

School Wellness Policy Building Assessment Tool

School Name: **Exira-EHK**
 Assessment Year: **2023-2024**

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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. **The Assessment should be completed annually.**

Wellness Policy Language	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement the goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on the goal
Nutrition Education and Promotion Goals					
1. Promote fruits, vegetables, whole-grain products, low-fat, and fat-free dairy products and healthy food.	X			We currently offer different fruits and vegetables for breakfast and lunch. We have a salad bar that contains fresh fruit and veggies.	We will continue to provide nutritional facts to students on how to help ensure a well-balanced diet.
2. 7th-8th grade students participate in Foods/Nutrition & Ag Hexes throughout the year.	X			Students in grades 7th and 8th participate in 6 6-week classes throughout the year. They take both Foods/Nutrition and Agriculture	
3. Students in grades 9-12 have the opportunity to participate in Foods Classes.	X				
Physical Education and Physical Activity Goals					
1. Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits	X			Physical Education and Health Class offer activities for students to partake in while in school.	Provide additional lessons and learning opportunities to help our students have options as they prepare for life after high school.

2. Afford elementary students with recess according to the following: At least 20 minutes a day outdoors as weather and time permits; encourages moderate to vigorous physical activity	X			Students in K-5 have recess everyday and also part of their specials is to have physical education for our students.	Each year when the schedule is built, we ensure recess and PE for elementary students. Elementary participate in the Iowa Healthiest State activities twice a year.
3. PE in the District	X			<p>Includes students with disabilities</p> <p>Students with special healthcare needs may be provided in alternative education settings</p> <p>Requires every students in K-5 has 30 minutes of physical activity every day</p> <p>Requires every student in 6-12 have 120 minutes of physical activity per week</p> <p>Engages students in moderate activity during at least 75% of the PE class time</p> <p>In the MS/HS, students are given opportunities to participate in the whole-group activity and/or other independent physical activity 100% of the time.</p> <p>PE class time is taught or supervised by a certified physical education teacher</p>	
4. Extracurricular Activities	X			Students in grades 7-12 have the option to participate in extracurricular activities in which they receive more physical	

				activity per day/week	
Nutrition Guidelines for All Foods Available to Students					
1. During lunch, students are required to have a 1/2 cup of fruit or vegetables per day and whole grain food.	X			Supply Chain issues	
Other School Based Activities Goal					
1. Integrating physical activity into the classroom settings		X		Kinesthetic simulations and models have been incorporated into some middle and high school classes.	
2. Permit students to bring and carry water bottles filled with water throughout the day	X			We permit students to have a water bottle and fill during passing times. We have water fountains that fill water bottles.	Work to ensure all students have access to water bottles. In the process of purchasing new water bottle fillers
3. Make drinking water available where school meals are served during mealtimes.	X			We have water and glasses available during lunch time.	Make sure the water is filled and available at all times.
4. Food/beverage items that are utilized as an incentive shall adhere to the Exira-EHK District Nutritional Standards a. Foods provided through the school breakfast and lunch program will not be withheld or used as a reward or discipline strategy	X			Staff will not use physical activity or routinely withhold opportunities for physical activity as punishment	
Communication with Parents					

1. Meal calendars on the Exira-EHK website and associated app	X			Technology	JMC Communication
2. Meal calendars visible at school	X				
3. 6-8th grade students have had guest speakers regarding wellness.	X			Ensuring that communication gets to parents	
Food Marketing in Schools					
1. Healthy snacks are available throughout the day via the vending machine	X			Flyers Nutritional Facts on the side of the vending machine	
Staff Wellness					
1. Monthly staff challenges		X		Participation Communication Follow Through	Create groups in the MS/HS who are interested in participating Continue to post challenges to staff and celebrate successes Eventually, create a district wide group

Date: October 5, 2023

Participants:

[illegible]