

# 2020-2021 NPCSD Wellness Policy Progress Report

**School Name: Central Elementary**

**Building Wellness Policy Contact: Alyssa Forde**

**District Wellness Policy Contact: Anne Sloan**

**Date Completed: May 21, 2021**

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 the goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on the goal.
1. In order to create and promote healthy habits, NP schools will provide nutrition education and promotion in health education classes, and also continue to integrate these topics into other classroom instruction through subjects such as math, science, language arts, social sciences, and other elective subjects	Casey Coy	X			The importance of a healthy diet is taught and emphasized in PE grades K-5.	
2. In order to create and promote healthy habits, NP schools will promote the importance of consuming fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and additional healthy food options by providing nutritional information via online and/or through posters, signage.	Casey Coy Teachers Cooks	X			The importance of a healthy diet is taught and emphasized in PE grades K-5.	
3. Allow students to bring and carry water bottles filled with water throughout the day and provide drinking water during school meals in order to promote healthy	Kristi Mixdorf June Carstensen		X		<ul style="list-style-type: none"> <li>Students are allowed to carry/fill water bottles throughout the day</li> </ul>	

drinking habits.					<ul style="list-style-type: none"> <li>New water bottle filling stations have been added throughout the school this year</li> </ul>	
4. Register each building as a <a href="#">5210</a> registered site.				X		

## 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 the goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on the goal.
1. Offer classroom health education that complements physical education classes by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle		x			The importance of a healthy diet is taught and emphasized in PE grades K-5.	
2. Provide movement options to students throughout their school day (totaling at least 60 minutes of physical activity out of their seats) <ul style="list-style-type: none"> <li>At least 20 minutes a day of recess</li> <li>Get outdoors as weather and time permits</li> <li>Organized activity choices during recess</li> <li>Provide lunch after recess</li> <li>Provide PE opportunities in which students can move and be physically active</li> </ul>			x		<ul style="list-style-type: none"> <li>Daily recess for all students of at least 30 minutes</li> <li>Classroom teachers take students outside when it fits</li> <li>Students attend PE for 30 minutes every other day</li> </ul>	

## Mental-Emotional-Social Education & Promotion

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement the goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on the goal.

1. Provide resources (apps, tips, websites, etc.) to the NP community that will help positively enhance one's mental, emotional, and social health				x		
2. Provide and facilitate training opportunities for the NP community to learn more about mental, emotional, and social health				x		
3. Provide mental, emotional, and social break opportunities for students and staff throughout the school day.					Guidance classes are offered to students throughout the week	
4. Implement a PBIS system in the elementary schools.	Michelle Fetters	X			PBIS System in place	

## Wellness Communication & Outreach

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement the goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on the goal.
1. Establish at least one wellness champion at each district building to better communicate, track, and lead a variety of wellness activities.				x	Not specific to this building but is specific to the wellness committee to implement and provide for buildings and community	
2. Provide quarterly wellness challenge opportunities for the NP community (families, students, staff).				x	Not specific to this building but is specific to the wellness committee to implement and provide for buildings and community	
3. Create and enhance the Wellness Committee website				x	Not specific to this building but is specific to the wellness committee to implement and provide for buildings and community	
4. Provide regular wellness tips and education to the NP community.				x	Not specific to this building but is specific to the wellness committee to implement and provide for	

					buildings and community	
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