

School Wellness Policy Building Annual Progress Report

Bismarck R-5 School District

2022-2023

Wellness Chairmen:

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Wellness Goals	Fully in Place	Partially in Place	Not in Place	Steps that have been taken to implement goal and list barriers/challenges of implementation	List next steps that will be taken to fully implement and/or expand on goal
Student Nutrition Education					
1. Nutrition education is provided to each grade level through community programs and resources. These resources give students the skills necessary to promote and protect their health.	X			School counselor implemented community based nutrition program.	Explore additional programs and community resources that helps promote nutrition and overall health.
2. Health Education is provided to students K-12 through Physical Education courses to help educate students on nutrition to help promote a holistic and healthy lifestyle.	X			PE teachers implement health related lessons into PE lesson plans.	PE teachers collaborate with classroom teachers to help promote nutrition into classroom lesson planning.
Physical Activity Goals					
1. Physical education classes and physical activity opportunities will be available to all students.	X			Physical education classes will be implemented and other physical activities will be encouraged through recess and classroom activities.	Physical education teachers will share physical activities that classroom teachers can incorporate into lesson planning.
2. Physical opportunities shall be offered daily before school, during school and after school.	X			All staff will encourage students to be physically active before, during and throughout the school day.	Teachers will provide students with ideal physical activities that they can perform after school.
Student Nutrition					
1. All food offered to students meets USDA requirements.	X			The cafeteria offers all foods that are USDA approved. (Fresh fruits, fresh vegetables, whole grains, and dairy products)	Teachers will encourage the consumption of USDA approved foods in their classroom.
2. All snacks consumed by students will be SMART snack approved.	X			Foods that are supplied by the school will be pre-approved by food services.	All staff will be aware of SMART snacks and will implement them into the classroom setting.

Other School Based Activities					
<i>Integrating Physical Activity into the Classroom Setting</i>					
1. Teachers will implement programs and resources to increase physical activity in the classroom.	X			Teachers will implement the Go Noodle program into the classroom.	Teachers will research other activities and programs to promote physical activity in the classroom.
<i>Communication with Parents</i>					
1. The school website will provide links and information regarding wellness policy.	X			The school website will be updated with wellness information and policy changes.	The wellness committee will continue to update wellness policy and make sure that the website is updated accordingly.
2. The school will provide parents with monthly cafeteria menus.	X			Food services will send lunch menus home with every student and post the menus on social media to provide parents with healthy meal options for lunch for their child.	Food services will continue to reach out to parents about menu information and find more ways to provide better communication.
3. The school will post communication about wellness/food services through the school's Facebook page.	X			The wellness chairmen will work together to communicate wellness activities and food service information through the school's Facebook page.	The wellness committee will evaluate how to better use social media as a platform to promote wellness.
<i>Food Marketing in Schools</i>					
1. The school will display posters with SMART snacks and USDA required foods.	X			The food services department will display posters with USDA required foods so that unhealthy foods are not suggested to children at school.	The food services will evaluate new ways to display healthy foods to children to help promote a healthy diet.
<i>Staff Wellness</i>					
1. Health education materials will be provided to staff throughout the school year.	X			The school nurse will provide staff with health education materials throughout the school year.	The school nurse will evaluate ways to promote a healthy lifestyle for staff members.
2. Community based health assessments will be made available to the staff.	X			The school nurse will provide the staff with community based health assessment opportunities throughout the school year.	The school nurse will evaluate new community based resources for staff members to utilize.