

# Lake Mills Local Wellness Policy Progress Report

**School Name: Lake Mills**

**Wellness Policy Contact: Chris Rogne**

**Date Completed: October 30, 2024**

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 goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Offered at each grade level	Chris Rogne	X			Throughout the school, implements grade appropriate material relating to nutrition, food groups, and portions. FCS food coursework is available to all 7-12th grade as well as health being required for all 7th & 10th graders.	
2. Promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods and health enhancing nutrition practices.	Rane Swenson	X			FCS coursework is offered as an elective while health class required in 7th & 10th grade covers food and nutrition as a unit in the semester-long course.	

## 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 goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. For all students K-12 throughout the year.	Gretchen Kingland, Skyler Ahrens	X			PE curriculum, required K-12	

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2. Kids For Heart	Gretchen Kingland	X			Planned through the elementary PE curriculum	
3. Teach skills and games for lifelong learning and fitness to be able to develop a lifelong personal wellness plan	Gretchen Kingland & Skyler Ahrens	X			PE curriculum	
4. Park and Rec coordinated through the school activities to include running club, soccer, football, basketball, baseball/softball, swimming lessons	City of Lake Mills	X			K-8 participation	

### **Other School Based Activities Goals**

<b>District Wellness Policy Goals</b>	<b>Contact Person</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>	<b>List steps that have been taken to implement goal and list challenges of implementation.</b>	<b>List next steps that will be taken to fully implement and/or expand on goal.</b>
1. Brain breaks	Classroom teachers	X			Teachers advise students to frequently take brain breaks	
2. Exercise videos for indoor recess days	Classroom teachers	X			Videos have been chosen to use for indoor recess	
3. Sensory path in cold hallway	Classroom teachers	X			Students use sensory path throughout the day.	

### **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.Guidelines adopted for foods & beverages sold on school campus during instructional day	Chris Rogne	X			Food and beverages are not sold during the school day	
2. Removed vending machines on campus	Chris Rogne	X			Not allowed	

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3. Monitor compliance of nutrition department with federal regulations	Rane Swenson	X			Nutrition department is fully compliant with federal regulations	

**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. Classroom teachers are advised of nutrition standards of the school	Conner Kem, Steve Madson	X			Refresh guidelines at the beginning of each school year	

**Policies for Food and Beverage Marketing**

<b>District Wellness Policy Goals</b>	<b>Contact Person</b>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>	<b>List steps that have been taken to implement goal and list challenges of implementation.</b>	<b>List next steps that will be taken to fully implement and/or expand on goal.</b>
1 Post menus on school website, newspaper and TV	Rane Swenson	X			Breakfast & Lunch menus are posted on the website monthly. Menus are posted on tv & newspaper weekly	
2. Post USDA posters & menus in the lunch line and hallway	Rane Swenson	X			Posters and menus are refreshed as needed and displayed for students and staff to see	

**This institution is an equal opportunity provider.**