

Local Wellness Policy Progress Report

School Name: West Central Community School

Wellness Policy Contact: Bonnie West bwest@wc.k12.ia.us

Date Completed: October 11, 2023

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. Students will participate in positive dietary and lifestyle practices. All foods available during the instructional day will meet the school district nutrition standards	Tammy Richards	X				
2. Foods will be served consideration toward nutritional integrity, variety appeal, taste, safety and packaging to ensure high quality meals	Tammy Richards	X			Kitchen staff has been having students by grade pick out a "healthy menu for a day", also attempts to try new foods with the students, availability of foods have made implementing new foods challenging along with cost of food	Applying for grants to aid with a variety of foods will be a benefit especially for local supplies.
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. Students will participate in Physical Education that includes students with disabilities, students with special health care needs may be provided in alternate education settings	Micah Rurodan	x				
2. Physical education will be provided to Students whereas activity is moderate to vigorous for at least 50 percent of the class time	Micah Rurodan	x				
3. Daily recess-elementary students will Participate in at least 15 minutes of recess Per day; preferably outdoors; and encourage moderate to vigorous physical activity	Micah Rurodan	x				
4. Students in 7 th and 8 th grade are offered physical education all year	Micah Rurodan	x			Junior High PE is 2 times a week, 42 minutes per class. Students go through dynamic stretching, fitness performance/improvement, and skill/sport/activity development and participation.	
5. Students in 9-12 will take a required PE class or complete physical activity contract Stating planned physical activities for the quarters the student is not enrolled in PE.	Micah Rurodan	x			Students are scheduled for PE class 2 times per week each semester. Physical activity contracts are completed at start of school year and kept in HS guidance office. Students go through dynamic stretching, fitness	

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					performance/improvement, and skills/sport/activity development and participation. They also have Strength and Conditioning class 3 times a week.	

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.
1. School will support student, staff and parent's efforts to maintain a healthy lifestyle, as appropriate	Micah Rurodan	X			We offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce time spent on sedentary activities. We discourage sedentary activities, such as watching television, playing computer games, etc. We also provide opportunities for physical activity to be incorporated into other subject lessons. We encourage classroom teachers to provide short physical activity breaks	

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					List steps that have been taken to implement goal and list challenges of implementation. <td></td>	
					between lessons or classes as appropriate	

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. School shall meet the smart snack standards. This includes items sold through ala cart, and fundraising activities.	Bonnie West	X				
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. Implementing list of foods for parties and rewards	Bonnie West	X			Printed pictures of smart snacks and had each elementary teacher hand them out to parents as well as placed on their classroom social media page.	Sending them out to the middle school and high school parents as well as on the school website
2.						

Policies for Food and Beverage Marketing

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1. Compliant for according to the Healthy Kids Act	Bonnie West	X				Encouraging the use of local farmers for food and drinks.
2.						

This institution is an equal opportunity provider.

