

# Local Wellness Policy Progress Report

**School Name:** St. Patrick's School

**Wellness Policy Contact:** [Cheri Mullin](#), [Joe Loutsch](#), Paris Keith

**Date Completed:** 10/3/2022

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 goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. EXAMPLE: <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>	Cindy Smith (Curriculum Director)	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.
2. Nutrition requirements met through a variety of fruits and veggies; milk options and whole grains.	<a href="#">Cheri Mullin</a>	x			Provided through lunch program	Continue with the healthy lunch options. Public health comes in to Kindergarten to discuss healthy choices and provide samples.
3. Students will learn about their physical, spiritual, and emotional health during P.E. and religion/guidance class.	Teachers	X			Built into schedule	More intense health curriculum added in K-2, 3-4, 5-8 grade bands.

## 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 goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Students will participate in 120 minutes of physical activity a week.	Joe Loutsch	X			Built into the K-8 schedule.	In compliance.
2. Students will participate in fitness tests.	Joe Loutsch	X			Built into the PE curriculum.	Will show a student's progress from beginning to end of school year.

## Other School Based Activities Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Teachers will participate in the Diocesan Wellness checks twice a year.	Jessica Schmalen	X			Teachers are encouraged to get these wellness checks done, even if they do not participate in school's insurance.	Continue to encourage participation.
2.						

## Standards and Nutrition Guidelines for All Foods and Beverages *Sold* to Students During the School Day (e.g. vending, school stores, etc.)

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

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### Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Healthy snack given in the morning to decrease hunger pains and headaches from students coming to school not eating.	Jessica Schmalen	X			Dailey snacks at a set scheduled time for all grades in the morning in the classroom.	Encourage students to participate and try new options.
2. Food as a reward will be kept to a minimum.	Mrs. Schmalen/All Teachers	X			Teachers find other ways to reward students rather than food, if offering food will make it healthier options.	Encourage teachers to come up with other ways to reward students and share with each other their ideas.

### Polices for Food and Beverage Marketing

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

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