

Local Wellness Policy Progress Report

School Name: Lisbon Community School District

Wellness Policy Contact: Autumn Pino, Superintendent

Date Completed: October 22, 2024

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. EXAMPLE: <i>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.</i>	Cindy Smith (Curriculum Director)	x			Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
2. The school district will provide nutrition education and engage in nutrition promotion that: 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; 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; includes enjoyable, developmentally appropriate, culturally relevant participatory activities,	Phil Whitman Trevor Trende	x			Nutrition education is part of the health curriculum in each grade level.	

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such as contests, promotions, taste-testing, farm visits and school gardens; promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices; emphasizes caloric balance between food intake and physical activity; links with meal programs, other foods and nutrition-related community services; and, includes training for teachers and other staff.						
3.						

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. 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 disabilities, students with special health-care needs may be provided in alternative educational settings, and, engages students in moderate to vigorous activity during at least 50 percent of physical education class time.	Jamie Ott Phil Whitman Trevor Trende	X			Physical education is a requirement for each grade level.	
2.						

Other School-Based Activities Goals

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<p>1. Elementary schools should provide recess for students that: is at least 20 minutes a day; is preferably outdoors; 2 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. 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.</p>	<p>Justin Brown Jack Leighty</p>	<p>X</p>			<p>All teachers from elementary through secondary provide the option to stand while learning.</p>	
<p>2. 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 that end, the school district will: 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; discourage sedentary activities, such as watching television, playing computer games, etc.; provide opportunities for physical activity to be incorporated into other subject lessons; and, encourage</p>	<p>Justin Brown Jack Leighty Steph Schlotterbeck (curriculum director)</p>	<p>X</p>			<p>7th-12th offers health classes. Ak-6th has recesses and offers brain breaks with movement throughout the day. Students are allowed to stand up and move around the room following room rules.</p>	

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classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.						

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

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1. Elementary Schools: food in elementary schools should be sold as balanced meals, given young children limited nutritional skills; and, 6 a la carte food items will be available to 4th and 5th grades. Secondary Schools: In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable meal program (including those sold through a la carte [snack] lines, vending machines) during the school day will meeting the following nutrition and portion size standards. Beverages encourages water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free milk; and nutritionally equivalent nondairy beverages (as defined by the USDA). discourage soft drinks containing caloric sweeteners; sports drinks, iced teas, fruit-based drinks that contain less than 50 percent real fruit juice	Michele McCoy	X			All food/beverages sold during the school day are entered into the Smart Snack Calendar to assure they meet nutritional guidelines.	

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or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain minimal amounts of caffeine). Foods A food item sold individually: will have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10 percent of its calories from saturated and trans-fat combined; will have no more than 35 percent of its weights from added sugars; will contain no more than 230 mg of sodium per serving of chips, cereals, baked goods and other snack items						
2.						

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. The school district will not use food or beverages especially those that do not meet the nutrition standards for foods and beverages (including food served through meals) as a punishment.	Justin Brown Jack Leighty	X			With our PBIS reward system, students can buy non-food items as rewards.	
2.						

Polices 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.
<p>1. School-based marketing will be consistent with nutrition education and health promotion. The school district will: 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; prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages; promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers promoting 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. Examples: Marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities.</p>	<p>Justin Brown Jack Leighty</p>	<p>X</p>			<p>Any food being marketed by a by a school sponsored organization, is not intended to be consumed during the school day.</p>	
<p>2.</p>						

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