

Local Wellness Policy Progress Report

School Name: Boyden-Hull Community School

Wellness Policy Contact: Steve Grond/Andraeh Maassen

Date Completed: 9/19/18

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. Is offered as part of a sequential, comprehensive, standards-based program to provide students with the knowledge and skills necessary to promote and protect their health.		✓				
2. Is part of not only health classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, whenever possible.	Tom Kerr, Dan Pottebaum, Andraeh Maassen	K-6	7-12			
3. Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, or farm visits.	Tom Kerr, Dan Pottebaum, Andraeh Maassen, Aviands	K-6 7-12			More taste testings	More taste testings
4. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.	Tom Kerr, Dan Pottebaum, Andraeh Maassen, Aviands	K-6 7-12				

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5. Emphasizes caloric balance between food intake and physical activity.	Tom Kerr, Dan Pottebaum, Andrea Maassen, Aviands	K-6 7-12				

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.
<p>1. Physical Education - The school district will provide physical education that:</p> <ul style="list-style-type: none"> - Is for all students in grades K-12 for the entire school year. - Is taught by a certified physical education teacher. - Includes students with disabilities. Students with special healthcare needs may be provided for in alternative educational settings. - K-12 offers 120 minutes of physical activity per week. 	Dan Pottebaum, Tom Kerr, Mel Hofmeyer, Doug Bundy		<u>4-6</u> 80 <u>7-8</u> 90 <u>9-12</u> 90-125	<u>K-3</u> 60		Will look at ways to increase
<p>2. Daily Recess - Elementary schools should provide recess for students that:</p> <ul style="list-style-type: none"> - Is at least 30 minutes a day. - Is preferably outdoors. - Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment. - Discourages extended periods (i.e., periods of two or more hours) of inactivity. 	Tom Kerr	<u>K-4</u> 45min <u>5-6</u> 35 min				

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<p>3. Physical Activity and Punishment - Employees are discouraged from using physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.</p>	Tom Kerr Dan Pottebaum	✓				
<p>4. Physical Activity Opportunities After School - Interscholastic athletics will be offered to all junior high and high school students. All students will be encouraged to participate in one or more athletic activities annually.</p>		✓				
<p>5. Use of Facilities Outside of School Hours - School facilities will be available outside of normal school hours to students, community members, and staff. School policies concerning these areas and safety concerns will apply at all times.</p>	Steve Grond	✓				Look for Board Policy

Other School Based Activities 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.
<p>1. Integrating Physical Activity into Classroom Settings - The Boyden-Hull School System recognizes that in order for students to receive the nationally recommended amount of physical activity and for students to fully embrace regular physical activity as a personal behavior, ALL students need opportunities for physical activity beyond the physical education class. Toward this end, the Boyden-Hull School District will:</p>						
<p>1-A. Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.</p>	<p>Dan Pottebaum Doug Bundy Jill K. De Ruyter</p>	<p>✓</p>				
<p>1-B. Discourage sedentary activities, such as watching television, playing computer games, etc.</p>	<p>Tom K., Dan P., Mel H., Doug B.</p>		<p>✓</p>			<p>Do a reminder post</p>
<p>1-C. Provide opportunities for physical activity to be incorporated into other subject lessons.</p>	<p>Tom K. Doug B</p>		<p>✓</p>		<p>Have discussed; Breakout boxes, classroom activities</p>	<p>Maybe look at some ways to do</p>
<p>1-D. Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.</p>	<p>Tom K., Dan P.</p>	<p><u>K-6</u> Yes 7-12</p>			<p>Brain gym in most classes</p>	<p>APL, breaking up class into segments, get up & move</p>
<p>2. Communication with Parents - The Boyden-Hull District will support parents' efforts to provide healthy food and physical activity for their children. The district will:</p>						

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2-A. Encourage parents to pack healthy lunches and snacks, including beverages that meet the school's nutrition standards.	Tom, Dan, Sherri		✓		Have students analyze their diets	Sending notes w/ students
2-B. Include nutrition education in the school newsletter and post nutrition tips on the school website.	Steve				Have it posted in the kitchen	Post on website
2-C. Provide a list of suggested foods for school celebrations, parties, school snacks, etc. that meet the district's snack standards.			✓		Try to do this once a month	
2-D. Whenever possible, provide opportunities for parents to share their healthy food practices with others in the school community.				✓	Open to Ideas	
2-E. Support parents' efforts to provide their children with opportunities to be physically active outside of school.		✓			Summer REC activities, AAU, Girls on the Run, Summer	
2-F. Post nutrient analysis of school menus on the website.	Aviands	✓				
2-G. Include information about physical activity and physical education through website, newsletter, or have other take-home materials for special events or physical education homework.			✓		Doug & Mel will do this	
3. Food Marketing in Schools - Boyden-Hull school-based marketing will be consistent with a focus on health promotion and should:						
3-A. Limit foods that do not meet school nutrition standards when sold individually.	Dan, Sherri	✓				

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3-B. Promote predominately whole grains, fruits, vegetables, and low-fat dairy products.		✓				
3-C. Promote juices and water.		✓				
3-D. Market activities that promote healthful behaviors including pricing structures that promote healthy options in ala carte lines, vending machines, fundraisers, etc.	Sherri Avians	✓				
3-E. Food Service will serve and promote “produce of the month.”						
4. Staff Wellness - The Boyden-Hull District values the health and well-being of every staff member. To this end:						
4-A. The District should designate the school nurse as the Wellness Coordinator and establish a staff wellness committee that will develop a plan that will demonstrate and challenge staff to healthy eating, physical activity, and healthy lifestyles.	Andreah		✓		Partial - have done this in the past Flu shots	More in Boyden participate Not sure why- look at this
4-B. The committee shall yearly have a multi-faceted plan to entice staff to support one another in becoming healthy individuals.				✓		

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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<p>1. School Meals - All meals served through the Boyden-Hull Lunch and Breakfast Program will:</p> <ul style="list-style-type: none"> - Be appealing and attractive to children. - Be served in clean and pleasant settings. - Meet, at a minimum, nutrition requirements established by local, state, and federal law. - Offer a variety of fruits and vegetables, with an added option of an ala carte line that has options of whole grains, fat-free dairy products, fresh fruit and vegetables, and lean meat products. - Offer low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives. - Encourage the consumption of whole grains. - Engage students and parents, through taste-tests of new entrees and surveys, in selecting foods offered through the meal program in order to identify new, healthful, and appealing food choices. - Share information about the nutritional content of meals with parents and students. Posting the nutrient analysis of a food item or meal on the school website, and posting or listing other nutritional information about food choices. 	<p>Sherri will fill this out</p>					

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<p>2. Breakfast - To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, the Boyden-Hull School District will:</p> <ul style="list-style-type: none"> - Operate the breakfast program, to every extent possible, even if that would result in creative delivery systems such as a grab-and-go breakfast or an a la carte system. - Notify parents and students of the availability of the School Breakfast Program through the use of the website, newsletters, etc. - Encourage parents to provide a healthy breakfast at home for their children if the parents choose not to use the School Breakfast Program. This can be done through newsletter articles, take-home materials, or other means. 						
<p>3. Free and Reduced-Price Meals - The Boyden-Hull School District will make every effort to eliminate any social stigma attached to, and prevent identification of, students who are eligible for free and reduced-price meals.</p>						

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<p>4. Meal Times and Scheduling - The Boyden-Hull School District:</p> <ul style="list-style-type: none"> - Will provide students with at least 10 minutes for breakfast and at least 20 minutes for a lunch period. When occasions arise in which the students do not get this amount of time, procedures should be in place to allow longer eating times. Whenever possible, this can be accomplished by varying who is first in the lunch line and with passes issued for those who were last in line and may not have had enough time to eat. - Should schedule meal periods at appropriate times. Lunch should be scheduled between 11 AM and 1 PM. - Should not schedule tutoring, regular club or organizational meetings or activities during mealtimes, unless students may eat at such activities. - Will provide students access to hand washing or hand sanitizing before they eat meals or snacks. - Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk). 	Tom & Dan	<p style="text-align: center;">✓</p>				

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<p>5. Qualification of Food Service Staff - Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:</p> <ul style="list-style-type: none"> - Provide continuing professional development for all nutrition professionals. - Provide staff development programs for cafeteria workers and nutrition managers according to their level of responsibility. 	Aviands Sherr					
<p>6. Sharing of Foods - The school district discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.</p>		K-6 ✓	7-12 Maybe			
<p>7. Foods Sold Outside the Meal - Foods and beverages sold individually outside the reimbursable meal programs (including at a carte lines, vending machines, etc.) during the school day or through programs after the school day SHOULD meet the following nutrition and portion-size standards:</p>		✓				
<p>7-A. <u>Beverages that are encouraged are:</u> Water, seltzer, water without added caloric sweeteners, fruit and vegetable juices, fruit-based drinks containing 100% fruit juice, unflavored or flavored low-fat or fat-free milk, diet caffeine-free soft drinks.</p>		✓				

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<p>7-B. <u>Beverages that are to be discouraged are:</u> Soft drinks containing sweeteners, sports drinks, beverages with caffeine excluding low-fat or fat-free chocolate milk.</p>		✓				
<p>7-C. <u>Food items should have:</u></p> <ul style="list-style-type: none"> - No more than 35% of calories from fat (excluding nuts, seeds, peanut butter, and other butters). - No more than 35% of weight from added sugars. - No more than 230mg of sodium per serving for chips, cereals, crackers, and other snack items. - No more than 480mg of sodium per serving for pastas, meats, and chips. - No more than 600mg of sodium per serving for pizza, sandwiches, and main dishes. - The inclusion of at least one fruit or non-fried vegetable at any location on a school site where foods are sold. 	Sherri					

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<p>8. Portion Size - The Boyden-Hull District will strive to limit serving sizes to these recommended standards:</p> <ul style="list-style-type: none"> - One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky. - One ounce for cookies. - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items. - Eight ounces for non-frozen yogurt. - Twelve fluid ounces for beverages, excluding water and milk. - Portion size of ala carte entrees and side dishes shall not be greater than the size of comparable portions offered as part of meals. Fruits and non-fried vegetables are exempt from portion-size limits. 	Sherri					

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 - Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health. The Boyden-Hull District will distribute a list of healthy snack items and healthy party ideas to teachers, parents, and after-school program personnel.	Sherri					
2. Food Safety - All foods made available on the Boyden-Hull campus will adhere to food and security guidelines. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.	Sherri					

Polices for Food and Beverage Marketing **Look at this****

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1.						
2.						

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