

Local Wellness Policy Progress Report

School Name: Monticello Community School District

Wellness Policy Contact: Pat Kelly, Director of Nutrition, email: pat.kelly@monticello.k12.ia.us

Date Completed: 05/31/2024

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	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. Website promotes amount and types of foods to be eaten for nutritional health. Example – my tray and national breakfast and lunch meal pattern		X		Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
2. Promotes Healthy foods, fruits, and vegetables, whole grain products. Low fat and fat free dairy products and healthy food preparation.	X			Classroom promotion & flyers of fun introduction of food. All food service staff have taken Serve Safe course	

Physical Education and Physical Activity Goals

District Wellness Policy Goals	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. Is for students K-12 for the year	X				
2. Is taught by certified PE teacher	X				

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3. Engages students in moderate to vigorous activity for a minimum of 50% of PE class.	X				
4. K-5 students should be provided recess for students that is at least 30 minutes a day and can include PE class.	X			Recess at grades 2-4 have been adjusted to before lunch	

Nutrition Guidelines for all Foods Available to Students

District Wellness Policy Goals	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.
Meals served through the National School Lunch and Breakfast program	X				
1. Be appealing and attractive to children					
2. Be served in clean and welcoming sitting	X				
3. Meet a minimum nutrition requirement established by State & Federal Law	X				
4. Offer a variety of fruits & vegetables and whole grains					
5. Serve only low fat 1% and fat free milk and nutritionally equivalent non-dairy alternatives as defined by the USDA	X				
6. District will share information about nutritional content of meals with parents & students as requested.	X				

Other School Based Activities Goals

Integrating Physical Activity into the Classroom Settings

District Wellness Policy Goals	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. The district will discourage sedentary activities such as watching television, playing on computers, etc.			X		Promote through newsletter and website how important this is.
2. Provide short physical activity breaks between classes as appropriate.		X		Some classes take advantage of this.	
3. Offer classroom health education that compliments PE by reinforcing the knowledge and self-management skills needed to maintain a physical active lifestyle and to reduce time spent on sedentary activities	X				

Communication with Parents

District Wellness Policy Goals	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. Offer nutritional tips on website and newsletter			X	Working to add to website and newsletter	Will do a blurb in newsletter monthly
2. Provide information about & support parent's efforts to provide their children with the opportunities to be physically active outside of school.		X		Working on adding this to our website	

Polices for Food and Beverage Marketing

District Wellness Policy Goals	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. Have vending machine only display healthy items as advertisement	X				

This institution is an equal opportunity provider.