

# School Wellness Policy District Triennial Assessment

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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.

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 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.The school district will provide nutrition education and engage in nutrition promotion that: • is offered 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; • is part of not only health education classes, but also classroom instruction.	X			Trying to get into the classrooms for education	The Health Department offers nutrition lessons for students at Butler and Duncombe.
2. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices. For example: Harvest of the Month; Pick a Better Snack; Farm to School; Fresh Fruit and Vegetables (grant).	x			Taste testing with Chef Nick with Chef concept meals- Chef Nicks' meal is served weekly promoting a variety of spices, ethic foods from different countries. Offer a variety of fruits & vegetables during breakfast & lunch daily	
<b>Physical Education and Physical Activity Goals</b>					

<p>1. The school district will provide physical education that:</p> <ul style="list-style-type: none"> <li>• is for all students in grades K-12;</li> <li>• is taught by a certified physical education teacher;</li> <li>• includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,</li> <li>• engages students in moderate to vigorous activity during at least 50 percent of physical education class time.</li> </ul>	x			<p><b>Elementary-</b> In compliance with the state mandated Healthy Kids Act, the school district shall ensure that students in grades K-5 participate in 30 minutes of physical activity daily. This activity can occur through physical education class, recess, or other classroom activities, or non-school activities.</p> <p><b>Middle School –</b> -Transitional times including before and after school - 11 x 2 min each = 22 minutes -ELA Block Built in RR/Water Break - 2 minutes -Student collaboration activities and other instructional strategies - 5 minutes <b>Average Daily Movement = 29 minutes - 29 minutes x 5 days = 145 minutes per week</b></p>	
<p><b>Daily Recess</b></p>					
<p>1. Elementary schools should provide recess for students that:</p> <ul style="list-style-type: none"> <li>• is provided daily;</li> <li>• is preferably outdoors;</li> <li>• encourages moderate to vigorous physical activity verbally and through the provision of space and equipment</li> </ul> <p>When activities, such as mandatory school-wide</p>	x				

testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active. The District encourages classroom use of “pop-up” activities to provide one to five minute quick energizing physical exercises throughout the day.					
<b>Nutrition Guidelines for All Foods Available to Students</b>					
Meals served through the National School Lunch and Breakfast Program. Summer Seamless Option (SSO & Summer Feeding Program (SFSP)	x				
1. Be appealing and attractive to children	x				
2. Be served in clean and pleasant settings	x				
3. Meet, at a minimum nutritious requirement established by local, state and federal law.	x				
4. Serve only low-fat (1%) and fat free milk and nutritionally equivalent non-dairy alternatives (as define by the USDA)	x				
5. Offer a variety of fruits and vegetables and whole grains	x				
<b>Breakfast</b>					
1. Encourage that all students have breakfast at home or at school, in order to meet their nutritional need and enhance their ability to learn.	x			-Arrange bus schedules and utilize methods to serve breakfasts that encourage participation. - notify parents and students of the availability of the School Breakfast Program. -encourage parents to provide a healthy breakfast for their children through newsletter articles, or other means.	

<b>Free and Reduced Meal</b>					
1. The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals	x			Utilize electronic payment & application system (Infinite Campus	
2. Promotes the availability of meals to all students	x			Follow USDA guidelines	Continue to keep updated with the rules and regulations
<b>Meal Times and Scheduling</b>					
1. Breakfast and Lunch meal periods are scheduled at appropriate times	x				
2. Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.	x				
<b>Food Marketing in Schools</b>					
1. All foods sold outside the NSLP and NSBP during the school day will meal will adhere to USDA standards known as the "Smart Snacks". This includes vending, ala carte and in-school fund raising	x			At the Middle School the vending machine is not assessable during serving times. No vending or beverage machines at elementary buildings. Limited access to vending machine at the High School	
<b>Snacks</b>					
1. Snacks served during the school day or in after school programs will follow USDA nutrition requirements. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's age and other considerations. Classroom treats (birthday, holiday) need to be pre-packaged, and families are encouraged to provide a healthy snack.	x			Bring healthy snacks into the class room is encouraged (not required) Provided a list of smart snack options to staff and families Website: ( <a href="https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages#ListAcceptableFoodsBeverages">https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages#ListAcceptableFoodsBeverages</a> )	
<b>Food Safety</b>					
1. All foods made available on campus adhere to food safety and security guidelines. For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized	x				

personnel.					
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
1. After-school child care and enrichment programs will provide and encourage--verbally, and through the provision of space, equipment and activities--daily periods of moderate to vigorous physical activity for all participants.	x			Dodger Academy – available to all elementary buildings. Partnership with Unity Point Medical Center- Thrive Program swimming lesson for Kindergarten through fifth grade.	
<b>Communication with Parents</b>					
1. Offer nutrition tips on the food service school website	x			Continue to find ways to get nutrition information to parents	
<b><i>Staff Wellness</i></b>					
1. The school district values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts to maintain a healthy lifestyle.	x			The District offers wellness opportunities for staff that include flu shots, employee hotline, annual workplace training, instructional education opportunities	Continue to offer opportunities for staff wellness.