

# Local Wellness Policy Progress Report

**School Name:** Orchard Place Campus

**Wellness Policy Contact:** Amber Rand

**Date Completed:** 6-22-20

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 to 4 <sup>th</sup> graders 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.	Gail Soesbe (Principal)		X		Nutrition education is part of the 4 <sup>th</sup> grade curriculum.	Explore additional lessons and activities that incorporate nutrition education into other grade levels.
2. Nutrition education is incorporated into therapeutic gardening groups.	Terry McCabe (Club Chris Coordinator)	X			Youth attending gardening group learn about food production, harvesting and preparation.	One challenge is keeping consistent coordinator. Hope to have resolved this by hiring former full time staff into the role.

## Physical Activity 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. Youth will participate in 30 minutes of physical activity per day.	Staci Mease (Milieu Treatment)	X			Exercise Group is built into all units daily schedule.	Continue to encourage youth to participate regularly and offer incentives for doing so, when

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	Director)					needed.
2. Youth will have opportunity to participate in extracurricular recreational clubs/activities.	Amy Payne-Johnson (Activities Director)	X			Offered Girls on the Run and Boys STRIDE group this year. Also offering physical activity Enrichment clubs this summer. Offering Weightlifting Group.	COVID impacted the Girls on the Run and STRIDE from doing large community 5K but still ran own race on campus.

## Other School Based Activities Goals

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1. Incorporate physical activity to help youth with emotional regulation during school day.	Madelyn Mosiman (School TBRI Mentor)		X		Sensory paths have been created in school buildings and gym. Some teachers have regularly used these with youth.	Challenge has been having a consistent TBRI Mentor in middle school. Hope to resolve that this year and increase to all teachers using sensory paths with students.
2. Incorporate physical activity with longer classroom breaks to do emotional regulation during school day.	Madelyn Mosiman (School TBRI Mentor)		X		All teachers were trained on Crash and Bump room but few have used it. There is hesitancy to have youth gone from classroom for longer than 5 min. at a time.	Only having 1 TBRI Mentor for all of school has proven challenging. Would like to do the Crash and Bump booster training with school personnel this coming year.

**Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students During the School Day (e.g. vending, school stores, etc.) *N/A-Don't Sell To Students***

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

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1. Offer youth snack choices as part of Circle of Courage incentive parties	Julie Honnold (Interventionist) & Stephanie Zuehlke (Associate Principal)	X			Always offer a fruit or fruit related product along with other food items at these events. Youth are often more drawn to the unhealthy food choice.	Consider offering a small portion of the unhealthy snack choice in order to encourage taking of the healthier choice too.

**Polices for Food and Beverage Marketing-*N/A Don't Market to Students***

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