

Local Wellness Policy Progress Report

School Name: Remsen St. Mary's

Wellness Policy Contact: Jenny Ross (School Nutrition) & Kim Phillips (Principal)

Date Completed: 4-17-25

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 the goal and list challenges of implementation.	List the next steps that will be taken to fully implement and/or expand on the goal.
1. Nutrition Education and promoting are offered at each grade level		x			Nutrition education is part of the science curriculum in each grade level.	Explore additional lessons and activities that incorporate nutrition education into science, math, reading, and social studies.
2. Promoting fruits, vegetables, and whole grains as healthy choices		X			Signage is used to promote and encourage healthy choices	Update signage so kids stay interested and see different healthy options
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 the goal and list challenges of implementation.	List the next steps that will be taken to fully implement and/or expand on the goal.
1. Goals of 120 min/wk of physical activity are encouraged		X			P.E. and extra-curricular activities count towards the goal	
2. Physical activity opportunities throughout the day in other classes		X			Recess for younger grades and classroom walks for	

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					older grades 5-8	

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 the goal and list challenges of implementation.	List the next steps that will be taken to fully implement and/or expand on the goal.
1. School will offer a range of activities that meet the needs/interests of all students		x				
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. No items are sold individually to students in elementary/middle/high schools		x				
2. Increase the number of health food and beverage selections at after-school activities			x			

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. SM will support parents efforts to provide a healthy diet and daily physical activities			X			
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 the goal and list challenges of implementation.	List the next steps that will be taken to fully implement and/or expand on the goal.
1. Limit promotions to only items that meet requirements			x			
2. Signage helps to promote healthy choices			x			

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