

Local Wellness Policy Progress Report

School Name: Clear Lake Community Schools

Wellness Policy Contact: Misty Binstock

Date Completed: January 15, 2020

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. In the "Contact Person" column identify the individual who can report on the goals' progress. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of those goals. Add more lines for goals as needed.

Nutrition Education and Promotion Goals

District Wellness Policy Goals	People to Involve	Fully in Place	Partially in Place	Not in Place	List steps that need to be taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Expand where/when health is being taught. <ul style="list-style-type: none"> a. 7th grade Health: Building Health Skills/Character, Mental Health, Tobacco, Alcohol, Drugs b. 9th grade Health: Living a Healthy Life, Physical Activity, Nutrition, Training Basics, and Mental Health. All freshmen must take these classes for an entire year 	Doug Gee Board of Directors School Principals Brady Myers 6-12 FCS Teacher	X	X			Incorporate into the FCS curriculum
Adjust Physical Education classes offered at the high school. <ul style="list-style-type: none"> a. 10th-12th grade Intro to Fitness combines with Health b. 9th-12th grade Fitness for Life c. 9th-12th grade Athletic Performance d. 9th-12th grade PE (Games and Sports) with a fitness focus on Wednesdays 	Doug Gee Board of Directors School Principals Brady Myers		X			K-12 grade PE teachers come together and write the curriculum Schedule 9-10 and 11-12 PE

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e. 12 th Grade Independent Fitness: Must have earned a C or above in 9 th Grade Intro to Fitness, and taken and passed 2 years of Fitness for Life and/or Athletic Performance.				X		K-12 th grade PE teachers write curriculum and present to Principals
Incorporate The new Army Combat Fitness Test which includes trap bar, deadlifts, medicine ball throws, pull-ups, hand release push-ups, sprint/drag/carry, leg tuck, 2 mile run.	Doug Gee Board of Directors School Principals Brady Myers			X		Incorporate into Independent Fitness
Elementary health education to include WHO daily sugar intake limits in health education at an elementary level.	Doug Gee Board of Directors School Principals Ashley Coleman		X			Conversation between collaborative teams

Physical Activity Goals

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Provide physical activity that includes at least 30 minutes daily at the elementary level. Provide unstructured play that is preferably through outdoor recess that encourages physical activity	Doug Gee Board of Directors School Principals	X				
Employees will not use physical activity as a punishment (e.g., running laps, push-ups) or repeatedly withhold opportunities for physical activity (e.g., recess, physical education) as a punishment	School Principals Teachers Paras	X				

Other School Based Activities Goals

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Provide a healthy eating environment that: <ul style="list-style-type: none"> • Provide students access to hand washing or hand sanitizing before they eat meals or snacks. • Encourages not scheduling tutoring, club or organizational meetings or activities during mealtimes unless students may eat during such activities. • Allows students to have at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch. • Recommends that children not be forced to eat or drink against their wishes. 	School Principals Dean of Students Lunch room monitors	X X				Review offer vs serve with teachers and staff
Employees: Incorporate a team staff fitness challenge:	School Principals Secretaries			X		Doug Gee and Brady Myers to come up with program Will start in second semester

Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day (e.g. vending, school stores, etc.)

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1.Meals served through the National School	Misty Binstock					

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Lunch Program will: <ul style="list-style-type: none"> Meet all the nutritional standards established by state and federal law Offer a variety of fruits and vegetables Serve only 1% or skim milk. Ensure that at least half of the grains in meal planning are whole grain All ala carte options sold by the school will be Smart Snack compliant 		X X X				
2. All foods and beverages sold in vending machines and store will be Smart Snack Compliant.	School Principals Misty Binstock Seth Thompson		X			Misty Binstock and Seth Thompson will work together to assure all food in the coffee shop are Smart Snack compliant

Communication with Parents

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1. Post nutrition tips on school web site.	School Nurses Misty Binstock			X		School nurses and Food Director will collaborate on a newsletter to be posted on the school website
2. Promote healthy foods including fruits, vegetables, whole grains, and low-fat dairy products.	School Nurses Misty Binstock			X		Incorporate information into the newsletter

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