

School Wellness Policy Building Annual Progress Report

School Name: Cowan Community School Corporation

Wellness contact Name/Email:

Dennis Chambers, Superintendent

dchambers@cowan.k12.in.us

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 prefilled to inform all school staff of the implementation status of all goals.

Wellness Policy Language	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 sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the state.	X			Nutrition education is part of the science and health curricula in each grade level (K-9) and in additional high school courses offered (10-12).	The curriculum is reviewed and aligned along with material adoption every 6 years.
2. 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.
3. With regards to nutrition promotion, the Corporation shall encourage students to increase their consumptions of healthful foods during the school day.	X			Students view signage in the cafeteria (food pyramid, food groups, meal pattern items) which encourage healthy eating.	Schools will continue to display appropriate signage.
4. With regards to nutrition promotion, the Corporation shall create an environment that reinforces the development of healthy eating habits, including offering healthy foods.	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.
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 physical education academic content standards and benchmarks adopted by the state.	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. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.	X			Curriculum is adapted for any student not able to meet normal expectations.	Teachers will continue to evaluate the ability of all students.
3. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	X			Teachers are encouraged to use transition activities that involve movement in the classroom. Go Noodle is used in the elementary school to provide physical breaks between curricular activities. Recess is available daily for elementary students.	Teachers and staff will continue to use activities that involve physical activity in the classroom.
4. All students in grades 5-12 shall have the opportunity to participate in interscholastic sports programs.	X			Nearly half of all students in grades 5-12 participate in extra-curricular athletics, including cross country, volleyball, basketball, baseball, track, softball, golf and wrestling (recently added).	Students will continue to have the opportunity to participate in extra-curricular activities throughout the school year.
Nutrition Guidelines for All Foods Available to Schools					
1. The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages.	X			Cafeteria supervisors follow Federal and State guidelines when developing menus. Food disposal is immediate following every meal.	Cafeteria Staff will continue to meet the Federal and State regulations.
2. The food service program will provide all students affordable access to the varied and nutritious food 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. Cafeterias provide options for healthy meals.	Schools will continue to keep costs down while providing varied and nutritious foods to students.

Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	X			Go Noodle is a video series which involves movement activities in each elementary classroom (K-6). PE is required in grades 7-9 and elective PE is offered in grades 10-12. Recess is offered daily for elementary students.	Teachers will continue to use activities involving movement in the classroom setting.
Communication with Parents					
1. The school may provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.	X			Both schools share community activity info such as YMCA, Chase Charlie, etc. through newsletters sent to parents, corporation website and fliers distributed to students.	Parents will continue to receive information through various methods about activities families may participate in outside of school.
Food Marketing in Schools					
1. Cowan will market healthy food in the schools and will work with community partners when possible to help families gain access to healthy food outside of school.	X			Free monthly produce give away in conjunction with Corinth Church and Second Harvest Food Bank. Signage is posted throughout both school buildings to promote healthy eating.	Schools will continue to promote and display healthy eating in multiple ways.
Staff Wellness					
1. Cowan will appoint a Staff Wellness Coordinator to oversee our Staff Wellness Program and to make sure that staff wellness is emphasized throughout the school year.	X			ECIST (Insurance Trust) supports the school corporation's staff wellness program. Healthy Hawks (staff wellness group) shares healthy recipes, participates in individual and team physical activity competitions, and charts weekly activities/healthy lifestyle events.	The School Corporation will continue to operate staff wellness programs and encourage everyone to participate with incentives and celebratory events.