

Local Wellness Policy Progress Report

School Name: Tripoli CSD

Wellness Policy Contact: Jay Marley

Date Completed: January 18, 2019 (Reviewed & Updated 6-1-21 & 2-12-26)

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. Nutrition education is 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.	Building Administrators (Sarah Figanbaum, Tom Nuss, & Jay Marley)	X			Nutrition education is part of the curriculum in each grade level. Example: Health Day 10th-grade Health and Biology personal nutritional assessment MS Health education HS health classes	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies. Align nutrition education to make sure all areas are covered at the elementary.
2. Nutrition information is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.	Building Administrators (Sarah Figanbaum, Tom Nuss, & Jay Marley)		X		Nutritional education is incorporated into the science and physical education, but is not articulated at each grade level.	Through district curriculum sequencing and pacing, the district administrators will ensure that nutrition education is taught at every grade level.

3. Tripoli will ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.	Food Service Director (Shawntelle Moore)	X			Only Snack items which meet the Smart Snacks requirements are sold or advertised during the school day. All Posters, Signs, etc. are for Smart Snack Compliant foods. No non-compliant beverages are advertised in the school building.	Continue to monitor vending posters and advertisements. Continue to work with School-based organizations that operate or sell vending and snack foods.
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Physical Activity Goals

District Wellness Policy Goals	Contact Person	Full y in Plac e	Partia lly in Place	Not in Pla ce	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. Elementary Schools should provide recess for students that: *Is at least 30 min. a day *Is preferably outdoors *Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and *Discourages extended periods (i.e., periods of two or more hours) of inactivity	Sarah Figanbaum, Elementary Principal	X			*Large playground and grassy area for students to run and play *Students in K-2 get 40 min/day; 3-5 get 30 min. 5th grade get the avg based on PE and Recess. This can be a combination of recess, brain breaks and physical education classes. *Provide indoor activities on inclement weather days to ensure students have physical movement;	Continue to train teachers and staff on the use of the SMART (brain/body activities) to further the use of the SMART activities. Bike Rodeo and other added health events are being reviewed for additional next steps.
2. The school district will provide physical education that: *Is for all students in grades K-12 for the entire school year; *Is taught by a certified physical education teacher; *Includes students with	Tom Blume, K-5 physical education instructor / Health Instructor	X			Elementary students have structured physical education classes for 30 min., 2 times/week. MS/HS students get 82	Continue to monitor the implementation of physical education classes, continue to monitor PE minutes when creating the master schedules

<p>disabilities, students with special health-care needs may be provided in alternative education settings; and *engages students in moderate to vigorous activity during physical education class</p>	<p>Rich Gilbert , 6-12 physical education</p>			<p>minutes/week</p> <p>Students with disabilities are fully integrated into physical education; instructors consult with AEA physical therapists as needed for appropriate accommodations and modifications.</p> <p>All physical education instructors are fully licensed by the Iowa BOEE</p> <p>Education on vaping and smoking.</p> <p>Offer different physical education options to students at the HS: Lifetime Sports, Team Sports, and Strength and Conditioning</p> <p>Before school strength training (ADP)</p> <p>School partnership with Tripoli Park and Rec Program to provide activities for students in K-6 year round. Health Day Bike and Traffic Safety</p> <p>Elementary Track and Field Day</p> <p>K-12 Physical Fitness Testing (Presidential)</p> <p>Kids Heart Challenge</p>	
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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. Tripoli will ensure that all students have breakfast, either at home or at school in order to enhance their ability to learn.	Principal, Teaching Staff / Food Service Staff	X			Provide breakfast menus. Provide breakfast with posters and handouts. Staff will try to monitor students' behavior due to hunger. Offer a grab-and-Go breakfast for MS/HS students. Promote Breakfast more extensively. Challenge: Students have a tendency to eat breakfast only if friends go with. Students don't have time	Offer late comers a chance for breakfast
2. Tripoli will make every effort to eliminate any social stigma attached to students who are eligible for free or reduced-price meals.	Principal, Secretaries / Food Service Staff	X			Identification is limited by staff and by electronic identification. Foods are not varied for those receiving free or reduced meals.	Continue to monitor how much information is being released to staff/students. Make feeding every child a priority regardless of category.

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

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. Tripoli will only sell smart snack compliant snacks in vending machines and all	Shawntelle Moore (Food	X			Only Smart Snacks are stocked. Items not purchased from	Continue to monitor vending stock. Make sure fundraisers are

outlets during the school day.	Director				Martin Brothers have been verified as Smart Snacks through use of Calculator	appropriate for a snack item.
2. Tripoli will not allow Elementary students access to vending during the school day	Principal	X			Elementary Students do not have access to the vending machines.	Continue to monitor

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

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. Foods provided to students during the day for celebrations will be encouraged to make a positive contribution to student's diets and health.	Tom Nuss / Sarah Figanbaum	X			Administration continues to monitor school celebrations with students' health and proper nutrition in mind, ensuring that reward systems and other school functions align with our wellness guidelines. Our goal is to promote healthy habits while still creating meaningful and enjoyable experiences for students.	
2. Tripoli will encourage parents to pack healthy Lunches	Tom Nuss, Sarah Figanbaum, Shawntelle Moore	X			Provide a list of healthy lunch ideas. Challenge: Parents may see this as overstepping boundaries.	Post healthy lunch ideas on the website.

Policies 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. Display promotional posters and information promoting healthy choices for snacks/beverages	Shawntelle Moore	X			Current posters are hanging promoting all around nutrition.	Always looking for additional material to hang on the walls.
2. Tripoli will encourage the concession stand to offer some healthier options that meet Smart Snacks guidelines	Concession Stand Coordinator / Fine Arts Boosters	X			Provide Healthy Food Choices. Potentially Banana / Apples	Continue to monitor

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