

Local Wellness Policy Progress Report

School Name: Saydel Community Schools

Wellness Policy Contact: Amanda Durflinger durflingeramanda@saydel.net

Date Completed: May 23rd, 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	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. Provide students with the knowledge and skills necessary to promote and protect their mental and physical health		x		Students take Introduction to Health at the high school, and 5/6th grade Life Skills at the Middle School. Currently, RULER (SEL) curriculum is being utilized at Cornell and will be added into Woodside and the High School for the 23-24 school year.	Identify what this looks like at Cornell Elementary School.
2. Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects		x		Not in place in core subjects, but are addressed in some electives.	Rewrite or rephrase the goal to include SEL language. (whole student wellness)
3. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food that are moderate in sodium , low in saturated fat and have zero trans-fats.	x			<ul style="list-style-type: none"> Encourage healthy snacks in the cafeteria, Health Class and PE Service nutritious meals containing all the USDA meal pattern components monthly FFVP fact lessons 	
4. Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise		x		Each school provides staff with professional development on how to encourage movement and activity in the classroom.	
5. Ensure menus will be posted on the District website	x			All menus are posted on the district website	
6. Include nutrition education training for teachers and other staff		x		Food service staff receive at a minimum 6 hrs of training per year.	

Physical Activity Goals

District Wellness Policy Goals	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goals and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Develop a comprehensive, school-based physical activity program (CSPAP), that includes the following components: physical education, recess; classroom-based physical activity; and out of school time activities			X		Develop a CSPAP: https://snaped.fns.usda.gov/library/materials/comprehensive-school-physical-activity-program-cspap https://www.shapeamerica.org/MemberPortal/cspap/what.aspx
2. Physical Education taught by a certified physical education teacher	X			All three buildings have certified PE teachers.	
3. Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits	X			This is encouraged through PE, sports, Health, Life Skills, and various other content areas.	
4. Engage students in moderate to vigorous activity during at least 50 percent of physical education class time	X			All PE teachers engage students in vigorous activity based on heart rates and effort at least 50% of the class.	
5. Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate		X		Staff have had professional development on productive breaks and kinesiology.	
6. Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle	X			The middle school and high school offer health or lifeskills courses that attempt to connect the skills necessary for an active lifestyle to physical education.	
7. Ensure physical activity is not used for or withheld as a punishment	X			PE is not used for punishment or withheld as a punishment at any school. Part of recess may be used for interventions or reteaching.	
8. Encourage access to high school fitness facilities when open outside of school hours	X			The high school has hours before school and after school when the weighthroom and cardio center are available to staff and students.	
9. Afford elementary students with recess according to the following: at least 20 minutes a day; outdoors as weather and time permits; and Encourages moderate to vigorous physical activity	X			All elementary students have recess for a minimum of 20 minutes a day.	

Other School Based Activities Goals

District Wellness Policy Goals	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goals and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations		x		A list of approved treats are listed on pg 14 of the Cornell School Handbook	Will add list of approved snacks to the annual Communicator that goes out district wide
2. Provide school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment		X		Some but not all of the PBIS rewards are food. PBIS teams are continually looking for alternative incentives that students would be interested in for rewards.	
3. Permit and encourage students to bring and carry water bottles filled with water throughout the day		X		Water bottle filling stations around each building.	
4. Make drinking water available where school meals are served during meal times	X			Water glasses are offered in the cafeteria and water fountains are located in or adjacent to the cafeteria	
5. Not allow unapproved carbonated or energy beverages during meal times		X		Food Service staff are educated on allowable beverages in the cafeteria.	Communication will be sent to cafeteria monitors to educate them about this goal
6. Strive to schedule meal periods at appropriate times; e.g. lunch to be scheduled between 11 a.m. and 1 p.m. and not schedule conflicting activities during mealtime	X			All three schools meet this goal on regularly scheduled days.	
7. Discourage students from sharing food or beverages during meal or snack time, given concern about allergies and dietary needs.		X		This is part of Food Service annual training. Stated in all building handbooks	* Communication will be sent to cafeteria monitors to educate them about this goal * Signage will be added to the cafeteria

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	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goals and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. All foods and beverages sold individually outside the reimbursable meal program during the school day (including those sold through a la carte) will meet the USDA Smart Snack Standards	X			Kitchen Managers have a list of Smart Snack approved items All fundraising request that are selling food during the day will meet Smart Snack standards and be approved by the Food Service Director	
2. Vending machines on school grounds which are accessible to students outside of the school day may operate from 30 minutes after school is dismissed until midnight.	X			Vending machines are automated to adhere to start/stop times for selling snacks	
3. Encourage fundraising efforts to be held outside school hours to sell only non-food items, promote physical activity, or include foods and beverages that meet or exceed the Smart Snacks nutrition standards			X		A statement could be added to the Frevvo fundraising request stating this goal.

USDA Nondiscrimination Statement

Revised 5-5-22

All FNS nutrition assistance programs, State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. Mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, DC 20250-9410; or
2. Fax:
(833) 256-1665 or (202) 690-7442; or
3. Email:
program.intake@usda.gov

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Iowa Nondiscrimination Statement

Revised 3-21-16

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