

Collins-Maxwell Community School District
 School Wellness District Progress Report
 20/21

Goals	Fully in Place	Partially in Place	Not in Place	Steps taken to implement goal	Next steps to fully implement and/or expand goal
Nutrition Education and Promotion Goals					
1. Provide students with the knowledge and skills necessary to promote and protect healthy behaviors through standard-based health education.		X		Handouts, message board, nutrition website	Continue to develop ideas on including health and nutrition information to students
2. The district will continue to have water available and easily accessible to students.	X			Water bottle fill stations available at both schools	
3. The school will offer nutrition and wellness information throughout its curriculum.		X		Have teachers work nutrition and wellness into regular coursework	Continue to work with teachers to include health and nutrition into curriculum
Physical Education and Physical Activity Goals					
1. Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), when appropriate.			X		Send out information and ideas to teachers to include a small break for some activity
2. Ensure physical activity is not used for, or withheld, as a punishment.		X		Research other consequences appropriate for a variety of ages	Educate staff on the need for physical activity, and students developing a positive attitude toward exercise.
3. Ensure at least 20 minutes of recess time a day.	X				

4. Discourage periods of more than 2 hours of inactivity on normal class schedule days.		X		Training for teachers on the importance of activity for concentration and focus	Send out information and ideas to teachers to include a small break for some activity
Nutrition Guidelines for All Foods Available to Students					
1. Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law.	X				
2. Schools providing access to healthy foods outside the reimbursable meal programs before school, during school, and thirty minutes after school shall meet the USDA Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, and student run stores.	X			No vending machines available to students.	
3. Snacks provided to students during the school day without charge will meet standards set by the district in accordance with law. The district will provide parents a list of food and beverages that meet nutrition standards for classroom snacks and celebrations.		X		The school will provide parents with a list of healthy snack alternatives.	The school will develop several ways to communicate nutrition information with parents.
4. Students will be offered meals at appropriate times of day.	X				
Other School-Based Activities Goals					
1. The district will increase communication with parents about wellness and nutrition by sending home periodic newsletters, having a nutrition website that includes information about the school's lunch and other nutrition information, and providing parents a list of healthy foods for			X	The district will develop a nutrition and wellness website to help communicate with parents.	

celebrations and parties.					
2. Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in Schools nutritional standards on campus during the school day.	X				Remove or replace any food advertisement that does not meet the Smart Snacks requirement
3. Provide opportunities for activity breaks to be incorporated into classrooms.		X			Send out information and ideas to teachers to include a small break for some activity
Mental Health Wellness Goals					
1. Offer outside resources for counseling at the school, when possible.		X		At MS/HS counselor available during school hours	Will continue to attempt to find a counselor for the elementary
2. Have an open door policy with the counseling staff for students.	X				
3. Skill building in classrooms that promotes social and emotional learning.		X		Educate teachers on being supportive and giving positive feedback to students.	Continue to make mental health and emotional awareness part of curriculum