

Local Wellness Policy Progress Report

School Name: Urbandale High School

Wellness Contact Name/E-mail: Tim Carver, Principal carvert@urbandaleschools.com

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.

District Wellness Policy Goals <i>(add more lines for goals as needed)</i>	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.
Nutrition Education and Promotion Goals						
1. Education on healthy nutritional practices shall be integrated into the sequential, comprehensive health education program taught at every grade level from prekindergarten through twelfth grade.	Director of Teaching & Learning	X			Curriculum Review Process Creation of Master Schedule	Curriculum Review (ongoing)
Physical Activity Goals						
1. Moderate to vigorous physical activities shall be integrated into the sequential, comprehensive physical education program taught at every grade level from prekindergarten through twelfth grade.	Director of Teaching & Learning	X			Curriculum Review Process Creation of Master Schedule	Curriculum Review (ongoing)
Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students During the School Day (e.g. vending, school stores, etc.)						
1. Foods and beverages sold to students on school grounds during the school day (or to students enrolled in Adventuretime) in vending machines, school stores, or otherwise, shall meet portion size guidelines and shall be healthy choices. Foods of minimal nutritional value (FMNW) shall not be sold to students on school grounds during the school day or during participation in Adventuretime. https://healthymeals.fns.usda.gov/sites/default/files/uploads/USDASmartSnacks.pdf	Building Principal or Adventuretime Director	X				Annual communication with leaders and school personnel responsible for implementation of this policy.
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 <i>(add more lines for goals as needed)</i>	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. District personnel who supply snacks to students during the school day or during Adventuretime shall provide healthy snacks that meet portion size guidelines.	Building Principal or Adventuretime Director	X				Annual communication with leaders and school personnel responsible for implementation of this policy. Follow up with individual staff members as needed.
2. Non-district personnel providing snacks to students during the school day or to students in Adventuretime are encouraged to provide healthy snacks.	Building Principal or Adventuretime Director	X			A list of healthy choices of foods and beverages that are preferred snacks for students is on the district website. Guidelines in handbooks.	Annual communication with parents, families, parent/teacher organizations, etc. that provide snacks for students. Follow up communication from building leaders prior to school events and/or class parties.
3. Snacks which are to be shared must be store-bought, pre-packaged items or items purchased through the District's food service program or through an otherwise licensed food establishment.	Building Principal or Adventuretime Director	X			Guidelines in handbooks.	Annual communication with parents, families, parent/teacher organizations, etc. that provide snacks for students. Follow up communication from building leaders prior to school events and/or class parties.
Polices for Food and Beverage Marketing						
1. Vending machines on school grounds which are accessible to students outside of the school day may offer a variety of products, but shall include a selection of healthy choices and shall not have super-sized portions. Vending machines available to students outside of the school day may operate from 30 minutes after school dismisses until midnight and from 12:01 am Saturday until 11:59 pm Sunday.	Building Principal	X			Vending machines are automated to adhere to start/stop times for selling snacks.	Annual communication with leaders and school personnel responsible for implementation of this policy. Follow up with individual staff members as needed.
2. Healthy choices in food and beverages shall be made available at concession stands operated by the District or by parent or student groups.	Building Principal and Activities Director	X				Annual communication with leaders and school personnel responsible for implementation of this policy. Follow up with individual staff members as needed.