

# 2020-2021 NPCSD Wellness Policy Progress Report

**School Name: High School**

**Building Wellness Policy Contact:**

**District Wellness Policy Contact: Anne Sloan**

**Date Completed:**

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 | Anne Sloan<br>Jeannie Williams | x              |                    |              | Health class covers foundations of nutrition<br>FCS covers intro. to nutrition and nutrition basics in a variety of classes | Can better embed in the health/PE classes  |
| 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.                 | Jeff Reeves                    |                | x                  |              |   | Better display signage within the school   |
| 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  | Seth Poldberg<br>Jeff Reeves   | x              |                    |              | <ul style="list-style-type: none"> <li>Students are allowed to carry/fill water bottles throughout the day</li> </ul>       |  |

|  |            |  |   |  |  |  |
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| drinking habits.   |            |  |   |  | <ul style="list-style-type: none"> <li>Multiple new water bottle filling stations have been added throughout the school this year (number= ???)</li> </ul> |  |
| 4. Register each building as a <a href="#">5210</a> registered site. | Anne Sloan |  | x |  | Currently registered   | need to actively use and get resources from the website--signage, tips, etc. |

## 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   | HPE dept.            | x              |                    |              | Currently offer PE classes that teach students the following skills: <ul style="list-style-type: none"> <li>Stress management techniques, health related components of fitness,</li> </ul>   | <ul style="list-style-type: none"> <li>Continue to expand and integrate more nutrition information w/in health/PE class offerings</li> </ul>             |
| 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> | Administration/Staff |                |                    |              | <ul style="list-style-type: none"> <li>no recess options</li> <li>Students are required to take 9th grade PE</li> <li>students can choose PE electives for the remainder of HS</li> <li>Athletes are highly encouraged to take athletic weights</li> </ul> | <ul style="list-style-type: none"> <li>continue to encourage as much movement as possible w/in classrooms (Covid has restricted some of that)</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 | Anne Sloan<br>Counselors<br>Rob Sinclair |                | x                  |              | SEL playbook strategies<br>Strategies embedded into flex as well as PD  | SEL resources via wellness website   |
| 2. Provide and facilitate training opportunities for the NP community to learn more about mental, emotional, and social health                     |  |                |                    | x            |   | Had to reschedule mental health training---will try to have it for the 2021-22 school year |
| 3. Provide mental, emotional, and social break opportunities for students and staff throughout the school day.                                     | Rob Sinclair                             |                | x                  |              | <ul style="list-style-type: none"> <li>Flex time allows teachers and students to connect and implement a variety of SEL strategies</li> </ul> |  |
| 4. Implement a PBIS system in the elementary schools.  | not applicable                           |                |                    |              | n/a   | n/a  |

## 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. | Anne Sloan     |                | x                  |              | <ul style="list-style-type: none"> <li>Jess Allen &amp; Anne Sloan are designated wellness champions</li> </ul> |  |
| 2. Provide quarterly wellness challenge opportunities for the NP community (families, students, staff).  |                |                |                    | x            |   | Currently working with our communications point person to develop the website which will house resources for our community |
| 3. Create and enhance the Wellness Committee website   |                |                |                    | x            | Weekly self care tips sent to staff---created by admin.   | Currently in progress  |

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| 4. Provide regular wellness tips and education to the NP community. |  |  |  | x | Weekly self care tips sent to staff---created by admin. | Provide via building newsletters and/or wellness website |
|---|--|--|--|---|---|--|