

# School Wellness Policy Building Assessment Tool

**School Name:** Indianola Community School District

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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.*

Wellness Policy Language	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 to be taken to fully implement and/or expand on goal.
<b>Nutrition Education and Promotion Goals</b>					
1. Offered at each grade level 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.	X			Curriculum maps have been developed that covers nutrition education at grade levels K-12.	The next steps to expand on this goal will be for the curriculum maps to be reviewed and updated each year.
2. Is part of not only health education classes, but also classroom instruction in subjects such as contests, promotions, taste-testing, farm visits and school gardens.		X		<p>Each educational level will add what items that are accomplished to meet this goal:</p> <ol style="list-style-type: none"> <li>1. Elementary-Field trip to Hy-Vee Hall on Exercising Character-4th grade</li> <li>2. MS--student taste-testing for new menu items, posters in cafeteria</li> <li>3. HS-Health class, Foods I and II classes, THRIVE student group focused on healthy eating and choices, currently planning a school garden through our Agriculture classes that will work collaboratively with our FCS classroom to prepare the fresh produce.</li> <li>4. At Irving, students were able to take Intersession classes on food nutrition and wellness.</li> <li>5. Irving has a garden and has integrated some classroom activities such as counting, Students are able to taste the vegetables. Supported by the PTO.</li> <li>6. Elementary Field Days at the end of the year.</li> <li>7. Irving PTO Walk-a-thon</li> </ol>	
3. Emphasizes caloric balance between food intake and physical activity.	X			Student meals are designed to meet the USDA standards for caloric intake by age group.	
4. Links with meal programs, other foods and nutrition- related community services; and includes training for teachers and other staff.	X			<ol style="list-style-type: none"> <li>1. Backpack meals</li> <li>2. Food bank for community located at HS, Emerson, and Wilder</li> <li>3. Indianola CSD has location on website for teachers/parents/community members to receive tips on healthy living. See link below. <a href="#">Healthy Living Tips</a></li> </ol>	The next steps to expand on this goal are to investigate having food banks for community members located at other school buildings.

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<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 for the entire school year,</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 education setting; and</li> <li>● Engages students in moderate to vigorous activity during at least 50 percent of physical education class time.</li> </ul>	X			<p>1. ICSD offers K-12 Physical Education that is provided by certified staff.</p> <p>2. MS and HS offers a peer PE course that integrates students with disabilities with grade alike peers.</p> <p>3. PE teachers are required to submit Iowa Core Overview documents that include all standards taught and evaluated. This document includes plans for vigorous activities at least 50 percent of the time.</p> <p>4. Fitbit trackers the MS allow for heart rate data.</p>	
<p>2. Daily recess</p> <p>Elementary schools provide recess for students that:</p> <ul style="list-style-type: none"> <li>● Is at least 20 minutes a day</li> <li>● Is preferably outdoors</li> <li>● Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and discourages extended period of inactivity.</li> <li>● When activities, such as mandatory school-wide 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.</li> </ul>	X			<p>1. MS offers between 15-20 minutes of recess during lunch time. Move-It classroom activities sent to teachers. District assessment schedule is lengthened which eliminates over-testing on days.</p> <p>2. At the elementary level, teachers utilize physical brain breaks with Go Noodle throughout the day when students are indoors for extended periods of time.</p>	
<p>3. Physical Activity and Punishment</p> <p>Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activities.</p>	X			<p>This has been enacted as a district policy.</p>	

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<p>4. Physical Activity Opportunities after School</p> <p>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</p>				<p>1. Every morning at the Indianola Middle School the Blake field house is open to all students for activity (track is available for walking or running or basketball) Rock The House Wednesdays provides a menu of activities for students before school. The Zone provides supervised activities after school twice per week..</p> <p>2. The before and after school child care program allows students the opportunity to use the playground equipment and the use of the gym for activities and games.</p> <p>3. Extra-curricular activities are offered for all MS and HS students. An effort is made to coordinate fine arts and athletic practices at different times allowing the most participation for both.</p> <p>4. At the elementary level, the Girls on the Run program has been made available with collaboration with the Indianola YMCA</p>	
<b>Nutrition Guidelines for All Foods Available to Students</b>					
<p>1. School meals</p> <p>Meals served through the National School Lunch and Breakfast Programs will:</p> <ul style="list-style-type: none"> <li>● Be appealing and attractive to children</li> <li>● Be served in clean and pleasant settings</li> <li>● Meet, at a minimum, nutrition requirements established by state and federal law</li> <li>● Offer a variety of fruits and vegetables, legumes and whole grains,</li> <li>● Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternative (as defined by the USDA)</li> </ul> <p>Schools should:</p> <ul style="list-style-type: none"> <li>● Engage students and parents, through taste-testing of new entrees and surveys, in selecting foods offered through the meal programs in order to identify new, healthful and appealing food choices; and</li> <li>● Share information about the nutrition content of meals with parents and students.</li> </ul>	X			<ol style="list-style-type: none"> <li>1. Clean/Inspected</li> <li>2. Serve only 1% and fat-free milk</li> <li>3. MS cafeteria is decorated with holiday items throughout the year.</li> <li>4. Nutritional content of meals online monthly.</li> <li>5. Food sensitivities and allergies are handled by the following: <ol style="list-style-type: none"> <li>a. Milk is replaced with a USDA approved soy milk substitute.</li> <li>b. Peanuts and items made in a factory that processes peanuts are not served as a part of the meal.</li> <li>c. If the allergy is a disability then parents complete the diet modification request and diet modifications are made.</li> </ol> </li> </ol>	



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<p>5. Qualification of Food Service Staff</p> <p>Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:</p> <ul style="list-style-type: none"> <li>● Provide continuing professional development for all nutrition professionals; and</li> <li>● Provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria worker, according to their levels of responsibility.</li> </ul>	X			<ol style="list-style-type: none"> <li>1. Food Service Director has 25.5 additional hours this year. Kitchen Managers have 10.5. Kitchen workers have 6 additional hours.</li> <li>2. ServSafe certification for managers.</li> </ol>	
<p>6. Sharing of Foods</p> <p>The school district discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.</p>	X			<ol style="list-style-type: none"> <li>1. ICSD discourage students from sharing food to the extent possible.</li> </ol>	
<p>7. Foods Sold Outside the Meal (e.g. vending machines, a la carte, sales)</p> <p>All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte (snack) lines, vending machines, and student stores or fundraising activities) during the school day, or through programs for students after the school day will meet nutrition standards as required by state or federal law.</p>	X			<ol style="list-style-type: none"> <li>1. The district adheres to these guidelines and are reviewed at administrative meetings.</li> <li>2. Healthy vending machines are set on a timer not allowing purchases during breakfast and lunch times at the MS.</li> <li>3. We have added additional items to the concession stand for MS/HS sporting events: fruit, cheese, crackers, nuts</li> <li>4. All vending products are reviewed to meet the nutrition standards on an annual basis and checked throughout the year.</li> <li>5. MS was a HUSSC Gold Distinction school before that designation process ended.</li> </ol>	

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<p>8. Fundraising Activities</p> <p>There are two types of fundraising – regulated and other. Regulated fundraisers are those that offer the sale of foods and beverages on school property and that are targeted primarily to PK-12 students by or through other PK-12 students, student groups, school organizations, or through on-campus school stores. Regulated fundraising activities must comply with the state nutrition guidelines. All other fundraising activities are encouraged, but not required, to comply with the state nutrition guidelines if the activities involve food and beverages.</p> <p>The school district encourages fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.</p>	X			<p>1. Food has been sold in fundraisers during school at smart snack tested at HS</p> <p>2. HS FFA sells fruit for their annual fundraiser.</p>	
<p>9. Snacks</p> <p>Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of meals, children’s nutritional needs, children’s ages and other considerations. The school district will disseminate of list of healthful snack items to teachers, after-school program personnel and parents.</p> <p>If eligible, schools that provide snacks through after- school programs will pursue receiving reimbursements through the National School Lunch Program.</p>	X			<p>1. At the elementary level, students are encouraged to have a water bottle in the classroom.</p> <p>2. Irving Elementary has three water bottle filling stations for student and staff use.</p> <p>3. Emerson has two water bottle filling stations for student and staff use.</p> <p>4. At the elementary level, healthy snacks are offered to students during the day.</p> <p>5. At HS there are three water bottle filling stations for student and staff use.</p>	
<p>10. Rewards</p> <p>The school district will not use foods or beverages, especially those that do not meet the nutrition standards or foods and beverages sold individually, as rewards for academic performance or good behavior, and withhold food or beverages (including food served through meals) as a punishment.</p>	X			<p>ICSD does not use food or beverages as rewards.</p>	
<p>11. Celebrations</p> <p>Foods and beverages offered or sold at school-sponsored events outside the school day are encouraged to meet the nutrition standards for meals or for foods and beverages sold individually.</p>	X			<p>The district adheres to these guidelines and are reviewed at administrative meetings.</p>	

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<p>12. Food Safety</p> <p>All foods made available on campus adhere to food safety and security guidelines.</p> <ul style="list-style-type: none"> <li>All foods made available (by the Food Service department) will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.</li> <li>For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.</li> </ul>	X			<ol style="list-style-type: none"> <li>Inspected kitchens</li> <li>Kitchen staff is ServSafe certified within first year of employment.</li> <li>High school FCS teacher is ServSafe certified.</li> </ol>	
<p>13. Summer Meals</p> <p>Schools in which more than 50 percent of students are eligible for free or reduced-price meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and, preferably, throughout the entire summer vacation.</p>	X			<ol style="list-style-type: none"> <li>Summer meals were offered to open summer food program.</li> <li>Sites utilized have been Wilder, Whittier and Emerson.</li> <li>Consensus information now include areas around MS and HS and will be considered.</li> </ol>	
<b>Other School Based Activities Goals</b>					
<i>Integrating Physical Activity into the Classroom Settings</i>					
<p>1. Integrating Physical Activity into Classroom Setting For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward the end, the school district will:</p> <ul style="list-style-type: none"> <li>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;</li> <li>Discourage sedentary activities, such as watching television, playing computer games, etc. provide opportunities for physical activity to be incorporated into other subject lessons; and,</li> <li>Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.</li> </ul>	X			<ol style="list-style-type: none"> <li>ICSD offers separate health classes at the 6th, 8<sup>th</sup> grade and HS levels, and health content is integrated into the 7-8 FCS classes.</li> <li>Teachers offer students “brain breaks” that offer students the opportunity to get out of their seats and move while learning.</li> <li>MS has standing desks available. Move It activities sent to teachers.</li> <li>Health and wellness classes offered at Irving Elementary during Fall and Spring Intersession classes.</li> <li>At Elementary level, teachers utilizes the Go Noodle website to provide brain break activities.</li> </ol>	

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<b><i>Communication with Parents</i></b>					
<p>1. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will:</p> <ul style="list-style-type: none"> <li>● Offer healthy eating seminars to parents, send home nutrition information, post nutrition tips on school websites and provide nutrient analyses of school menus;</li> <li>● Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standard for individual foods and beverages;</li> <li>● Provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities;</li> <li>● Provide opportunities for parents to share their healthy food practices with others in the school community;</li> <li>● Provide information about physical education and other school-based physical activity opportunities before, during and after the school day;</li> <li>● Support parents' efforts to provide their children with opportunities to be physically active outside of school; and</li> <li>● Include sharing information about physical activity and physical education through a website, newsletter, other take-home materials, special events or physical education homework.</li> </ul>	X			<p>1. ICSD webpage contains a food service link that hosts a Choose My Plate link that parents, students and community members can look at nutrition information about healthy eating.</p> <p><a href="#">Smart Snack link is posted ICSD Healthy Snacks</a></p> <p>2. MS PE department created google site sharing information about PE standards and activities.</p> <p>3. MS athletics communication using website, email notifications, and messages.</p>	
<b><i>Food Marketing in Schools</i></b>					
<p>School-based marketing will be consistent with nutrition education and health promotion. The school district will:</p> <ul style="list-style-type: none"> <li>● Limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually;</li> <li>● Prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages;</li> <li>● Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and</li> <li>● Market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers and coupons for discount gym memberships.</li> </ul>				<p>1. Smart Snack Vending</p> <p>2. YMCA Blake Fieldhouse</p> <p>3. ICYF provides Eat Well, Play Well posters featuring HS seniors to each school building.</p>	

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<i>Staff Wellness</i>					
<p>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 by staff to maintain a healthy lifestyle. Each school should:</p> <ul style="list-style-type: none"> <li>• Establish and maintain a staff wellness committee composed of at least one staff member, local hospital representative, dietitian or other health professional, recreation program representative, union representative and employee benefits specialist;</li> <li>• Develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee;</li> <li>• Base the plan on input solicited from employees and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees.</li> </ul>	X			<ol style="list-style-type: none"> <li>1. Monthly email from benefits specialists that focuses on wellness. This information is distributed through Wellmark.</li> <li>2. MS fitness center and fieldhouse available to staff.</li> <li>3. Healthier snacks provided at meetings.</li> <li>4. Promote YMCA Membership during athletic events for all community members.</li> <li>5. ICYF promotes healthy lifestyle “options” through life size posters of student eating healthy foods.</li> <li>6. HS weight room is open and available for staff use both before and after school and on weekends.</li> <li>7. District Wellness Focus Group</li> </ol>	