

# School Wellness Policy Building Progress Report

School Name:

Monticello Community School District

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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.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	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.
<b>Nutrition Education and Promotion Goals</b>					
1. Website promotes amount and types of foods to be eaten for nutritional health. Example – my tray and National breakfast and lunch meal pattern.		X		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
2. Promotes healthy foods, fruits and vegetables, whole grain products. Low fat and fat free dairy products and healthy food preparation.	X			Class room promotion and flyers of fun introduction of food. All Food service staff have taken Serve safe course	
3.					
4.					
<b>Physical Education and Physical Activity Goals</b>					
1. Is for student's k-12 for the entire year.	X				
2. Is taught by certified P.E. teacher	X				
3. Engages students in moderate to vigorous activity for a minimum of 50 percent of P.E. class	X				
4. K-5 students should be provided recess for students that is at least 30 minutes a day and can include P.E. class.	X			Recess at grades 2-4 have been adjusted to before lunch	
<b>Nutrition Guidelines for All Foods Available to Students</b>					



