

Wellness Policy Annual Progress Report

February 12, 2019

School Name: John F. Kennedy Catholic School

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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.
Nutrition Education and Promotion Goals					
1. A "Kitchen Korner" to share information regarding planned menus, nutritional guidelines, healthy recipes, and fun facts will be added. Student input may be included for contents.		x		Using whiteboard. Space available on website but need tech help to more fully implement.	Explore additional resources from which to get info. Add nutrition info to the board. Add Nutritional Nugget link.
2. Health units will be presented during PE and science classes in an articulated grade level progression.		x		5 healthy components of fitness. Resources. Time, especially when meeting physical activity requirements.	Examine the sequence as we implement the new science materials as well.
3. A wellness speaker, like a personal trainer, will be invited into PE to discuss healthy lifestyles.			x	Not done.	PE teacher makes arrangements
4. The K-8 health curriculum will be examined in light of information in chapter 280.12. Revisions will be made as necessary.		x		K-6 and 7-8 health matrices completed at least the last 2 yrs and submitted to DE.	Review the health matrices with chapter 280.12
5. Several "typical" sack lunches will be photographed, and the estimated nutritional value will be calculated. This information will be shared with the community in comparison to a "typical" NSLP meal.		x		Done at least once.	Eliminate goal
6. A "Q and A" regarding NSLP guidelines will be published on our website and segments will be included in the Principals' Post.				New goal	

Physical Education and Physical Activity Goals					
<p>1. Students will utilize a physical activity log for both at school and outside of school</p> <ul style="list-style-type: none"> This activity will first be implemented with older students. 		x		Done with grades 6-8. Paperwork.	Consider expanding it to younger students along with reading logs.
<p>2. In conformity with Iowa law, the following physical activity requirements are in place:</p> <ul style="list-style-type: none"> K-5 = 30 minutes of physical activity per day <ul style="list-style-type: none"> Includes PE (on days PE is scheduled), recess, and classroom "brain breaks" 6-8 = 120 minutes of physical per week: <ul style="list-style-type: none"> Includes PE, recess, and classroom "brain breaks" The above time requirements may be met during school hours and/or may include outside of school physical activities as the law allows the requirements to be met outside of school. If the requirements are not met during school hours, a physical activity contract is required showing how students will meet the remaining physical activity time outside of school hours. 	x			Physical activity is scheduled for the minimums. However, indoor recess creates challenges. Other gym usage for programs/shows also creates challenges. Upper grade recesses were added in 2018-19, and they have used the gym at times for indoor recess.	Resources for teachers for indoor recesses. Examine gym availability and how it might be used for indoor recesses.
<p>3. In cooperation with diocesan representatives and in light of JFK's vision for physical education and recess and national standards, the diocesan PE curriculum will be revised.</p>			x	Was not done by diocese.	Currently, JFK is reviewing the new state PE standards and doing PD with them.
<p>4. New PE materials, "Fitness Extreme Skillastics," will be utilized. This new programming encourages cooperative learning and participation while engaging students in aerobic activity and is supplemented with Nutritional Cards and materials regarding muscles and bones.</p>				New Goal	

Nutrition Guidelines for All Foods Available to Students					
1. Lists of snacks that meet CACFP guidelines will be developed and distributed for parents/students to use for celebrations.		x		Not done beyond ECLC.	More broadly distribute the list as parents can use it at home too.
2.					
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1. Additional brain breaks involving physical activity will be added to teachers' "toolboxes" and implemented.	x			Utilized at every grade level.	Reword goal
2. Additional brain breaks involving physical activity or mindfulness activities will be added to teachers' "toolboxes" and implemented. Teachers will also monitor how often it is done.					
3.					
<i>Communication with Parents</i>					
1. Ideas for physical activity will be sent home within a monthly newsletter and posted on the Kitchen Korner.	x			Done.	Newsletter has been ordered. Add the Nutritional Nugget link on the website.
2. Links to AHS athletics and other community physical activities will be added.		x		Links to AHS. Distribute what comes to us. Too time consuming and changes too much.	Eliminate goal
3. Immunizations, especially among younger children, will be promoted.	x			By law.	Acquire immunization information from the Scott County Health Dept. Benefits of immunization information will be included in Principal's Posts.
4. Add a "health corner" section to the Principal's Post at least quarterly.				New goal	
5. Offer health information through a Parent University session.				New goal	

Food Marketing in Schools					
1. The nutritional value of the NSLP will be marketed.		x		Done on whiteboard. Food labels will occasionally be listed on the whiteboard.	Information can be included in the Principal's Post.
2. See NEPG #5 above.				See above	Eliminate goal
3.					
Staff Wellness					
1. A staff physical activity incentive program will be created and implemented utilizing activity options both on campus and off campus.			x	Not done. Needs a QB.	Create a GoogleDoc of activities in which staff members can participate. Use Jeans day incentives. Coordinate with wellness committee. Talk to Scott about being QB.