

Collins-Maxwell Community School District  
 School Wellness District Progress Report  
 21/22

Goals	Fully in Place	Partially in Place	Not in Place	Steps taken to implement goal	Next steps to fully implement and/or expand goal
<b>Nutrition Education and Promotion Goals</b>					
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
4. The school will offer taste testing of new and different foods, along with education from outside local vendors, and the kitchen staff.			X		Will begin this at the beginning of the school year. Have found vendors interested in talking to kids about foods and nutrition. Will purchase foods for taste testing.
5. The schools will begin Wellness Wednesday health facts and information.			X		Will provide each building secretary with wellness Wednesday messages to read over the intercom.
<b>Physical Education and Physical Activity Goals</b>					
1. Encourage classroom teachers to provide		X			Send out information and ideas to

short physical activity breaks (3-5 minutes), when appropriate.					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
5. Incorporate wellness bingo each month that includes activities for students to complete.			X		Wellness cards printed and will be handed out to teachers at the beginning of each month.
<b>Nutrition Guidelines for All Foods Available to Students</b>					
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		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.

that meet nutrition standards for classroom snacks and celebrations.					
4. Students will be offered meals at appropriate times of day.	X				
<b>Other School-Based Activities Goals</b>					
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 celebrations and parties.			X	The district will develop a nutrition and wellness website to help communicate with parents.	
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
<b>Mental Health Wellness Goals</b>					
1. Offer outside resources for counseling at the school, when possible.		X		Each building has a counselor available during school hours.	MS/HS does have an outside counselor come in to meet with students. Will work to provide this opportunity at 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

4. Will begin to incorporate the Make it OK campaign through the state of Iowa			X		School nurse and other interested staff will be Ambassadors for the Make it OK campaign and will provide training for staff, and include this work with students.
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