

Durant School Wellness Policy Building Progress Report

May 2020

This tool is to document the school’s progress in meeting the expectations of the district’s wellness policy. The policy may be found under the Board PolSteps toward implementing the goals that have, or will be taken, are documented. The District has a Wellness Committee that meets every year. Parents, students, administrators, school health professionals, school food service, school board members and the general public are welcome to participate and may contact the school nurse or superintendent for information on how to become involved.

Wellness Contact Name/E-mail: Mary Dorris BSN, RN

Mary.dorris@durant.k12.ia.us

Joe Burnett, Superintendent Joe.Burnett@durant.k12.ia.us

Wellness Policy Language	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 students with knowledge and skills necessary to promote and protect health through Health and P.E. Curriculum at all levels, during general education activities, during guidance activities and during encounters with the school nurse. 2. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods	X			Nutrition education is part of the Health, Foods and P.E. Curriculums. Nutrition is promoted in other classrooms, but not formally built into the curriculum. Marketing and lunchroom promote healthy choices. A to Z	Encourage teachers to explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.

				handout healthy snack list distributed to parents.	
Physical Education and Physical Activity Goals					
<ol style="list-style-type: none"> 1. Encourage classroom teachers to provide short physical activity breaks as appropriate 2. Offer classroom healthy education that complements PE by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle 3. Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits 4. Afford elementary students with recess according to: at least 20 min. a day, outdoors as weather permits, encourages moderate to vigorous physical activity. 	X			<p>Ideas for brain breaks have been discussed and shared- Many teachers report utilizing brain breaks.</p> <p>All Elementary students have health class and health is offered at the HS level.</p> <p>Elementary has opportunity to earn extra recess and play time prior to beginning of the day.</p> <p>Middle school students have extra active time during Advisory.</p> <p>High school has lifetime Phys. Ed.</p> <p>Elementary has 20+ minutes of outdoor recess, as weather permits.</p>	Continue to provide resources and encourage teachers to utilize short 3-5 minute breaks, especially in the HS setting.
Other School-Based Activities that Promote Student Wellness					
<ol style="list-style-type: none"> 1. Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations 2. Share information about the nutritional content of meals with parents and students. 	X			Team Nutrition Handout – “Snacks from A-Z” handed out at open house and posted to the website.	Continue to promote healthy snack choices and provide resources for families.

<ol style="list-style-type: none"> 3. Support the consumption of breakfast at school by offering alternative breakfast options to the extent possible (e.g. grab 'n go, breakfast in the classrooms, etc.) 4. Permit students to bring and carry water bottles filled with water throughout the day 5. Make drinking water available where school meals are served during mealtimes 			<p>Barrier – Celebration snacks being sent are not always nutritious snacks.</p> <p>The district utilizes NUTRISLICE in order to provide nutritional content for the lunch and breakfast menu each month.</p> <p>Grab 'n go breakfast options are available for students.</p> <p>Students are permitted to carry water bottles. Bottle fillers and water fountains are available in all building wings, as well as the cafeteria</p>	
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