

Local Wellness Policy Progress Report

School Name: St. Cecilia School

Wellness Policy Contact: Sara Rooney

Date Completed: December 1, 2018

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. St. Cecilia Catholic School will provide nutrition education and engage in nutrition promotion that: is offered as part of a sequential, comprehensive, standards-based program, which is part not only of physical education classes, but also part of classroom instruction in other subject areas; includes promotion of enjoyable, developmentally appropriate culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens; promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices; emphasizes caloric balance between food intake and physical activity; links with meal programs, other foods and nutrition-related community services.	Sara Rooney		X		<ul style="list-style-type: none"> School administration and hot lunch staff attended 5-2-1-0 Summit for integration of nutrition promotion in classroom instruction 	<ul style="list-style-type: none"> Administration applied for mini-grant for school garden School is working toward recognition as a 5-2-1-0 site

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2.						
3.						

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. St. Cecilia Catholic School will provide wellness education that includes students with disabilities, engages students in moderate to vigorous activity during a portion of physical education class time; meets regularly for the scheduled period of time it will allow at the elementary school level.	Sally DuBois	X			<ul style="list-style-type: none"> All students PK-5 have PE time each week 	<ul style="list-style-type: none"> PE time will continue to be a priority in the Master Schedule for the 2018-2019 school year.
2. To provide opportunities for physical activity outside the regular physical education classes, all St. Cecilia classes: offer extracurricular physical activity programs, such as physical activity clubs; offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and students with special health-care needs; offer information about community agencies such as the Ames Parks and Recreation; and publicize and promote participation in community events and programs	Sara Rooney		X		<ul style="list-style-type: none"> Students can participate in Mileage Club in the spring, sponsored by Mary Greeley Medical Center. Ames Parks and Recreation uses St. Cecilia facilities for programming 	<ul style="list-style-type: none"> Community events and programs will be sought out to publicize at St. Cecilia in order to promote participation

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that involve physical activity.						

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. n/a						
2.						

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. St. Cecilia School will follow the Smart Snacks in School standards published by the USDA, building on the healthy advancements by ensuring that snack foods and beverages sold to the students in addition to those foods provided through the National School Lunch Program and the School Breakfast Program are also tasty and nutritious. Any food and beverage sold during the school day must meet the nutrition standards. As	Sara Rooney	X			<ul style="list-style-type: none"> Snacks and beverages outside of the school lunch program are not currently sold at St. Cecilia School. 	

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defined by the USDA, the school day is any time before the first bell until 30 minutes after the last bell.						
2.						

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

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1. Schools are encouraged to offer non-food forms of rewards. If food or beverage rewards are used for academic performance or good behavior, they should conform to the snack policy.	Sara Rooney		X		<ul style="list-style-type: none"> It is unknown what types of food or non-food items are offered as rewards. 	<ul style="list-style-type: none"> A survey will be sent to teachers asking what food or non-food items are offered as rewards. Non-food items will be encouraged to be used as rewards.
2. Schools will evaluate their celebration practices that involve food and beverage during the school day. A list of healthy celebration ideas is available.	Sara Rooney		X		<ul style="list-style-type: none"> An evaluation of celebration practices has not recently occurred. 	<ul style="list-style-type: none"> A survey will be sent to teachers to establish how food and beverages are used in celebration practices. A list of healthy celebration ideas will be generated.

Policies for Food and Beverage Marketing

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1. n/a						
2.						

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