**School Wellness Policy Building Assessment Tool  
School Name: Harlan Community School District District Wellness Contact Name/E-mail: Jenna Schaben RD LD, jennaschaben@hcsdcyclones.com**

This tool is to be completed 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.

Reviewed 1/31/2020

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| **Wellness Policy Language**  *(add more lines for goals as needed and change goal titles based on local policy language)* | **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. The school district will provide nutrition education that shall be integrated into the appropriate curriculum as part of a sequential, comprehensive, standards-based program as these areas come up on the review cycle or at a time which meets legislated guidelines. | x |  |  | Part of curriculum | Meet with school administrators to explore possibility of collaborating with teaching staff about guest speakers on nutrition and health.  Challenge: Time to coordinate event |
| 2. Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens |  | x |  | 1). Taste testing of local foods held with help of ISU Extension and Shelby County Wellness Alliance fall 2018 and 2019. Challenge: Time  2). Consideration of a school garden and using the produce in the SFSP. Challenge: man power to tend the garden in the summer. | 1).Current goal of a taste testing once a semester. Considering both uncommon foods as well as new menu items.  2). Explore Pick a Better Snack Grant and possibly implement with help of ISU extension. |
| 3. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community. The school district will collaborate with multiple agencies to enhance nutrition education and promotions. Media communication may include local newspapers and radio stations as well as the district web site. |  | x |  | HCSD Wellness/Food Service Director represents HCSD on the Shelby County Wellness Alliance. | Better communicate the Shelby County Wellness Alliance’s activities and projects to staff and families of HCSD through development of the nutrition portion of the district website. |
| 4. Students will be provided adequate time to eat with the provision of the district’s breakfast and lunch programs. | x |  |  | Elementary lunch times have been staggered to minimize time standing in line.  Servings lines are sat up to promote speedy meal service allowing more time for students to eat.  Challenge: School day time is needed for curriculum. | Discussion with superintendent/school administrators to explore option of increasing lunch period time.  Compile a survey to assess interest in second chance breakfast option at HS/MS levels. |
| 1. Discourage students from sharing foods or beverages during meal or snack times, given concerns about allergies and dietary needs |  |  | x | Time to coordinate visiting with students to communicate this. | 1). Email teachers and ask them to discuss this within their classrooms.  2). Develop a wellness newsletter bi yearly and use this as a topic. Post to district website.  3). Meet with building principals about adding this to student handbook. |
| 1. Engage students and parents, through taste-tests of new school meal items and surveys to identify new, healthful, and appealing food choices and encouraging students to try new foods. |  | x |  | 1). ISU extension and Shelby County Wellness Alliance has hosted taste testing featuring local foods fall 2018 and fall 2019 | More taste testing of both foods for students to try that are uncommon as well as new menu items. Current goal is once a semester. |
| Physical Education and Physical Activity Goals | | | | |  |
| 1. Engage students in moderate to vigorous activity during at least 50 percent of physical education class time | x |  |  | Required |  |
| 2. Recess at the elementary school should be a minimum of 20 minutes a day, outdoors as weather and time permits, and encourages moderate to vigorous physical activity. | x |  |  | Required |  |
| 3. Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle |  |  | x | None | 1. Gather and compile data to see if any teaching staff is already doing this through a google doc survey. 2. Explore resources/other school’s successes in implementing activity into core subject instruction. |
| Nutrition Guidelines for All Foods Available to Students | | | | |  |
| 1. Classrooms are encouraged to limit celebrations involving food to one time a month. |  |  | x | None.  Challenge: Food is the most popular form of celebration | Meet with superintendent and school administrators to discuss communication and implementation of this goal. |
| 1. Support the consumption of breakfast at school by implementing alternative breakfast options to the extent possible (e.g., grab n’ go, breakfast in the classroom, breakfast after 1st period, etc. |  | x |  | Grab and Go breakfast option are given to students who arrive at 7:55 or later.  Elementary principal has communicated this with families | Create a google doc survey to gather interest in second chance breakfast at high school and middle school. Nancy Osborn, HSMS Nurse, has suggested that there is a need for this. |
| Other School Based Activities Goals | | | | |  |
| ***Integrating Physical Activity into the Classroom Settings*** | | | | |  |
| 1. Encourage teachers to incorporate movement and kinesthetic learning approaches into core subject instructions when possible; |  |  | x | None | Explore resources/other school’s successes in implementing activity into core subject instruction. |
| ***Communication with Parents*** | | | | |  |
| 1. Educate parents/guardians and school staff about providing healthy beverages and foods for classroom snacks and celebrations by providing a list of foods and beverages that meet nutrition standards. |  |  | x | 1). Discussed at Shelby County Wellness Alliance meetings as well as HCSD Wellness Committee meeting.  2). Beginning to gather resources. | 1). Compile lists for guidance  2). Send lists out to by School Messenger and post to website.  3. Meet with superintendent and school administrators communication and promotion.  4). Start a bi yearly wellness newsletter outlining resources/guidance, wellness regulations, and to raise awareness. |
| 1. Provide communication to parents encouraging packing healthy meals and snacks and to refrain from including beverages and foods that do not meet established nutrition standards for individual foods and beverages. |  |  | x | Gathering some resources | 1). Compile list of healthy meals and snacks that they can pack for lunches.  2). Start a bi yearly wellness newsletter outlining resources and wellness regulations/guidance. |
| 1. The district will support the health of all students by hosting health screenings, hosting health clinics, and wellness checks in the appropriate education areas. | x |  |  | Blood Drives  Blood screening analysis  Vision screens and hearing screens at the elementary levels. | 1). Explore possibility of taking a HS student group to a food show. |
| 4. |  |  |  |  |  |
| ***Food Marketing in Schools*** | | | | |  |
| 1. Provide school staff a list of alternative ways to reward children rather than foods and beverages |  |  | x | Gathering resources | 1). Compile lists for guidance  2). Send lists out to by School Messenger and post to website.  3. Meet with superintendent and school administrators communication and promotion.  4). Start a bi yearly wellness newsletter outlining resources/guidance, wellness regulations, and to raise awareness. |
| 1. Provide school staff communication about standards and nutrition guidelines for all foods and beverages sold to students during the school day (before school and 30 minutes after school). |  |  | X | None | 1). Bring awareness to school administrators.  2). Inquire if this can be discussed at any back to school professional development trainings. |
| 3. |  |  |  |  |  |
| ***Staff Wellness*** | | | | |  |
| 1. Nutrition Education may include training for teachers and staff. |  |  | x | None | Educate HCSD staff about non food rewards or healthy food and fund raising activates. Educate HCSD staff about Smart Snack standards.  Discuss with principals presenting at a back to school professional development to discuss the above. |
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