

School Wellness Policy Building Progress Report

School Name: Hudson Middle/High (Grades 7-12) Wellness Contact Name/E-mail: Kevin

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This tool is 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.

| Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i> | 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. |
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| Nutrition Education and Promotion Goals | | | | | |
| 1. Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. | X | | | Nutrition offered in health class, foods class, and in the Pirate Term, "Healthy Lifestyles." | Continue to make sure nutrition is offered to each grade level. |
| Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects | X | | | | Resource list provided by RDN coach. |
| 2. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, health food preparation methods, and health-enhancing nutrition practices. | X | | | Posters promoting healthy foods displayed in cafeteria. Following NSBP and NSLP guidelines. | Additional Team Nutrition posters provided by RDN coach. Posters also hung in nurse office. Nutrition resources in nurse office. |
| 3. Emphasizes caloric balance between food intake and physical activity. | X | | | Following Smart Snacks guidelines | |
| Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, and farm visits. | | X | | | Aim to conduct taste testing events in lunchroom to promote healthy food items. |
| Physical Education and Physical Activity Goals | | | | | |
| Physical education will be taught by a certified PE | X | | | | After school program use of |

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| teacher, meet state/national physical education standards, and will be offered to all students in grades K-12 for the entire school year | | | | | weight room |
| PE will be provided an average of at least 45 minutes per week 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. | X | | | | |
| Engages students in moderate to vigorous activity during at least 50% of PE class time. | X | | | | |
| Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle. | X | | | | |
| Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate. | | X | | | |
| Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. | X | | | | Reinforce link between physical activity and behavioral improvement to staff. |
| Includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; | X | | | | |
| Encourage staff, families, and community members to participate in school-sponsored physical activities (eg: fun runs) | X | | | | Boost efforts to communicate about these opportunities to the public. |
| Afford elementary students with recess according to the following: <ul style="list-style-type: none"> o At least 20 minutes a day; o Outdoors as weather and time permits; o Encourages moderate to vigorous physical activity; and | X | | | K-4: 45 min/day; 5-6: 30 min x 1 | Other opportunities for physical activity offered such as Field Day in the spring. Promotion of physical activity at American Heart Assembly. |

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| o Scheduled to avoid extended periods of inactivity (i.e., periods of two or more hours. | | | | | |
| Nutrition Guidelines for All Foods Available to Students | | | | | |
| Meals served through the National School Lunch and Breakfast Programs will: <ul style="list-style-type: none"> 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; and serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA). | X | | | Monthly school breakfast and lunch menus available on website, copies in classrooms and office. | Posters in lunchroom |
| Qualified nutrition professionals will administer the meal programs. As part of the school district’s responsibility to operate a food service program, the school district will: <ul style="list-style-type: none"> provide continuing professional development for all nutrition professionals; and, provide staff development programs that include appropriate certification and/or training programs for nutrition managers and cafeteria workers, according to their levels of responsibility | X | | | | |
| Meet Smart Snacks guidelines | X | | | | Reviewed with RDN coach |
| Other School Based Activities Goals | | | | | |
| Communication with Parents | | | | | |
| 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. | X | | | Note about lunch program to parents, Backpack Buddies program, Summer lunch program at Country Terrace, | Provide list of healthy lunch ideas. Posted on website. |
| Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations. | X | | | List of healthy snack ideas sent home | Include on website. Distribute lists at beginning of school year. |

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| 3. Include information about school wellness through a website, newsletter, other take home materials, special events or physical education homework. | | X | | | Superintendent to write a blog post about wellness on the district website on annual basis. Add Wellness tab to district website. Recommend adding wellness topic to school page in Hudson Herald. |
| Provide school staff a list of non-food rewards for students. | X | | | | List posted on website and will be distributed to teachers in School Topics for upcoming year. |
| Food Marketing in Schools | | | | | |
| Encourage the concession stand to offer healthy options that meet Smart Snacks guidelines. | X | | | -Healthy food choices sold in concession stand (ex: fruit, nuts, granola bars, burritos) -FFA fruit sales | Continue to assess unhealthy food marketing and address as needed. |
| Water Consumption | | | | | |
| Permit students to bring and carry water bottles filled with water throughout the day. | X | | | Students bring water bottles into classrooms. | Promote benefits of water consumption. |
| Make drinking water available where school meals are served during meal times | X | | | | |
| Staff Wellness | | | | | |
| Encourage staff to model healthy eating and drinking behaviors. | X | | | | Take physical activity breaks at staff meetings. Consider inservice on how to model healthy behaviors. Staff wellness newsletter. Remind staff to get flu shot in fall. |
| Conduct annual wellness screenings for staff. | X | | | Wellness blood screening offered to all staff every spring | |

