

Local Wellness Policy Progress Report

School Name: Iowa City

Wellness Policy Contact: Jessica Jimmerson & Alison Demory

Date Completed: October 31, 2022

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. Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.	Lindsey Schluckebier	x			District health education is taught by qualified teachers, meets state requirements, is sequential and standards-based, that includes a curriculum that focuses on wellness and healthy life choices.	

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. Schools will provide students with age and grade-appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.	Jan Grenko	x			All students, including those with special health needs, will participate in physical education that meets the requirements of the Physical Education Standards and Healthy Kids Act.	Physical Education Department completed curriculum review process this past year and we looked at our lessons and units to make sure they are age/grade appropriate for all students.

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					Elementary students will also be encouraged to participate in moderate to vigorous activity during daily recess.	

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. As appropriate, schools will support students, staff and parents' efforts to maintain a healthy lifestyle.	Jessica Jimmerson	X			The importance of a healthy lifestyle and being physically active are reinforced in the classroom with physical activities being integrated into the classroom settings, as well as, opportunities for physical extra-curricular activity programs, clubs, and/or intramural programs offered at all grade levels after school.	

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 School Breakfast	Alison Demory	x			All menus are reviewed to ensure they meet USDA	

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Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law					NSLP and SBP standards. In addition, menus are reviewed for variety, student appeal and quality.	
2. Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the USDA Smart Snacks in School nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, student-run stores and fundraising activities.	Alison Demory	x			Schools are notified that any fundraising activities need to meet these guidelines. We have no vending machines for students in cafeterias and those for evening activities aren't available during the day. Student-run stores are educated on the need for all items to pass Smart Snack standards and provided the necessary tools to calculate.	The administration at each school has been educated on these requirements and are responsible for oversight in their buildings.

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. Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the district in accordance with the law. The district will	Jessica Jimmerson	x			Snacks provided to students during the school day without charge will meet the Smart Snack standards. The district will provide a list of foods and beverages that	The administration at each school has been educated on these requirements and are responsible for oversight in their buildings.

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provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations					meet nutrition standards for classroom snacks and celebrations on the district website.	

Policies 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. Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus during the school day.	Alison Demory	x			All vendors are notified that any drink coolers or other equipment, etc cannot have brand names other than compliant items, like water (e.g., Dasani). Marketing of menu items/brands isn't done and the only signage posted for students is that for local produce or signage that identifies meal components.	

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