

# Westview School Corporation

## Wellness Policy Annual Progress Report 2022-2023

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**Members of School Health Advisory Community (SHAC):** Rhonda Sharp MD, Medical Director; Chad Bender School Board Representative; Dr. Randy Miller Superintendent; Brian Christner, Yvonne Eash, Morgan Stout, Colleen Wruble, Alissa McDonald, Tim Wilson; Administrative Representatives; Tara Watts RN, Amy Springer RN, Melanie Steider RN, Sara Miller RN, Lindsay Swanson, RN, School Wellness Representatives; Joan Isbell Director of Food Service; Kaylin Mackillop, NIESC Dietician; Brittany Altimus NP, WVSC Health Coach, Melinda Brown, Travis Davis: Teacher and parent Representatives. Erica Mohr; Staff Representative, Trevor Thain Topeka Pharmacy Community Representative

Wellness Policy Language	Fully in Place	Partially 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 and Promotion Goals</b>					
1. Nutrition Education is offered at most grade level as part of a sequential, comprehensive, standards based program designed to provide student with the knowledge and skills necessary to promote and protect their health.	X for K-6	X for 7-8		Nutrition Education teaches skills that are behavior focused. Nutrition Education is part of the Discover Classes in each grade level K-4, and the 5-6 grade building, and various WJSH health classes. McMillen Health Center provides Kinderhealth for Kindergarteners promoting good nutrition, healthy lifestyle.	Explore additional lessons and activities that incorporate nutrition education into educational curriculum of math, reading and social studies. This will be an on-going educational opportunity to use healthy foods as an analogy.
2. Nutrition Education includes enjoyable developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, school gardens.		X		These activities have taken place in some schools but not every school. Taste testing fresh fruits/veg provided by TES PTO. Farm visits to local orchards. <b>Many of the previously homemade or planned menu items had to be changed due to many food/product supply issues throughout the country</b>	Consider taste-testing opportunities in all schools in future years. Consider joining Team Nutrition through USDA and becoming a Team Nutrition School. Maybe in future years encourage classroom projects of Farm to Table –Raised bed vegetable gardens.

3. Emphasizes caloric balance between food intake and physical activity		X		<p>Student meals are designed to meet the USDA standards for caloric intake by age group. Promote physical exercise with classroom parties and smart snacks. This school year classrooms are doing a good job incorporating exercise with games and extra recess during class parties.</p> <p>New Staff has been added to the SHAC committee to help represent more of the corporation and to encourage the balance of healthier options for class parties.</p>	Discourage cupcakes and encourage fruits and Veggies for class parties.
4. Includes training for teachers and other staff	X			Educational materials, guidelines for healthy eating, menu planning, and	

				recipes offered to all staff by WSC Wellness Coach.	
Nutrition Guidelines for All Foods Available to Students					
1. Meals served through the National School Lunch and Breakfast Program meet current USDA guidelines and standards.	X				
2. Free and Reduced forms are sent home to all students enrolled at the beginning of the year and on the website. Privacy is maintained through electronic identification and payment system.	X				

3. School meals served will be appealing and attractive to children, will be served in clean and pleasant settings. Meet at a minimum, national requirements established by state and federal law. Offer a variety of fruits and vegetables: serve only low-fat (1%) and fat-free milk and nutritionally equivalent non –dairy alternatives (as defined by the USDA), Ensure half of the served grains are whole grain.	X			Cafeteria staff work hard to create a clean environment for students with nice aesthetics, bright lighting and appropriate seating. Cafeterias decorated with items though out the year. This school year posters changed periodically to keep student’s interest. SES does giveaways and activities during lunch periods to make mealtime fun.	There is always room for improvement and change. Continue to find and prepare new and exciting menu items for students; increase meal participation. Looking at ways to improve cafeterias to take on a more Café appearance, especially at WJSH school. Displaying Wellness Infographic., colorful murals: Eat a Rainbow, Feed your Dreams, etc.
4. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will operate the breakfast program that encourages participation, including breakfast to go. Notify parents and students of the availability of the School Breakfast Program. Encourage a healthy breakfast for their children through student handbook, newsletter articles, take-home material or other means.	X			Parents are notified of the availability of the School Breakfast Program.	Add information to website encouraging a healthy breakfast for all children.
5. Ensure students have adequate time to eat breakfast and lunches. Westview practices a closed lunch period. Drinking water is accessible during lunch and the school day via water coolers, nearby drinking fountains, or water bottle filling stations.	X			Adequate lunch periods of at least 20 minutes and 10 minutes for breakfast are ensured in each school. Water coolers in cafeterias provide drinking water for students during lunch periods. Water filling stations are now available in all school buildings in multiple locations throughout the school to allow students to fill personal water bottles and to encourage students adequate hydration throughout the day. <b>Students are kept in lunch room till bell rings and not allowing them to leave early when done eating.</b>	Possibility of making recess before lunch.
6. All foods and beverages sold individually outside the reimbursable meal programs (including those	X			The district adheres to these guidelines and abide by the SMART Snacks	

sold through a la carte lines, snacks by classrooms, vending machines, and student stores or fundraising activities) during the school day, or through programs for students after the school day will meet nutrition standards as required by state or federal law.				standards. Staff strives to support healthy eating and fundraising options. SMART Snacks are offered during after school ISTEP remediation or as a snack with standardize testing. Vending machines accessible by students are turned off during the day unless they meet the USDA Nutrition Standards.	
<b>Physical Education and Physical Activity Goals</b>					
1. Physical Education is taught by a certified teacher. Professional Development opportunities provided.	X			All PE teachers are certified.	
2. Physical Education includes students with disabilities.	X			All students enroll in the same PE class. Modifications made as needed. Participation in some manner is encouraged such as keeping score.	
3. Physical Education engages student in moderate to vigorous physical activity for during at least 50 percent of physical education class. State mandated requirements fulfilled.	X				
4. A sequential, comprehensive school physical activity program plan, FitnessGram, that is in accordance with the standards and benchmarks established. Whole Child Health Leads to Whole Child Success.	X			FitnessGram testing components are used K-12. Professional development days provided to align curriculum, assessment and generate new ideas.	
5. Daily recess provided at Elementary Schools provide at least 20 min a day, preferably outdoors, encourages moderate to vigorous physical activity verbally and through the provision of space and equipment.	X			Physical activity highly promoted. Jump rope clubs, walking clubs, sports, archery, during and after school at different buildings. <b>Each school has a different set of fitness activities to promote movement and health.</b>	

6. Integrating Physical Activity into Classroom setting for student to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activities beyond the physical education class.	X			“Brain Breaks” continue in elementary classrooms to get students out of their seats and move while learning. Go-noodle most utilized Website. Brain break materials were given to all high school classrooms to use and allow students to get up and move. Some videos were used by teachers to promote activity while in class.	Continue to explore additional lessons and activities that incorporate physical activity into educational curriculum of math, reading and social studies. Incorporate “Brain Breaks” for staff on professional development days.
6. Physical activity opportunities for staff/ community. Joint or shared-use agreements for physical activity participation at all schools.	X			Staff and students continue to use the Fitness facility at WJSH. Incentives for staff engaging in Wellness activities	Continue to offer new and different work out opportunities for staff.

				through Corporation Wellness Coach. Online fitness instructor and workout challenges offered through wellness program to all staff. YMCA membership discount and online class options now offered to staff.	
7. The school district will include sharing information about physical activity and physical education through a website, newsletter, or other take home materials, special events or physical education homework.	X			Wellness newsletter includes Fitness tips. Fitness flyers posted on bathroom stalls. New online link was added to Health page that parents can visit. It offers healthy recipes, tips, physical activity ideas and health education.	Consider adding a Physical Education Link under our wellness website to expand physical education information to students and families.
Wellness Promotion and Marketing					

1. Communication with parents through email, media releases, newsletters, the district webpage, and signage within the school district buildings.	X			WSC Website updated and now includes Wellness Link to policy, guidelines, educational materials, Wellness Annual Reports, SHAC meeting minutes, etc. Wellness newsletters, Nutrition Nuggets and Teen Food & Fitness, sent home monthly and posted on WSC Wellness Website. Wellness video posted on Westview Website. New online link was added to Health page that parents can visit. It offers healthy recipes, tips, physical activity ideas and health education.	Consider adding take-home materials to our Boomerang Backpacks. Explore putting on a Health and Wellness Fair for the community by collaborating with local health care agencies.
2. Food Marketing in Schools will be consistent with nutrition and health promotion. Prohibit marketing of brands promoting predominantly low-nutrition foods and beverages.	X			Advertisements for individual food and beverage brands have been eliminated in the school setting through, publications, posters, displays, incidental items. Promoting healthy food and beverage choices.	Creating a Wellness Infographic to be displayed in all buildings. Post daily menus on a Café Style board to update cafeterias and be more appealing to students.
3. The health and well-being of every staff member is valued. Organized wellness program encourages healthy staff behavior through its staff wellness opportunities.	X			Wellness coach from Get Fit Get Healthy provides nutritional education, physical activities, challenges, and incentives for all staff who wish to participate.	Website link will be added under Wellness for staff Get Fit Get Healthy information and insurance benefits. Continue explore ways to increase staff participation in Wellness Program.
Implementation, Evaluation, and Communication					
SHAC will continue to meet twice yearly to address health and wellness environment of the Corporation as a whole. Individual schools will continue to have	X			The School Health Advisory Council (SHAC) is the Corporation's health and wellness committee comprised of	Explore ways to engage families to provide information and/or solicit input to meet district wellness goals. Invite PTO members

their own wellness committees that address the health and wellness at their school level and implement the guidelines and standards from SHAC. Using Administrative Guidelines 8510 survey to measure compliance				representatives of the school food authority, educational staff, school health professionals, members of the public, school administrators, and school board representatives. Wellness policy is evaluated by utilizing the WellSAT 2.0 tool every 3 years. Survey was conducted school this school year and results were evaluated and discussed at Spring SHAC meeting. Monthly wellness promotion themes were set for each school to promote in their own way for grade specific.	to serve on Wellness Committees at school level.
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