

2020-2021 NPCSD Wellness Policy Progress Report

School Name: Middle School

Building Wellness Policy Contact:

District Wellness Policy Contact: Anne Sloan

Date Completed: May 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	Kallal		x		Nikki Kallal incorporates nutrition into her FCS 7th and 8th grade exploratory classes. Topics not substantively integrated into other subject areas.	
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.	Richards/Wolf Jeff Reeves?			x	Do not believe we have much for signage at the MS promoting healthy eating. There are a few pictures in the serving line, in the MS kitchen	Are there posters / signage that can be provided by the wellness committee to the MS, which we can then hang up in the cafeteria
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	Richards/Wolf	x			students allowed to carry water bottles during the day; students provided with milk at lunch. can purchase	

drinking habits.					water ala-cart	
4. Register each building as a 5210 registered site.				?		

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	Ryan Eberly	x			8th grade health class w/ryan eberly	
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"> At least 20 minutes a day of recess Get outdoors as weather and time permits Organized activity choices during recess Provide lunch after recess Provide PE opportunities in which students can move and be physically active 	Ryan Eberly Mike Furlong		x		physical movement provided to students every other day (42 minutes) in PE. PE rotates with art class in 6th and 7th. PE rotates with health in 8th grade... no recess at the MS	

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				?	not sure what resources the ms has provided to our community members.	Is this something the wellness committee is providing to the NP community

					Eberly goes over various resources with students.	
2. Provide and facilitate training opportunities for the NP community to learn more about mental, emotional, and social health				x	do not believe this has been done	Is this something that will be facilitated from the wellness committee to the NP community
3. Provide mental, emotional, and social break opportunities for students and staff throughout the school day.	Richards/Wolf		x		dependant on teachers on how this is implemented, varies by teacher self care day implemented at MS (December)	
4. Implement a PBIS system in the elementary schools.				NA		

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.	Young Halbloom		x		<ul style="list-style-type: none"> Emily Young Kelsiann Halbloom 	
2. Provide quarterly wellness challenge opportunities for the NP community (families, students, staff).				x		Provide these opportunities from the wellness committee/district level
3. Create and enhance the Wellness Committee website				x		In progress
4. Provide regular wellness tips and education to the NP community.				x		provide these tips at the district level via newsletters and website