

# Local Wellness Policy Progress Report

**School Name: Hillcrest Academy**

**Wellness Policy Contact: Chris Nachtigall**

**Date Completed: 3/10/2022**

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. Health Education is incorporated into classroom instruction in all subjects			X		Health/Nutrition education is a part of our Health/PE, Science/AG and FCS courses	Work to implement trainings to help teachers implement into other subjects
3. Promotes fruits, vegetables, whole-grain, low-fat and fat free dairy products, healthy food preparation methods and health-enhancing nutrition practices.		X			This is done through posters and our FCS and Health and PE courses which all students take.	

### 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. Is taught by a certified physical education instructor	Mitchell Drey-Health/PE instructor	X			We made sure that all potential teachers have certification to teach Health and PE	
2. Engages students in moderate to vigorous activity during at least 50 percent of physical education class time	Mitchell Drey-Health/PE instructor	X			Curriculum reflects this goal of engaging students in physical activity during PE classes	

### 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. 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.	Mitchell Drey-Health/PE instructor	X			The Health curriculum is designed to compliment build on Physical Education curriculum of living a lifestyle of health and wellness.	
2. Discourage sedentary activities such as watching television or playing computer games.	Mitchell Drey-Health/PE instructor	X			The Health and PE curriculum challenges students to think about living an active lifestyle.	

**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. N/A- We have no school stores, vending machines or other ways for students to purchase food during the day	NA	NA			NA	NA
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.**

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. Be appealing and attractive to students		X			Make Fac/Staff aware of this guideline through inservices	
2. Be served in a clean and pleasant surroundings		X			Make Fac/Staff aware of this guideline through inservices	
3. Meet, at minimum, nutritional requirements established by local, state, and federal Law		X			Make Fac/Staff aware of this guideline through inservices	

**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.
1.						
2.						

**This institution is an equal opportunity provider.**