

Local Wellness Policy Progress Report

School Name: North Polk High School

Building Wellness Policy Contact: Mrs. Chandra Bartleman

District Wellness Policy Contact: Mr. Morgan Miller

Date Completed: March 30, 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>All students are required to take Health 1. Offer Healthy Vending. Incorporated in Curriculum.</i>	<i>Adding Yoga/Mindfulness class to the schedule. Lifetime Fitness class.</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			<i>Veggie trays always an option. Breakfast offered. Attractive signage promoting healthy choices.</i>	

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	Building Principal	X			<i>Through PE/Health classes offered. Reinforce by having trainer</i>	<i>Continue to explore curriculum options.</i>

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and self-management skills needed to maintain a physically active lifestyle					<i>and fitness trainers available for all athletes.</i>	
2. Continue to provide elementary students with recess according to the following: <ul style="list-style-type: none"> At least 20 minutes a day Outdoors as weather and time permits 	Building Principal	NA				

Other School Based Activities 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. 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	X			<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	X			<i>Discussed in teacher meetings.</i>	
3. Continue to provide drinking water where school meals are served during meal times	Building Principal, Classroom Teachers	X			<i>2 water fountains located in cafeteria.</i>	