

Webster City Community School District Wellness Action Plan
Adopted: 3/21/2023

Wellness Plan Implementation, Monitoring, Accountability, and Community Engagement.

Action Step	Indicators of Success	People to Involve	Timeline
<p>A District Wellness Committee (DWC) will be established. Meets at least annually to evaluate the effectiveness of the Wellness Plan and to set goals for the upcoming school year.</p> <p><u>DWC oversees the following tasks:</u></p> <ul style="list-style-type: none"> -Tri-Annual Review of Wellness Policy -Distribution of the Wellness Policy -Implementation of the Wellness Policy -Required monitoring and record keeping for the wellness policy 	<ul style="list-style-type: none"> -Annual meeting -Review of wellness policy -Sets goals for upcoming school year -Annual distribution of Healthy Snack material to parents -Nutrition promotion 	<ul style="list-style-type: none"> -Administrators of each building -Teachers of health classes and PE -Food Service Director -School Nurse -Any staff or community member interested 	<ul style="list-style-type: none"> -Ongoing -First meeting will be scheduled in Spring 2023, then will meet at least annually

Goal 1: Establish nutrition guidelines for all foods available at Webster City Community Schools

Action Step	Indicators of success	People to involve	Timeline
<p>Meals served through the National School Lunch program will:</p> <ul style="list-style-type: none"> -Meet at a minimum nutritional requirements established by state and federal law. -Offer a variety of fruits and vegetables. -Serve only low-fat (1%) and fat free milk and nutritionally equivalent non-dairy alternatives. As defined by the USDA. -Ensure that half of the grains in meal planning are whole grain. -All foods and beverages sold individually outside the reimbursable hot lunch program during the school day will meet nutrition standards as required by state or federal law. -Parents will be informed of healthy snack items for regular and birthday snacks. -All foods made available at WCCSD adhere to food safety and security guidelines. 	<ul style="list-style-type: none"> -Food service director will plan and record menus in compliance with USDA recommendations. -WCCSD will sell only a la carte items that meet the smart snack requirements. All a la carte items nutritional value will be calculated through the smart snacks calculator to assure they meet the requirements. -After school food and beverage sales for the WCCSD concession stands will be sold 30 minutes after the bell. -A list of healthy snacks will be available on WCCSD website. -All food service providers will receive HACCP training. -All food service providers will participate in ongoing professional development as required. -All food made available at WCCSD will comply with state and local safety and sanitation regulations. 	<ul style="list-style-type: none"> -Food Service Director -Food Service Workers -Concession stand coordinators and workers -Students -Board Members -Administrators -Teachers, Parents, and Community Members who are interested 	<ul style="list-style-type: none"> -Ongoing -First meeting will be scheduled in Spring 2023, then will meet at least annually

Goal 2: Nutrition Education and Promotion

Action step	Indicators of success	People to involve	Timeline
<ul style="list-style-type: none"> -Review K-8 Health and Physical Education curriculum to ensure nutrition education, healthy eating, and physical activity are incorporated into the program. -Increase student, parental, and staff awareness of the importance of healthy eating and physical activity in students' overall wellness. -Increase communication to students and parents regarding caloric balance between food intake and physical education. -Enroll WCCSD in 5-2-1-0 Healthy Choices Count. 	<ul style="list-style-type: none"> -Elementary classroom teachers integrate nutrition into science, health, and PE curriculum. -Teachers encourage healthy eating. -Teachers encourage physical activity. -Add a wellness link to the WCCSD webpage referring students, staff, and parents to current health, nutrition and wellness information. -Display 5-2-1-0 posters throughout school buildings. 	<ul style="list-style-type: none"> -Administrators -Teachers -School Nurse -Food Service Director 	<ul style="list-style-type: none"> -Ongoing -First meeting will be scheduled in Spring 2023, then will meet at least annually

Goal 3: Promote Wellness in Other School-Based Activities

Action step	Indicators of success	People to involve	Timeline
<ul style="list-style-type: none"> -WCCSD will support parent's efforts to provide a healthy diet 	<ul style="list-style-type: none"> -Encourage parents to pack healthy lunches. 	<ul style="list-style-type: none"> -Administrators -School Nurse 	<ul style="list-style-type: none"> -Ongoing -First meeting will be

<p>and daily physical activities. -Increase opportunities for students to have physical activity during the school day beyond PE class. -Promote staff wellness by encouraging healthy eating, physical activity, and other elements of a healthy lifestyle.</p>	<p>-WCCSD website links to healthy eating habits. -Integrate physical activity into classroom lessons. -Encourage teachers to provide short physical breaks between lessons or classes. -Encourage self-management skills to maintain a physically active lifestyle and reduce sedentary activities. -As faculty, brainstorm ideas where we can collectively support one another in meeting this goal.</p>	<p>-Food Service Director -Staff -Parents</p>	<p>scheduled in Spring 2023, then will meet at least annually</p>
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