

# Local School Wellness Policy Progress Report

**School Name:** Riceville Community School District

**Wellness Policy Contact:** M. Berentsen, RN, School Nurse

**Date Completed:** 5/12/26

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. 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. Ensure nutrition education and promotion are not only part of the health education classes but integrated into classroom instruction and educational content.	Classroom teachers Administration Food Service director		X		Farm to table – Farm Bureau in classrooms  5210 promotions in classrooms  Taking educational content time to add in extra nutrition education  Finding more speakers to come into the classrooms  Cost of resources to add to curriculum	Explore additional lessons that are free for classrooms  Broaden search for nutrition speakers to come into the classrooms  Explore educational content that is nutrition education based

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3. Local Food education	Classroom teachers Food Service Director Administration		X		Lighthouse team involvement on menu planning/new meals to try but still meeting nutritional requirements per state/federal government	Seek out more local farmers/gardeners to speak to classrooms

## 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. Encourage classroom teachers to provide short physical or mental activity breaks (3-5 minutes), as appropriate	Classroom teachers School Nurse Food Service Director		X		Breaks to the RAC for movement or going outside Use Go Noodle or other sites for movement scenarios Breaks during testing  Completing daily educational requirements	Grants/awards/donations for equipment that can be used in the classroom for mental/physical breaks, ie: games, videos, books
2.						

## 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. Provide staff a list of alternative ways to reward students; non-food rewards.			X		Contests with non-food reward items for prizes Encouraging staff and parents to have non-food items for classroom celebrations, holiday parties, etc.  Funding Giving up treats completely	Fundraising for non-food reward items Local businesses donations More information to parents regarding healthy food options or non-food items for parties, etc.
2.						

**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. Providing more options on the ala carte while still meeting dietary guidelines/regulations	Nacy Eastman-food service director		X		Using the Food Alliance Calculator  Asking students for ideas  Cost  Meeting state/federal guidelines/requirements	Applying for more grants/awards  Surveys to students and parents
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. Flyers/posters around school promoting healthy food and that show nutritional content of the items	Nancy Eastman- food service director	X			Using Local School Wellness Toolkit for ideas, printable examples, etc.  5210 website/information  My Plate education	Continue to find new promotions and adding in more nutritional content into the classroom content
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.
1. Updated information to the students/families/public regarding new nutritional requirements/changes for 2026/27 school year	Nancy Eastman-Food service director		X		Using social media, JMC, school newsletter as vessels for new information	Follow and implement new changes for 2026/27 school year  Keep families abreast of new changes and how they will be implemented into meals at school
2.						

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