

Local Wellness Policy Progress Report

School Name: Remsen St. Mary's

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

Date Completed: 8-19-25

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 promotion are offered at each grade level		X			Nutrition education is part of the science curriculum, social studies, and health studies.	
2. Promoting fruits, vegetables, and whole grains as healthy choices		X			Signage is used to promote and encourage healthy choices	

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/week of physical activity are encouraged		X			P.E. and extracurricular activities count towards the goal	
2. Physical activity opportunities throughout the day in other classes		X			-Recess for younger grades and classroom walks for grades 5-8 -Elementary walk to lunch -Biking for Babies Event	

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					-weather can be a challenge -Fall Service Day – weather can be a challenge -PS-8 th Grade end of year Olympics – weather can be a challenge -MS/HS walk to Mass once a week- weather can be a challenge -Students walk flights of stairs to their classes, library, etc.	

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			-Extracurricular activities are offered to all the students in grades 7 th -12 th . -The younger grades have a youth organization that these kids can join	
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. Students in 3 rd – 12 th grade are offered 2 nd	Jenny Ross	x				

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meals and 2 nd milk during lunch.						
2. Increase the number of healthy food and beverage selections at after-school activities	Activity Club Members	X			-Introduced sliced cheese as another option for hamburgers instead of liquid cheese -Made available black olives, onions, tomatoes, jalapenos, shredded cheese, and lettuce for toppings. -offer water, propel, bubblers as another drink option	

Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g. class parties, foods given as a reward, etc.

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1. SM will support parents' efforts to provide a healthy diet.			X		-On test days, students are allowed to bring a healthy snack	-Christmas parties have students bring one healthy snack -Celebrating a student's birthday, bring a healthy snack instead of sweets
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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