

Wellness Policy Progress Report

April 3, 2024

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 continued. Student input may be included for contents. A wellness newsletter will be produced internally.		x		“Kitchen Korner” is back in full use. Nutritional Nuggets publisher discontinued their product, and an internal newsletter is taking time/effort.	Lunch program director will work on the newsletter and explore additional resources from which to get info.
2. Maintain the checks/balances of the health curriculum requirements through the Department of Education annual desk audit.		x		The DE discontinued the checking of the health information in the desk audit.	Determine how to utilize PowerSchool reporting of standards to verify health curriculum coverage. Complete a crosswalk between the health requirements matrix of the DE with the standards in PowerSchool.
3. A wellness speaker, like a personal trainer, will be invited into PE to discuss healthy lifestyles.		x		Title IV funding was not available in 2023-24	In order to use Title IV funding, this activity cannot be “regular” or it ought to be part of the operational budget for which Title funds cannot be used.

4. Communicate the NSLP guidelines, which are posted on our website, through other means as well.		x		Information is not communicated via other means.	The information is on our website, but it is not regularly being communicated through other means. Consider printing it for distribution at a registration/open house/parent meeting type of event. Link can also be disseminated.
Physical Education and Physical Activity Goals					
<p>1. 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.	Examine gym availability and how it might be used for indoor recesses, particularly during lunch recess time for K-2, 3-4, and 5 th grades. Develop a more systemic way of scheduling and supervising it, especially for K-5. Any scheduling must be cognizant of changes to the schedule each year and random events.
2. Stay attune to changes that may be taking place at the national level regarding PE standards and how/if they come to impact Iowa/diocesan standards.		x		Changes seem to be taking place at the national level.	SCCS PE teachers will be meeting together to do standards work beginning in the spring of 2024.
3. Incorporate more activities into PE that unify PE and social-emotional-behavioral goals.		x		Need to expand to other grades	Based upon PE teacher’s master degree work, these activities may be expanded to more grades.

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 and snacks. The list will be arranged according to tree nut/peanut free, gluten-free, etc.		x		Not done beyond ECLC. PS has its own guidelines.	Post it on our website, particularly for K-8. Utilize resources already available, such as a list from the North Scott school district. Distribute to families.
2. Provide guidance or even policy that snacks and celebrations be tree nut/peanut free.		x		Only done in certain classrooms at certain times. Not standardized.	Consider putting it into policy. Distribute the guidance/policy.
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1. Continue to use brain breaks involving physical activity or mindfulness activities and continue to offer resources for teachers to access/use.		x			Put the resources in a GoogleDoc or similar manner of storage so it's readily available to teachers.
<i>Communication with Parents</i>					
1. Ideas for physical activity will be sent home within a monthly newsletter.		x			Include the ideas in the newsletter mentioned elsewhere in this document. Provide a link to a monthly activity calendar to which the PE teacher has access.
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 an August 1 st deadline. Promote regular well checks, which are often used for immunizations. Promote optional vaccinations as well, like seasonal ones, HPV, etc.

Food Marketing in Schools					
1. The nutritional value of the NSLP will be marketed.		x		Food labels will occasionally be listed on the whiteboard.	Include information occasionally on the "kitchen korner." Continue to put up posters. Post NSLP information on the lunch program section of the website.
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.	PE teacher and Building Coordinator will lead the development of this program. Seek incentives.