

Local Wellness Policy Progress Report

School Name: Jesup CSD

Wellness Policy Contact: Mr. Nathan Marting

Date Completed: September 6, 2018 (Meeting), December 5, 2018 (Report Completed)

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.
<p>The school district will provide nutrition education and engage in nutrition promotion that:</p> <ul style="list-style-type: none"> • is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects; • includes 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; 	<p>Nathan Marting, Superintendent</p>		<p>X</p>		<p>Teachers are directed at the elementary level to provide parents list of healthy snacks to bring for celebrations or other classroom activities</p> <p>Health and nutrition is a part of the physical education and science courses.</p> <p>Healthy food choices and publications are displayed throughout the buildings</p>	<p>Distribute additional communications through email, newsletters, and other publications informing families of healthy and nutritional food choices</p>
<p>2.</p>						
<p>3.</p>						

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.
<p>1. The school district will provide physical education that:</p> <ul style="list-style-type: none"> • is for all students in grades PK-12 for the entire school year; • is taught by a certified physical education teacher; • includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and, • engages students in moderate to vigorous activity during at least 50 percent of physical education class time. 	Nathan Marting, Superintendent	X			100% of students are enrolled and participated in physical education classes meeting the required time requirements	Continue meeting goal
<p>2. Elementary schools should provide recess for students that:</p> <ul style="list-style-type: none"> • is at least 20 minutes a day; • is preferably outdoors; • encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and, • discourages extended periods (i.e., periods of two or more hours) of inactivity. <p>When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.</p>	Building Principals (Paul Rea, Lisa Loecher, Brian Pottebaum)	X			<p>Students are provided at least 20 minutes of recess daily. It is always outdoor when weather permits</p> <p>Students are provided opportunities for physical activity breaks during extended testing times, presentations, or other class activities</p>	Continue meeting goal
3. Employees should limit the use of physical	Nathan		X		Teachers and coaches are	Communicate to athletic director to

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activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.	Marting, Superintendent				discouraged from using physical activity as punishment and occurrences are minimal.	provide coaches with guidance and alternative methods for disciplining students and athletes.
After-school child care and enrichment programs will provide and encourage—verbally, and through the provision of space, equipment and activities—daily periods of moderate to vigorous physical activity for all participants.	Brock Sabers, Community Recreation Director	X			Child care program workers design schedules and offer activities that offer physical activity, indoor and outdoor. In addition to daily access to the playground, staff take students on numerous field trips and walking trips on campus.	Continue meeting goal
<p>For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will:</p> <ul style="list-style-type: none"> • offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities; • discourage sedentary activities, such as watching television, playing computer games, etc.; • provide opportunities for physical activity to be incorporated into other subject lessons; and, • encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate. 	Building Principals (Paul Rea, Lisa Loecher, Brian Pottebaum)	X			Building principals ensure that physical education and health teachers are afforded time to collaborate to ensure that curriculums are aligned and instruction includes a focus on encouraging students to conduct healthy and active lifestyles while providing them with rich resources and experiences.	Continue meeting goal

Other School Based Activities Goals

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<p>1. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:</p> <ul style="list-style-type: none"> • provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities; • provide information about physical education and other school-based physical activity opportunities before, during and after the school day; • include sharing information about physical activity and physical education through a web site, newsletter, other take-home materials, special events or physical education homework. 	<p>Nathan Marting, Superintendent</p>	<p>X</p>			<p>Teachers are directed at the elementary level to provide parents list of healthy snacks to bring for celebrations or other classroom activities</p> <p>Physical education teachers provide frequent parent communication and newsletter articles sharing updates on classroom activities as well as providing resources on living healthy lifestyles outside of the school day</p>	<p>Continue meeting goal</p>
<p>The school district values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school should:</p> <ul style="list-style-type: none"> • develop, promote and oversee a multifaceted plan to promote staff health and wellness; • outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees. 	<p>Nathan Marting, Superintendent</p>		<p>X</p>		<p>The district employee health insurance company distributes various communications on healthy lifestyles information and preventive measures that can take place.</p> <p>The district employee health insurance company offers cash incentives for employees to complete their annual physicals.</p> <p>The district provides access to all employees for use of the school district fitness center.</p>	<p>The district will continue to look at expanding its offering of employees based fitness and wellness programs.</p>

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					Some classes have been offered to employees.	

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. School-based marketing will be consistent with nutrition education and health promotion. The school district will: <ul style="list-style-type: none"> promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products. 	Sue Welsh, Food Director	X			The food director will ensure that staff are properly trained with yearly updates on food service related activities. Numerous publications are displayed and distributed to students throughout all buildings on healthy food choices.	

This institution is an equal opportunity provider.