

# School Wellness Policy Building Progress Report

School Name: INWOOD CHRISTIAN SCHOOL

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## Progress Report Completed on 5-2020 by Wellness Committee

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	On-going	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. ICS will provide nutrition education and engage in nutrition promotion that is offered at each grade level as part of a sequential, comprehensive program designed to provide students with the knowledge and skills necessary or promote and protect their health.	X				
2. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, lean proteins, proper hydration, healthy food preparation methods, and health-enhancing nutrition practices.	X	X			Will work on the use of healthy fats/oil for cooking
3. Emphasize caloric balance between food intake and physical activity.	X	X			
<b>Physical Education and Physical Activity Goals</b>					
1. Physical Education is 2-3 times per week for students in grade K-8 for the entire year.	X				

2. Daily recess is a at least 45 minutes for students in grades 5-8 and 70 minutes per day for students grades K-8.	X				
3. Physical activity will not be used as punishment.	X				
4. Intramurals are held twice a week for students in grade 5-8	X				
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1. Be served in a clean and pleasant setting.	X				
2. Meet nutrition requirements established by local, state, and federal law, including a variety of fruits, vegetables, fat-free and low-fat milk, lean proteins, whole grains	X				
3. Will provide students access to hand washing or hand sanitizing before they eat.	X	X			
4. Will accommodate the tooth-brushing regimens of students with special oral health needs. (e.g. orthodontia.)	X				
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
1. Offer health education that complements physical education and reinforces self-management skills to maintain an active lifestyle.	X	X			
2. Discourage sedentary activities	X	X			
3. Provide activities for physical activity to be incorporated into other subjects and lessons.	X	X			
4. Encourage teachers to provide short physical activity breaks between lessons or classes, as appropriate.	X	X			

<b>Communication with Parents</b>				
1. Provide a list of foods that meet the school's snack standards and ideas for healthy celebrations/parties. (Complete list on the ICS Website.)	X			
2. Support parents' efforts to provide their children with opportunities to be physically active outside of school.	X	X		
3. Share information about physical activity and physical education through the website.	X	X		

Inwood Christian School Wellness Committee will be expanding the Wellness policy to include more areas of wellness other than just food, nutrition, and exercise.