

# Wellness Policy Progress Report

May 3, 2022

**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.

<b>Wellness Policy Language</b> <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	<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 and/or barriers of implementation.</b>	<b>List next steps that will be taken to fully implement and/or expand on goal.</b>
<b>Nutrition Education and Promotion Goals</b>					
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		Menu posting requirements and changes in procedures in relation to COVID have limited available whiteboard space.	With COVID mitigation strategies reduced, procedures may change for 2022-23, and we may be able to free up board space in the cafeteria again. Explore additional resources from which to get info. Add nutrition info to the board. Restore use of Nutritional Nugget link on website and include it in Principal's Post, if possible.
2. Health units will be presented during PE and science classes in an articulated grade level progression. Goal replaced: Maintain the checks/balances of the health curriculum requirements through the Department of Education annual desk audit.		x		The level of detail in an "articulated grade level progression" could be better.	
3. A wellness speaker, like a personal trainer, will be invited into PE to discuss healthy lifestyles.	x				Title IV funds are being used in May 2021-22 for this purpose and targeted again for it in 2022-23.

4. A “Q and A” regarding NSLP guidelines will be published on our website and segments will be included in the Principals’ Post.			x		Pull information from the Department of Education and federal lunch program. Done once, it can be fairly static.
<b>Physical Education and Physical Activity Goals</b>					
1. Students will utilize a physical activity log for both at school and outside of school <ul style="list-style-type: none"> <li>This activity will first be implemented with older students.</li> </ul>		x		While helpful during COVID, we also saw that there were many things that were just fabricated.	<b>Eliminate Goal</b>
2. In conformity with Iowa law, the following physical activity requirements are in place: <ul style="list-style-type: none"> <li>K-5 = 30 minutes of physical activity per day <ul style="list-style-type: none"> <li>Includes PE (on days PE is scheduled), recess, and classroom “brain breaks”</li> </ul> </li> <li>6-8 = 120 minutes of physical per week: <ul style="list-style-type: none"> <li>Includes PE, recess, and classroom “brain breaks”</li> </ul> </li> <li>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.</li> </ul>	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.	Continue to provide resources for teachers for indoor recesses. Examine gym availability and how it might be used for indoor recesses, particularly during lunch recess time for K-2, 3-4, and 5 <sup>th</sup> grades.
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.		x		Was not done by diocese.	JFK PE teacher still reviewing state PE standards and trying to train oneself.

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.		x		Was done prior to COVID.	Return to using it, including with newer skeleton and muscle floor puzzles.
<b>Nutrition Guidelines for All Foods Available to Students</b>					
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. PS has its own guidelines.	Post it on our website, particularly for K-8.
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
1. Continue to use brain breaks involving physical activity or mindfulness activities and continue to offer resources for teachers to access/use. Remove: Teachers will also monitor how often it is done.		x		No data collection as it's not realistic/necessary.	Reword goal
<b><i>Communication with Parents</i></b>					
1. Ideas for physical activity will be sent home within a monthly newsletter and posted on the Kitchen Korner.		x		Link to Nutritional Nugget lost.	Restore the Nutritional Nugget link on the website, if possible.
2. Immunizations, especially among younger children, will be promoted.		x		By law. With the audit earlier and earlier, students/parents need to be in compliance earlier and earlier. Ideally, the SCHD would like kids to not be in school at all unless they have the required immunizations.	Acquire immunization information from the Scott County Health Dept. Push the information out earlier, such as even in spring. Promote regular well checks, which are often used for immunizations. Promote optional vaccinations as well, like seasonal ones, HPV, etc.

4. Add a “health corner” section to the Principal’s Post at least quarterly.			x		Utilize the Nutritional Nugget to serve this purpose.
5. Offer health information through a Parent University session.			x	The mental health aspect is covered, but less is available for other health.	Suggest to counselors that they also do more general health topics.
<b><i>Food Marketing in Schools</i></b>					
1. The nutritional value of the NSLP will be marketed.		x		See other challenges with the whiteboard. Food labels will occasionally be listed on the whiteboard.	Information can be included in the Principal’s Post.
<b><i>Staff Wellness</i></b>					
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. Coordinate with wellness committee of parish. Seek resources from health insurance company. Consider/seek incentives. PE teacher interested in coordinating.