

Local Wellness Policy Progress Report

School Name: George-Little Rock Community School District

Wellness Policy Contact: Tom Luxford, Superintendent

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 Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.	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 GOAL for addressing nutrition education and nutrition promotion includes promoting fruits, vegetables, whole-grain products, low fat and fat-free dairy products, and healthy foods.	Administration Food Service Director Teachers (FACS, Science, PE)	X			Nutrition education is part of the science curriculum in each grade level. Elementary receives nutrition education also in PE classes. Middle School and High School receive nutrition education in Family and Consumer Science classes.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.

Physical Activity Goals

District Wellness Policy Goals Schools will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.	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 GOAL for addressing physical activity includes promoting the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.	Teachers Mr. Luenberger Mr. Lutmer Mr. Lupkes Mr. Geerdes	X			Students are required to participate in PE. Elementary students have 1 hour of recess daily. Heart Rate Monitors are used in PE at the High School level. High School PE has also been utilizing our new Fitness Center with weightlifting and cardio machines.	Implement the use of the Fitness Center for the Middle School students. Continue to allow a choice in PE if they do not want to participate, they will be allowed to walk laps during the activity.

Other School Based Activities Goals

District Wellness Policy Goals As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.	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 GOAL for addressing other school-based activities that promote student wellness include permitting students to bring and carry water bottles filled with water throughout the day.	Administration Nurse Secretary Teachers	X			Bottle filling water fountains have been installed in the Elementary School and Middle School/High School Gymnasium areas. One has also been installed in the Central Office building near the cafeteria.	Exploring options for adding bottle filling water fountains in the Elementary (1) & Middle School/High School (2).
2. The GOAL for addressing physical activity in staff includes promoting health and wellness programs to engage in healthy habits.	School Nurse Superintendent Principals		X		The school nurse is developing staff wellness challenges to be held quarterly during the school year. Our school district also has a new Fitness Center that staff can utilize.	Information will be sent out to all staff in all buildings regarding the wellness challenges via email. Information regarding the Fitness Center has been sent out to all staff and is on our school website.

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

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. Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law.	Administration Food Service	X			Analyzing what students eat and do not eat. Look for new options that the students would like. All nutrition requirements are met through careful menu planning.	Schedule a meeting each quarter with the student body with equal representation from each grade level at the middle school/high school. The students are encouraged to give their input and feedback on how they feel regarding the present lunch menu. The Food Service Director continues to complete continuing education hours and training to meet the Federal Nutrition requirements.

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

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. Snacks provided to students during the school day without charge will meet standards set by the district in accordance law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.	Food Service Secretary Teachers	X			Classroom teachers may send home communication in their newsletters regarding healthy options for parties, etc.	Smart Snack list will be distributed to the families of our students via our school website.

Polices for Food and Beverage Marketing

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. Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the USDA Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities.</p>	Food Service Individual Club	X			The vending machine at the Middle School/High School has snacks and beverages from the Smart Snack List.	Smart Snack list will be distributed to the families of our students via our school website.
<p>2. Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus during the school day.</p>	Food Service Individual Club	X			We do not have any outside marketing.	Continue to monitor that we do not have any outside marketing.
<p>The superintendent or superintendent's designee shall implement and ensure compliance with the policy by:</p>	Superintendent Principals Crystal deBoer Colleen Trei					
<p>1. Review the policy at least every three years and recommending updates as appropriate for board approval</p> <p>2. Implementing a process for permitting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, administrators and the public to participate in the development, implementation, and periodic review and update of the policy.</p> <p>3. Making the policy and updated assessment of the implementation available to the public (e.g., posting on the website, newsletters, etc.) This information shall include the extent to which the schools are in policy;</p> <p>4. Developing administrative regulations, which shall include specific wellness goals and indicators for measurement of progress consistent with law and district policy.</p>					<p>Policy was updated Feb. 15, 2021</p> <p>A Wellness Policy Committee was formed.</p> <p>Posting the Wellness Policy and the Wellness Policy Progress Report on our website</p> <p>Staying advised of all new policies and regulations.</p>	<p>Review and update in 2024</p> <p>Committee will meet 2-3 times a year.</p> <p>Keeping the reports updated as information changes.</p>

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