

# School Wellness Policy Building Progress Report

School Name: **St. Patrick's Sheldon, IA** Wellness Contact Name/E-mail: [jschmalen@stpatrikssheldon.org](mailto:jschmalen@stpatrikssheldon.org)

This tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

<b>Wellness Policy Language</b> <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partial Y in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
<b>Nutrition Education</b>					
1. <b>EXAMPLE:</b> <i>Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.</i>	X			Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
<ul style="list-style-type: none"> <li>Lunch will be attractive to students</li> </ul>	X			Objective surveys used as assessment	
<ul style="list-style-type: none"> <li>Clean and pleasant setting</li> </ul>	X			Objective surveys used as assessment	
<ul style="list-style-type: none"> <li>Nutrition requirements, variety of fruits and veg., milk options, and whole grains</li> </ul>	X			Audit shows compliance	
<b>Physical Education and Physical Activity Goals</b>					
<ul style="list-style-type: none"> <li>20 minutes of relaxation after eating</li> </ul>	X			Schedule shows compliance	
<ul style="list-style-type: none"> <li>50 Minutes of Recess</li> </ul>	X			Schedules show compliance	
<ul style="list-style-type: none"> <li>Physically Active 50% of the time</li> </ul>	X			Curriculum plan shows compliance	
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1.					
2.					