

School Wellness Policy Building Assessment Tool

Updated Spring 2025

School Name: IRETON CHRISTIAN SCHOOL

District Wellness Contact Name/E-mail: Megan Kooima/megan.kooima@iretonchristianschool.com

This tool is to be completed 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. ICS will participate in activities such as contests, taste-testing, etc.		X		Not currently a regular practice.	Consider incorporating taste-testing or nutrition-themed activities (e.g., Wellness Wednesday).
2. ICS will promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health enhancing nutrition practices.	X			Encouraged in wellness policy for snacks and meals.	Reinforce messaging during Wellness Wednesdays.
3. ICS will emphasize caloric balance between food intake and physical activity.	X			Taught in science curriculum aligned with state standards.	Expand to Wellness Wednesday themes.
4. ICS will link meal programs, other foods, and nutrition-related community services.	X			Summer Meal program info shared with families.	Look into partnerships with local farms.
5. ICS will train teachers and other staff.	X			Professional development for food staff and teachers includes wellness content.	Encourage additional PD around mental wellness and nutrition integration.
Physical Education and Physical Activity Goals					
1. The school will provide physical education that is at least 2-3 times a week and 30-45 minutes/time	X			Scheduled	
2. Physical education will be for all students in K-8 th	X			Scheduled	

grade for the entire school year					
3. Physical Education will include students with disabilities	x			Inclusive participation supported per IEP/504 accommodations.	Continue monitoring for individual needs.
4. PE will engage students in moderate to vigorous activity during at least 50% of class	X			Teachers incorporate active games and movement.	Observe or track activity levels for fidelity.
5. ICS will provide daily recess for students at least 30 minutes a day (K-4 th grade = 60 minutes/day)	X			Scheduled	
6. ICS will provide daily recess preferably outdoors	X				
7. ICS will provide daily recess that encourages moderate to vigorous physical activity through provision of space and equipment to use	X				
7. ICS will discourage extended periods of inactivity (period of 2 or more hours)	X			60 minutes daily for K-4, 30 min for other grades. Equipment provided. Recess outdoors weather permitting.	Expand variety of activities during recess.
10. Employees will not use physical activity (i.e. running laps, push-ups) as punishment	X			Discipline Policy	Reinforce policy during staff PD.
Nutrition Guidelines for All Foods Available to Students					
1. ICS will provide parents a list of foods that meet snack standards		x		Wellness policy includes recommendations, not formal list.	Create and distribute a snack suggestion flyer.
2. ICS will provide opportunities for parents to share healthy food practices.			x	Not implemented yet.	Include nutrition tips in newsletters or spotlight in Wellness Wednesday.
3. ICS will include home nutrition info in newsletters.			x	Not regularly included.	Add nutrition tips and ideas in monthly communications.
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1. Integration		x		Activities during Wellness Wednesday, movement breaks.	Expand use of movement across all subjects. Consider using GoNoodle or similar.
<i>Communication with Parents</i>					

1. Communication		X		Parents informed of policies and meal programs.	Add wellness topics to newsletters, event nights.
<i>Food Marketing in Schools</i>					
1. Food Marketing	X			No vending machines or food ads.	Continue monitoring as practices evolve.
<i>Staff Wellness</i>					
1. Staff Wellness		X		Some involvement in Wellness Wednesday activities.	Expand to include staff wellness challenges, PD, or lunch-and-learns.