

Local Wellness Policy Progress Report

School Name: Hudson Elementary

Wellness Policy Contact: Dr. Tony Voss

Date Completed: May 12, 2021

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	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. Nutrition education is offered at each grade level as part of a sequential, comprehensive, and standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	Jan Brandhorst (school nurse)	x			School nurse teaches nutrition lessons in the classrooms with grades K-4, uses food models, posters, and books.	COVID has disrupted the ability of our school nurse to execute on this instruction. We'll begin anew in 2021-2022.
2. Promote fruit, vegetables, whole grain products, low fat and fat free dairy, health food preparation methods, and health enhancing nutrition practices.	Denise Frakes (Director of Nutrition Services, OPAA!)	x			Posters promoting healthy foods displayed in cafeteria. Following NSBP and NSLP guidelines.	New posters will need to be posted for the next school year
3. Emphasize caloric balance between food intake and physical activity.	Denise Frakes (Director of Nutrition Services, OPAA!)	x			Following Smart Snacks guidelines.	

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. PE will be provided an average of at least 45 minutes per six day cycle for elementary students, daily for grades 7- 8, and for at least 1 semester per year for grades 9-12. Exemptions for physical education classes are only granted for academic reasons. Athletic exemptions are not permitted.	Olivia Andera (elementary PE Teacher)	x				
2. Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate	Olivia Andera (elementary PE Teacher)		x			

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. Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages.	Denise Frakes (Director of Nutrition Services, OPAA!)	x			Note about lunch program to parents, Backpack Buddies program, Summer lunch program.	
2. Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.	Denise Frakes (Director of Nutrition Services, OPAA!)	x			List of healthy snack ideas sent home.	

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

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. Meals served through the National School Lunch and Breakfast Programs will: • be served in clean and pleasant settings – comfortable cafeterias • meet, at a minimum, nutrition requirements established by local, state and federal law • offer a variety of fruits and vegetables • serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).	Denise Frakes (Director of Nutrition Services, OPAA!)	x				

Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.)

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. Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages.	Denise Frakes (Director of Nutrition Services, OPAA!)	x				
2. Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.	Denise Frakes (Director of Nutrition Services, OPAA!)	x			Included on website.	

Polices for Food and Beverage Marketing

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. Encourage the concession stand to offer healthy options that meet Smart Snacks guidelines.	Kevin Wurzer (Activity Director)		x		Included on website. The food service department will market healthy snacks in an effort to cater to classrooms for celebrations.	

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