

School Wellness Policy Building Assessment Tool

School Name: Harlan Community School District

District Wellness Contact Name/E-mail: Ann Heithoff, assistant principal Harlan Elementary aheithoff@hcsdyclones.com

Please see the meeting agenda at the bottom of this document.

This tool is to be completed 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. Reviewed 2/28/2024

| Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i> | Fully in Place | Partially in Place | Not in Place | List steps that have been taken to implement goals and list challenges and/or barriers of implementation. | List next steps that will be taken to fully implement and/or expand on goal. |
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| Nutrition Education and Promotion Goals | | | | | |
| <p>1. The school district will provide nutrition education that shall be integrated into the appropriate curriculum as part of a sequential, comprehensive, standards-based program as these areas come up on the review cycle or at a time which meets legislated guidelines.</p> <p>Heithoff will work with Jennifer Sellner regarding guest speakers to start 2nd semester. One possible guest speaker could be Renee Sweers. Possibly speak to classes with the Lettuce Grow STEM projects. Or speak to</p> <p>Have tables or pamphlets at open house, conferences, literacy night, music programs etc</p> | x | | | Part of curriculum | <p>Meet with school administrators to explore the possibility of collaborating with teaching staff about guest speakers on nutrition and health.</p> <p>Challenge: Time to coordinate event</p> <p>Heithoff will work with Jennifer Sellner with possibly using the cafeteria model of SWITCH to start 2nd semester</p> |
| <p>2. Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens</p> <p>Heithoff can talk to Anthony Donahoo re: during the day basketball pr soccer game.</p> | | x | | Taste testing of local foods held with help of ISU Extension and Shelby County Wellness Alliance spring 2024 | <p>1).Current goal of a taste testing once a semester. Considering both uncommon foods as well as new menu items.</p> <p>2). Explore Pick a Better Snack Grant and possibly implement it with help of ISU extension.</p> |

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| <p>Heithoff will work with Jennifer Sellner regarding guest speakers to start at the beginning of 2nd semester. Sellner suggests doing this every other week b/c research shows that it takes 6 hours of educational contact is needed to make an impact.</p> <p>Lori Tarney - farmer's market, have herself and others speak of what is offered?</p> <p>Farm Bureau speakers</p> <p>Elaine Baughman to come talk about healthy alternatives</p> <p>Farm to table - Roseman's</p> <p>El Mercadito - come speak</p> <p>Fareway/HyVee - come speak/present on nutrition</p> | | | | | <p>Heithoff will work on this with Jennifer Sellner possibly implementing this for 15-30 minutes per month. Work with Kyleigh Lewis to promote on social media. Taste tests with sticker charts: tried it, liked it, loved it</p> <p>Farm visits - 4th grade goes to Carstens Farms TK - 5th - pumpkins patch visits HS has a greenhouse, preschool visits (Heithoff will check)</p> |
| <p>3. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community. The school district will collaborate with multiple agencies to enhance nutrition education and promotions. Media communication may include local newspapers and radio stations as well as the district website.</p> <p>Dr Douglas Gentile from Iowa State to speak on the "Your Brain on Media Violence." Jade will work on this with Dr. Barnett</p> <p>Trailer of a child's bedroom- SCSO? (Kylie will follow up on this).</p> | | x | | <p>HCSO Wellness/Food Service Director represents HCSO on the Shelby County Wellness Alliance.</p> | <p>Better communicate the Shelby County Wellness Alliance's activities and projects to staff and families of HCSO through development of the nutrition portion of the district website. Heithoff & Staley / Mosher will begin to attend Shelby County Wellness Alliance starting in November 2023 Promote through social media with Kyleigh Lewis starting in Nov 2023</p> <p>USDA- https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit?utm_medium=email&utm_source=govdelivery</p> |

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| <p>4. Students will be provided adequate time to eat with the provision of the district's breakfast and lunch programs.</p> <p>done</p> | x | | | <p>Elementary lunch times have been staggered to minimize time standing in line.</p> <p>Servings lines are set up to promote speedy meal service allowing more time for students to eat.</p> | <p>Compile a survey to assess interest in second chance breakfast options at HS/MS levels.</p> |
| <p>5. Discourage students from sharing foods or beverages during meal or snack times, given concerns about allergies and dietary needs</p> | | | x | <p>Time to coordinate visiting with students to communicate this.</p> | <p>1). Email teachers and ask them to discuss this within their classrooms. Heithoff will complete this by the start of second semester</p> <p>2). Develop a wellness newsletter bi yearly and use this as a topic. Post to the district website. Stephanie Staley already sends an allergy letter to families once a semester</p> <p>3). Meet with building principals about adding this to the student handbook. Is this done? The student handbook section for food allergies does not mention this but could be added.</p> |
| <p>6. Engage students and parents, through taste-tests of new school meal items and surveys to identify new, healthful, and appealing food choices and encouraging students to try new foods.</p> | | x | | <p>1). ISU extension and Shelby County Wellness Alliance has hosted taste testing featuring local foods fall 2018 and fall 2019</p> | <p>More taste testing of both foods for students to try that are uncommon as well as new menu items. Current goal is once a semester.</p> <p>Heithoff will work with Jennifer Sellner regarding tasting new foods as students go through the lunch line</p> |
| <p>Physical Education and Physical Activity Goals</p> | | | | | |
| <p>1. Engage students in moderate to vigorous activity during at least 50 percent of physical education class time</p> | x | | | <p>Required</p> | <p>Already being implemented by the PE program</p> <p>Promote through social media with Kyleigh Lewis starting in</p> |

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| | | | | | November. Promote through posted pictures with Mosher, Wilwerding / Cairney, Bladt starting in November |
| 2. Recess at the elementary school should be a minimum of 20 minutes a day, outdoors as weather and time permits, and encourages moderate to vigorous physical activity. Walking school bus in the fall & spring with teams or band members | x | | | Required | Already being implemented at the elementary building with two 20 minute recesses. Promote through social media with Kyleigh Lewis starting in November |
| 3. Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle | X | | | None. Kids Health in the Classroom - Personal Health Series. Offering quizzes and discussion over personal health/hygiene, nutrition, fitness, safety, screentime, sportsmanship, social-emotional issues. Quiz will give a level of awareness and knowledge. Discussion will present information for all to hear and take in. Would be done at the beginning of class for a short time before physical activity begins. | Promoted by Dean Mosher in elementary PE one to two times each month starting in November 2023 Steve S will talk with MS/HS PE teachers on ways this can be implemented |
| Nutrition Guidelines for All Foods Available to Students | | | | | |
| 1. Classrooms are encouraged to limit celebrations involving food to one time a month. | | | x | None. Challenge: Food is the most popular form of celebration How can we casually shift the mindset of food being the center of parties | Meet with the superintendent and school administrators to discuss communication and implementation of this goal. End of year celebration is already an outside event with a healthy sack lunch this promotes physical activity Ask classrooms to have a once a month birthday parties with healthy choices to reduce sugar consumption |

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| | | | | | Some classrooms already have "committees" for holiday parties limiting the amount of treats brought in and signing a parent up for a specific treat/food/drink |
| 2. Support the consumption of breakfast at school by implementing alternative breakfast options to the extent possible (e.g., grab n' go, breakfast in the classroom, breakfast after 1 st period, etc. | X | | | Grab and Go breakfast options are given to students who arrive at 7:55 or later. Elementary principal has communicated this with families | Nurse provide healthy breakfast alternative when students go to the her office hungry before 10:00- fruit, granola bar, yogurt Andrea will look into state guidelines on having breakfast cereal bars/fruit offered throughout the morning. She thinks that we cannot deny a student breakfast at any time throughout the morning. |
| Other School Based Activities Goals | | | | | |
| Integrating Physical Activity into the Classroom Settings | | | | | |
| 1. Encourage teachers to incorporate movement and kinesthetic learning approaches into core subject instructions when possible; | X | | | None | Explore resources/other school's successes in implementing activity into core subject instruction. Elementary students do dances/ go noodle activities HS/MS students walk to class every 48 minutes |
| Communication with Parents | | | | | |
| 1. Educate parents/guardians and school staff about providing healthy beverages and foods for classroom snacks and celebrations by providing a list of foods and beverages that meet nutrition standards. Cafeteria buddies - start in January Sports players, band members | | X | | 1). Discussed at Shelby County Wellness Alliance meetings as well as HCSD Wellness Committee meetings. 2). Beginning to gather resources. | 1). Compile lists for guidance 2). Send lists of healthy swaps out to by School Messenger and post to the website. 3. Meet with the superintendent and school administrators for communication and promotion. Heithoff can promote at ATM in October meetings |

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| | | | | | 4). Start a bi yearly wellness newsletter outlining resources/guidance, wellness regulations, and to raise awareness. Heithoff can complete this in January Promote healthy choices through social media with Kyleigh Lewis & elementary newsletter starting in November |
| 2. Provide communication to parents encouraging packing healthy meals and snacks and to refrain from including beverages and foods that do not meet established nutrition standards for individual foods and beverages. | | | x | Gathering some resources https://www.hsph.harvard.edu/wp-content/uploads/sites/30/2015/01/KidsHealthyEatingPlate_Guide_Jan2016.pdf | 1). Compile list of healthy meals and snacks that they can pack for lunches. 2). Start a bi yearly wellness newsletter outlining resources and wellness regulations/guidance. |
| 3. The district will support the health of all students by hosting health screenings, hosting health clinics, and wellness checks in the appropriate education areas. | x | | | Blood Drives Blood screening analysis Vision screens, dental & hearing screens at the elementary levels. Flu shots | Implemented with our Lions Club and the AEA Heithoff will check who does the dental screenings- -Lion's Club came in October for PK/TK/K Vision Screenings -FAMILY, inc. Dena White is our assigned Dental Hygienist for dental screenings. Our contracted grades last year were PK, 2nd and 3rd. They typically come in March or April. -AEA completes hearing screenings -Myrtue Public Health offered student influenza vaccines a few weeks ago. They will return in the spring to administer vaccines to students who are behind on shots. -Myrtue Occupational Health offered staff influenza vaccines. |

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| | | | | | -HCSD offers discounted memberships to the PFWC here in Harlan |
| Food Marketing in Schools | | | | | |
| 1. Provide school staff a list of alternative ways to reward children rather than foods and beverages | | | x | Gathering resources | 1). Compile lists for guidance End of year celebration is already an outside event with a healthy sack lunch this promotes physical activity Ask classrooms to have a once a month birthday parties with healthy choices to reduce sugar consumption Use non-food items as an incentive instead of food 2). Send lists out to by School Messenger and post to website. 3. Meet with superintendent and school administrators communication and promotion. 4). Start a bi yearly wellness newsletter outlining resources/guidance, wellness regulations, and to raise awareness. |
| 2. Provide school staff communication about standards and nutrition guidelines for all foods and beverages sold to students during the school day (before school and 30 minutes after school). | | | X | None | 1). Bring awareness to school administrators. 2). Inquire if this can be discussed at any back to school professional development trainings. |
| 3. | | | | | |
| Staff Wellness | | | | | |
| 1. Nutrition Education may include training for teachers and staff. | | | x | None | Educate HCSD staff about non food rewards or healthy food and fund raising activities. Educate HCSD staff about Smart Snack standards. |

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| | | | | | Discuss with principals presenting at a back to school professional development to discuss the above. |
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Meeting agenda:

Wednesday, February 28th at 3:30

*rethink having the speaker speak to all MS and HS students, maybe just parents who bring kids

*pasta feed menu :

-spaghetti noodles: Andrea serve

-red & white sauces : self serve with roaster

-homemade garlic bread : Andrea staff member

-side salad mix iceberg with carrots & cabbage from a small salad bar: self serve

-2 dressings ranch & Dorothy: self serve

-350 small water bottles

*paper plates & bowls, plastic spoons & forks

*dessert: 350 rice krispie treats

*run serving line just like a school lunch line

*plan for 350

*Andrea will create a separate invoice for this event by next Wednesday

(attendance: Heithoff, Alberti, Albertson, Sellner, Heithoff, Mosher, Ransom)

Monday, February 12th

*Jade

- discussion of Iowa State speaker Dr. Douglas Gentile: Your Brain on Media Violence in collaboration with the hospital
- topic: Media and Children's Brain Development and/or Media School Readiness School Attention & School Performance
- advertising: Facebook pages, alert now, newspaper, sound snippet
- 3 segments: one for school & hospital during the day, evening for public
- meal from 5:30-6:00, presentation after meal, Q&A after presentation
- dates: Monday, March 18th
- times: MS mid morning, HS early afternoon, public in the evening
- broadcast for elementary stff that won't see this
- daycare for families - extension activities for kids during presentation
- pay for meal - ½ from hospital, ½ from school
- extension activity for kids during the speaker
- Dr. Barnett, Heithoff and Albertson will meet after

*Todd & Dean

- date for fitness center activity

*Jennifer S

- discussion of taste tests
- Pick a Better Snack:
- every other week

Monday, January 22nd

(attendance: Heithoff, Alberti, Mosher, Sellner, Staley)

*Jade A

- discussion of Iowa State speaker Dr. Douglas Gentile: Your Brain on Media Violence

- dates: March 18th

- daycare for families

- free food?

- extension activity for kids during the speaker

- *Jennifer S

- discussion of taste tests

- Pick a Better Snack:

- every other week

- *Dean & Todd

- schedule

Wednesday November 28 at 3:00

- *Steve S -

- speakers in culinary arts classes at the HS,

- healthy choices in HS/MS pe classes?

- *speaker on the effects of technology on the brain - Jade A

- *food samples to start in January - Heithoff is scheduling this

- *Dean is implementing healthy choices curriculum in

Tuesday, October 31st at 7:30 am (Mosher, Alberston, Staley, Gross, Heithoff)

- *thoughts from Jennifer Sellner

- *thoughts from the Wellness Summit

*review assessment tool

*TO DO

*Jade - speaker

*Heithoff - taste testing, food speaker, 2nd gr unit, cafeteria buddies

*Kylie - trailer

Tuesday, October 17th at 8:00 (Mosher, Alberston, Staley, Gross, Heithoff)

*individual reports on ideas for your areas

*Wellness conference on 10/25

*plan moving forward

*[school wellness website](#)

*[wellness assessment tool](#)

*wellness policy checklist

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