

Local Wellness Policy Progress Report

School Name: Maquoketa Valley Community School District

Wellness Policy Contact: Doug Tuetken, Superintendent

Date Completed: 1/4/19

This tool is to document progress in meeting the goals written in the district’s wellness policy at each school building. Document steps that have or will be taken to accomplish each goal. In the “Contact Person” column identify the individual who can report on the goals’ progress. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of those goals. Add more lines for goals as needed.

Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. <i>Nutrition education is offered at each grade level as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.</i>	Ann Norton	x			Nutrition education is part of the P.E. & science curriculum for K-6 and science curriculum for 7-8 High school students receive curriculum in the required health class.	Additional lessons with our school nurse for our elementary students are scheduled. Health information and messages are shared with students and parents via our school newsletter, on our webpage and on messages on the lunchroom T.V.
2.						
3.						

Physical Activity Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. The district provides PE for all students PK-12 that are taught by certified teachers.	Ann Norton & Eric Connor	X			Movement education at PK-8. Lifetime activities for 9-	Communicate the value of fitness to parents through news

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P.E. classes engages students in vigorous activities for 50% of the class time.					12. 20 minutes of recess for PK-5 for at least 20 minutes per day.	articles, activity participation. We limit vending machines in our schools and offer access to the fitness room to students before and after school. Our school nurse also offers fitness boot camp to staff for free fives days a week.
2.						

Other School Based Activities Goals

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1.						
2.						

Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day (e.g. vending, school stores, etc.)

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1. Meals served through NSLP program are: appealing, clean setting, meet nutritional requirements, offer variety of fruits, vegetables, legumes, whole grains and low	Karelene Sellner	X				

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fate dairy. All children are provided the opportunity to eat.						
2.						

Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.

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1. Snacks or items provided during the school day positively contribute to children’s diet and health. District posts health food lists and follows all food safety requirements. The District limits use of food for class parties.	Karelene Sellner & Mary Ries	X			Lists of healthy snacks are posted on our webpage and is included in registration packets and other posts in our newsletter articles	
2.						

Polices for Food and Beverage Marketing

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1. Fundraising activities are monitored and approved by the Board of Directors to ensure compliance to state nutrition guidelines. Our Booster Club coordinator is a member of our wellness committee that						

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meets each April to review policy, update goals and encourage the Boosters to follow nutrition guidelines.						
2.						

This institution is an equal opportunity provider.