

# Local Wellness Policy Progress Report

**School Name:** North Polk Middle School

**Building Wellness Policy Contact:** Mrs. Angie McGough

**District Wellness Policy Contact:** Mr. Morgan Miller

**Date Completed:** March 19, 2018

*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.*

## 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. Continue to actively provide nutrition education and promotion in health education classes, and also continue to integrate into other classroom instruction through subjects such as math, science, language arts, social sciences, and other elective subjects	Building Principal, Nurses, Classroom Teachers, PE Teachers		X		<i>Hiring a PE/Health teacher for the 2018-19 school year.</i>	
2. Continue to promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods	Jeff Reeves, Director of Nutrition	X				

## 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. Continue to offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle	Building Principal		X		<i>Hiring a PE/Health teacher for the 2018-19 school year.</i>	

<b>District Wellness Policy Goals</b>	<b>Contact Person</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>	<b>List steps that have been taken to implement goal and list challenges of implementation.</b>	<b>List next steps that will be taken to fully implement and/or expand on goal.</b>
2. Continue to provide elementary students with recess according to the following: <ul style="list-style-type: none"> <li>• At least 20 minutes a day</li> <li>• Outdoors as weather and time permits</li> </ul>	Building Principal			N/A		

### **Other School Based Activities Goals**

<b>District Wellness Policy Goals</b>	<b>Contact Person</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>	<b>List steps that have been taken to implement goal and list challenges of implementation.</b>	<b>List next steps that will be taken to fully implement and/or expand on goal.</b>
1. The Fitness Center at North Polk High School will be continued to be available by all staff members and their spouses at no extra charge	Rob Sinclair, Activities Director	<b>X</b>			<i>All HS staff members have access with their HS keys. All other staff members are given access upon request.</i>	<i>At this point, the goal is fully in place.</i>
2. Continue to allow students to bring and carry water bottles filled with water throughout the day	Building Principal, Classroom Teachers	<b>X</b>			<i>Water bottles are kept in lockers and can be taken to class.</i>	
3. Continue to provide drinking water where school meals are served during meal times	Building Principal, Classroom Teachers	<b>X</b>			<i>Drinking fountains and Ala Carte options.</i>	