

Local Wellness Policy Progress Report

School Name: Edgewood-Colesburg

Wellness Policy Contact: Mandi Pedretti mpedretti@edge-cole.k12.ia.us

Date Completed: 3-23-23

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.						
2.						
3.						

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 Physical Education that includes students with disabilities, students with special health care needs may be provided in alternate education settings	Rob Fankhauser	X				
2. Physical education will be provided to students whereas activity is moderate to	Rob Fankhauser	X				

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vigorous for at least 50 percent of the class time						
Daily Recess- elementary students will participate in at least 15 minutes of recess per day; preferably outdoors; and encourage moderate to vigorous physical activity	Rob Fankhauser	X				
4. Students in 7th and 8th grade are offered physical education all year.	Justin Olind	X			Junior High PE is every other day and every other Friday for PE. 42 minutes each PE class. Students go through Dynamic stretching, Fitness performance/improvement, and skill/sport/activity development and participation.	
5. Students in 9-12 will take a required PE class or complete physical activity contract stating planned physical activities for the quarters the student is not enrolled in PE.	Justin Olind	X			Students are scheduled for PE class daily or every other day/Friday for one semester (18 weeks- 42 min per day). Physical activity contracts are completed at start of school year and kept in HS office. Students go through Dynamic stretching, Fitness performance/improvement, and skill/sport/activity development and participation. They also can take Early Bird Weight training.	

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.Schools will support student, staff, and parents’ efforts to maintain a healthy lifestyle, as appropriate.	Justin Olind	X			We offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities. We discourage sedentary activities, such as watching television, playing computer games, etc. We also provide opportunities for physical activity to be incorporated into other subject lessons. We encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.	

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

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1. School shall meet the smart snack standards. This includes items sold through ala cart, vending machines and fundraising activities.	Mandi	X				
2.						

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

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1. Implementing list of foods for parties and rewards.	Mandi Pedretti			X	took pics of smart snacks making a list for the public and families	sending out to parents and it will be on the school website
2.						

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. Compliant	Mandi Pedretti	X				
2.						

This institution is an equal opportunity provider.