

School Wellness Policy Building Annual Progress Report

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This tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. Nutrition education shall be included in the Health/Science/Family & Consumer Science curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.	X			Nutrition education is part of the science and health curricula in each grade level (K-8) and in additional high school courses offered (9-12)	The curriculum is reviewed and aligned along with material adoption every 6 years.
2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health.	X				

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3. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.	X			JH students participate in Choices Today = Options Tomorrow abstinence based curriculum during FACS class. Family Services guest speaker on healthy relationships in Junior High. Lions Club do vision screenings. Dr. Gorman comes and speaks to 3rd graders on oral health. Grant Co. Health department talks to 4th graders about Tabacco. 7th graders participated in drug, alcohol, and tobacco awareness quiz bowl. Individualized hygiene instruction for specific students	
4. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.	X			Students view signage in the cafeteria (my plate, food groups, meal pattern items, physical activity) which encourage healthy eating and living.	Schools will continue to display appropriate signage.
5. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.	X			This area is enforced in all health classes.	The curriculum is reviewed and aligned along with material adoption every 6 years,
6. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free products.	X			An extensive unit is taught in all health classes to encourage healthy eating habits and foods.	Schools will continue to teach appropriate healthy behaviors.
7. Instruction related to the standards and benchmarks for nutrition shall be provided by highly qualified teachers.	X				

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8. Nutrition education posters, such as ChooseMyPlate, will be displayed in the cafeteria.	X			Each school cafeteria has a variety of nutrition posters displayed.	
9. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur by implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques.	X			School year 17-18, food service staff will be trained to implement Smarter Lunchroom Techniques.	
Physical Education and Physical Activity Goals					
1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State of Indiana.	X			The Physical Education courses and materials are thoroughly aligned to state standards every six years with the adoption cycle.	Curriculum and materials will be realigned at the next adoption.
2. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.	X				
3. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.	X				

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4. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physically activity.	X				
5. Properly certificated, highly qualified teachers shall provide all instruction in physical education.	X			Eastbrook PE teachers have met the requirements for the Indiana PE Educator License	
6. Planned instruction in physical education shall be presented in an encouraging environment which seeks to be free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.	X				
7. Physical activity should not be employed as a form of discipline or punishment.	X				
8. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	X			K-6 teachers are encouraged to give students 10 minutes of movement breaks. HS and JH students are given the opportunity for physical activity during a	
9. All students in grades K-5 shall be provided with a daily recess period or other types of physical activity.	X			Grades K-5 have daily recess. 6th grade was removed due to moving to the Jr. Sr. high school building starting 2021.22 school year.	

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10. The school shall encourage families and community organizations to institute programs that support physical activity.	X			Upland & Van Buren communities have youth softball, baseball & Soccer. Popcorn Festival and Lions Labor Day sponsors 3K run. EB athletics have sports camps for all the major sports for kids grade 1-6. Students in grades 5-12 participate in extra-curricular athletics. The towns that make up the EB district have community parks with walking trails, basketball courts, baseball fields, and playground equipment. Skating party for junior high students at the end of last school year. VB sponsors a skating party after school in January. At the end of the school,	Students will continue to have the opportunity to participate in school and community activities throughout the year.
11. Interscholastic sports programs will be offered for students in grades 6-12.	X			EB district have community parks with walking trails, basketball courts, baseball fields, and playground equipment. Skating party for junior high students at the end of last school year. VB sponsors a skating party after school in January. At the end of the school,	
12. Schools shall discourage extended periods of student inactivity, defined as two (2) hours or more without some activity.	X				
Other School Based Activities Goals					
1. The schools shall provide at least fifteen (15) minutes daily for students to eat.	X				
2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.	X				
3. The school shall provide attractive, clean environment in which the students eat.	X			All Cafeterias provide an attractive and clean environment for the students to eat in. Variety of art work and posters promote health eating and lifestyle	

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4. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.	X				
5. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.	X			Both elementary schools have a playground the community can use. And community members can walk around the HS parking lot.	
6. An organized wellness program shall be available to all staff.	X			Marion General Hospital provides Community Health screenings once a year for a reduced price.	
7. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.	X			Eastbrook uses a computerized meal program for purchasing meals, free and reduced applications, and meal account deposits.	
8. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions.	X			Students are discouraged from sharing at the table, however if students do not want any prepackaged food item, it can be put on a sharing table for others to have.	Cafeteria managers continue to monitor food allergies and special diets.
9. Encourage staff and parents to provide healthy foods and beverages for classroom/school celebrations.	X			Parents and teachers are encouraged to provide healthy food and beverage options during classroom and holiday celebrations.	
Other Guidelines					

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A. Meals served through the National School Lunch and Breakfast Programs will meet the USDA Requirements for School Meals.	X			Eastbrook participates in the National School Breakfast Program, the National School Lunch Program, After School Snack Program, and the Summer Food Service Program. EB assures all food and beverages served meet the USDA requirements.	EB will continue to meet all USDA requirements and be aware of all new updates.
B. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.	X			Free/Reduced meal applications are available to students and families. Meal prices are only raised when required by regulations. Cafeteria provide options for	Schools will continue to keep costs down while providing varied and nutritious foods to students.
C. All foods sold to students during the school day (Midnight – 30 minutes after school is dismissed) shall comply with the current Smart Snacks in School nutrition standards, including competitive foods available to student a la carte or from vending machines.	X			All items sold to students (a la carte) during meal times meet the Smart Snack Standards.	
D. During the school day, fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers per school building per year.				Each school principal consults with the Food Service Director prior to any fundraiser held during the school day. Currently only the elementary schools hold fundraisers during the school day.	
E. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.	X			Eastbrook Food Service Director meets the requirements of the current professional standards.	
F. Continuing professional development shall be provided for all staff in the food service program.	X			Eastbrook provides provides professional development for all staff. FSD receives 12 hours yearly, Managers receive 10 hours yearly, and cooks receive 6 hours yearly.	

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G. Only foods and beverages that meet Smart Snack criteria will be permitted to be marketed on school campus during the school day.	X			Eastbrook permits marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements.	
Review of this policy shall occur yearly, every three (3) years using an Evaluation Tool, by an Advisory Council appointed by the Board, consisting of a representative of the Board, administration, food service professionals, parents, students, PE teachers, school health care professionals, and interested community members. The committee shall provide the Board with any recommended changes to this policy	X			Current wellness policy was evaluated in 2021.	
Eastbrook Community Schools will annually inform and update students, staff, and the community about the content and implementation of the local wellness policy by posting the results on the Eastbrook Website.	X			The corporation wellness policy is on the school website under Food Service Department. The annual wellness meeting is advertised on school website a few weeks prior to the meeting.	