School Wellness Policy Building Progress Report

School Name:

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Monticello Community School District

Policy contacts: Pat Kelly, Nutrition Director pat.kelly@monticello.k12.ia.us

This tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

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weilness Policy Language (add more lines for goals as needed and change goal titles based on local 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. Website promotes amount and types of foods to be eaten for nutritional health. Example – my tray and National breakfast and lunch meal pattern.		×		Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into math,
					reading and social studies. Add more promotion of my tray on website
whole grain products. Low fat and fat free dairy products and healthy food preparation	×			Class room promotion and flyers of fun introduction of food. All	
	_			Food service staff have taken	
3.					
4.					
Physical Education and Physical Activity Goals					
1 is for student's k-12 for the entire user					
1. IS IOT Student S K-12 for the entire year.	×				
2. Is taught by certified P.E. teacher	×				
3. Engages students in moderate to vigorous activity	×				
4. K-5 students should be provided recess for students					
that is at least 30 minutes a day and can include P.E. class.	×			Recess at grades 2-4 have been adjusted to before lunch	
Nutrition Guidelines for All Foods Available to Students	nts				
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2. Provide information about and support parent's efforts to provide their children with the opportunities to be physically active outside of school.	1. Offer nutritional tips on website and news letter	Communication with Parents	4.	vledge and ain a physical on sedentary	3. Offer class room health education that	classes as appropriate.	3 Drovido short a brained a strike beneficial	as watching television, playing on computers etc	1. The district will discourage sedentary activities such	Integrating Physical Activity into the Classroom Settings	Other School Based Activities Goals		6. District will share information about nutritional	defined by the USDA	5. Serve only low fat 1% and fat free milk and	A Ofference in the family ofference in the second s	ition requirement established	2. Be served in clean and welcoming setting	1. Be appealing and attractive to children	Meals served through the National School Lunch and Breakfast program
×				>	<	×						×		×	×		×	×		*
	×	-			-				×											
Working on adding this to our website	Working to add to website and news letter					Some classes take advantage of this.														
	Will do a blurb in newsletter monthly						important this is	and website on how	Promote through newsletter											·

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