a grant to NSEF for assistance to purchase grow lights and supplies.	We will break ground in April, begin the seeds in the classroom as part of the after school science club, and reach out to families to help maintain the garden throughout the summer.
Physical Education and Physical Activity Goals					
1. maximize physical education activities	HS			5 choices of Physical Education	New purchase of class sets of

				classes for our students to choose from at the HS level: BFS, Team Games, ILF, Peer PE, and Indep PE. All 5 offer different physical activities to our students. Limited facilities and limited staff along with high numbers for class sizes presents challenges for us.	Heart Rate Monitors for assessment of our students.
2. teach physical activity skills, and promote lifelong fitness	HS			Each of the 5 HS PE Classes teach different physical activity skills throughout the semester. This allows our students to have a variety of experiences to find enjoyment in lifelong fitness. Limited facilities and limited staff along with high numbers for class sizes presents challenges for us.	
3. promote lifelong fitness					
4. maximize physical education activities					
Nutrition Guidelines for All Foods Available to Students					
1. Adopt nutritional guidelines for foods and beverages sold on school campuses during the instructional day and/or during extracurricular activities.				<i>Foods and beverages sold on campus to students in the cafeteria meet Healthy Hunger Free Kids Act nutrition calculator and school meals meet the USDA requirements. Vending machines meet Snack Calculator</i>	.
2. Monitor compliance of Nutrition Department with federal regulations required by law.	x				
3. Provided a free breakfast at all buildings during	x				

three days of Iowa Assessments-Used broker's samples to help with the cost					
4. Middle School & LW provided healthy snacks (donated by parents and Fareway) during testing week	MS			Provided communication to parents in February and asked for healthy food item donations for our 6-7th grades students. Through generous donations from parents and Fareway we were able to provide each student with 1-2 healthy snacks per test day to enhance the testing experience.	
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1. "brain breaks"					
2. Oviatt Elementary provided bike helmets at Kindergarten Round-Up to Oviatt students					
3.					
4.					
<i>Communication with Parents</i>					
1. RN keep surveillance of communicable diseases-keep parents informed through school messenger, and NCSD website					
2. Provide age-appropriate nutrition education and nutrition promotion for all foods					
3. Invitation to join Wellness Committee was listed on newsletters that went to parents					
4. Nutrition Department Charge Policy went out to all box holders in the District and has been communicated via Registrar to new enrollments					
<i>Food Marketing in Schools</i>					
1. Nutrition Department has been slowly working towards "healthy identification" of fresh fruits/veggies at the EV Cafeteria					

2. Hope to provide students and parents with an app that lets them know the nutritional information of the foods served in the cafeteria by the start of next school year 2018-19-Searching for an app that communicates well with School Cafe so that nutritional information is in the same location as meal purchases. Would like one that automatically comes with a translator to help those students where English is their 2nd language			x		
3.					
Staff Wellness					
1. Monitor implementation of Wellness Policy by establishing a Wellness subcommittee to meet during SIAC meetings.	x			Invited members of the community to join the wellness committee	
2.Live Healthy Iowa Challenge at MS 3. 8 week Wellness Challenge at HS	MS			All staff invited to join a LHI 10 week challenge team. This year we had 10 staff join. We had a successful 10 weeks. Members of the team plan to participate in the LHI 5K on April 8th.	