



Local School Wellness Policy & Progress Report

School Name: Stanton Community Schools

Wellness Policy Contact: Katie Elwood, Principal

Date Completed: January 14, 2026

Action Plan:

1. A District Wellness Committee will be established and will meet at least once annually to review the district policy and plan, the effectiveness of the policy/plan, and set goals for the school year.
2. There will be a triennial review of the Wellness Policy to review compliance, compare the policy to the model state policy, and to assess progress made toward district goals.
3. Every 3-5 years, there will be a school nutrition Administrative Review to assess compliance.

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.
<p>1. Provide nutrition education and engage in nutrition promotion that help students develop lifelong healthy eating behaviors. The goal(s) for addressing nutrition education and promotion include the following:</p> <ul style="list-style-type: none"> a. Provide students with the knowledge and skills necessary to promote and protect their health. b. Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects. c. Include enjoyable developmentally-appropriate, culturally relevant, and participatory activities such 	<p>Katie Elwood, Principal</p> <p>Jerry Hartman - Assistant Principal</p> <p>Ashley McDonald - School Counselor</p> <p>Stanton Teaching Staff</p> <p>Lori Burton - Health Education Teacher</p> <p>Donnie Weis - Physical Education Teacher</p> <p>Jeff Grebin - Strength and</p>				<p>Nutrition education is part of the science curriculum at the elementary level.</p> <p>At the secondary level, our Ag (farm visits, promoting nutrition and healthy foods), Science (education on caloric balance, food intake, and energy expenditure), Social Studies (developmentally appropriate, culturally relevant cooking activities), and FCS (Food class) courses include nutrition education</p> <p>Middle school FCS and Ag exploratory classes along with PE classes include nutrition education and promoting healthy eating.</p> <p>High school Health, PE and Strength courses implement</p>	<p>Review curriculum and ways to further promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods.</p> <p>Discuss ways we can implement media literacy with an emphasis on food and beverage marketing in our courses.</p> <p>Increase student, parent, and staff awareness of healthy eating, physical activity, and promote overall wellness through emails, Facebook, and the school newsletter.</p> <p>The district could possible share a healthy recipe for families to try.</p>

<p>as cooking demonstrations or lessons, promotions, taste-testing, and farm visits.</p> <p>d. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods.</p> <p>e. Emphasize caloric balance between food intake and energy expenditure (promotes physical activity and exercise).</p> <p>f. Teach media literacy with an emphasis on food and beverage marketing.</p>	<p>Conditioning</p> <p>Dave Gute - Superintendent</p> <p>Mindy Strough- Director of Food Service</p>	<p>X</p>	<p>X</p> <p>X</p> <p>X</p>	<p>nutrition education in their curriculum and lessons.</p> <p>Our 2nd and 3rd grade students meet with the lowa State Extension Office once a month to discuss healthy snack choices.</p> <p>Our food service has posters that promote fruits and vegetables.</p> <p>Our Health class is planning individual activities to teach to the younger students.</p>	<p>Collaborate with MCMH sports medicine/nutrition to support student and student-athlete nutritional intake.</p>
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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.
<p>1. The district will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines, including the Iowa Healthy Kids Act. The goal(s) for addressing physical activity include the following:</p> <ul style="list-style-type: none"> a. Physical education, recess and out of time school activities. b. Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits. c. Engage students in moderate to vigorous activity during at least 50% of physical education class time. d. Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as 	<p>Katie Elwood, Principal</p> <p>Jerry Hartman - Assistant Principal</p> <p>Ashley McDonald - School Counselor</p> <p>Stanton Teaching Staff</p> <p>Donnie Weis - Physical Education Teacher</p> <p>Lori Burton - Health Education Teacher</p> <p>Dave Gute -</p>	<p>X</p>	<p>X</p>		<p>Elementary and Secondary students receive 60-90 minutes of physical education each week.</p> <p>Elementary classroom teachers provide breaks and activities to support movement in the classroom.</p> <p>Secondary students have an opportunity to participate in walking or gym activities during 9th hour (15 minutes for 3 days/week).</p> <p>Our HS students have the opportunity to take an elective Health Education course that is promoted when students are signing up for classes.</p> <p>At recess, students take a walking break when playground issues occur so</p>	<p>Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.</p> <p>Provide staff reminders of the importance of movement breaks and ensure that physical activity is not used for or withheld as punishment.</p>

<p>appropriate.</p> <p>e. Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle.</p> <p>f. Ensure physical activity is not used for or withheld as punishment.</p> <p>g. Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.</p> <p>h. Afford elementary students with recess according to the following:</p> <ul style="list-style-type: none"> - At least 20 min/day - Outdoors as weather permits - Encourages moderate to vigorous activity <p>i. Permit students to bring and carry a water bottle filled with water throughout the day.</p> <p>j. Make drinking water available where school meals are served.</p>	<p>Superintendent Mindy Strough- Director of Food Service</p>	<p>X</p> <p>X</p> <p>X</p> <p>X</p> <p>X</p>	<p>X</p>	<p>X</p>	<p>that students are not missing out on an important movement break.</p> <p>All elementary students receive 50 minutes of recess each day. It is outdoor as weather permits, or in the gym/Viking Center when available.</p> <p>All students are allowed to carry a water bottle during the day and drinking fountains are available.</p> <p>A water fountain is located in the cafeteria for students to access during meals.</p> <p>Our current lunch schedule provides 25 minutes of lunch for each grade level and students are discouraged from sharing food or beverages.</p>	
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<p>k. Strive to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.</p> <p>l. Discourage students from sharing foods or beverages during meal or snack times, given concerns about allergies and dietary needs.</p>			X		
		X			

Other School Based Activities that Promote Wellness 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.
<p>1. The district will support students, staff, and parents' efforts to maintain a healthy lifestyle.</p> <p>a. Increasing opportunities for students to have movement/activity breaks beyond PE classes.</p> <p>b. Organize school-wide walks.</p> <p>c. Promoting staff wellness and a healthy lifestyle.</p> <p>d. Providing access to water fountains, dispensers, and allowing students to have water bottles in class or go to the water fountain.</p> <p>e. Collaborate with community partners to provide activities to support and promote wellness goals.</p>	<p>Katie Elwood, Principal</p> <p>Jerry Hartman - Assistant Principal</p> <p>Dave Gute - Superintendent</p> <p>Ashley McDonald - School Counselor</p> <p>Stanton Teaching Staff</p>	<p>X</p>	<p>X</p>	<p>X</p>	<p>Our district participates in the Healthiest State Walk every year and we provide opportunities throughout the year for students to walk on the trail, etc.</p> <p>The district has three water fountain/bottle fill stations upstairs, and one in the cafeteria. Bottled water is available in the office if needed. Students are able to carry water bottles with them during the day.</p> <p>We have collaborated with ISU Extension to promote healthy snacks.</p> <p>Ag and Science classes have gone on nature walks.</p>	<p>Collaborate as a staff to promote student and staff wellness and a healthy lifestyle.</p> <p>Collaborate with community partners (the Viking Center, Iowa State Extension, etc.) to provide more enrichment activities for students that include movement.</p> <p>Encourage student organizations to plan activities and promote health and wellness for our K-12 students.</p> <p>Discuss the potential of having recess before the noon lunch (possible nutrition benefits).</p>

Standards and Nutrition Guidelines for All Food and Beverages Sold to Students During the School Day (e.g. vending, school stores, etc.)

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.
<p>1. The district will ensure that all food and beverages sold to students before school, during school, and 30 minutes after school shall meet the USDA Smart Snacks in Schools nutrition standards. This includes a la carte, vending machines, student run stores, and fundraisers.</p>	<p>Katie Elwood, Principal</p> <p>Jerry Hartman - Assistant Principal</p> <p>Dave Gute - Superintendent</p> <p>Ashley McDonald - School Counselor and Concessions Coordinator</p> <p>Stanton Teaching Staff and Activity Sponsors</p>	<p>X</p>			<p>Our a la carte items meet the current USDA Smart Snacks in Schools nutrition standards.</p>	<p>Remind staff and sponsors that all food and beverages sold during the school day must meet the smart snack guidelines.</p> <p>Provide a list of these guidelines to staff for any fundraisers throughout the year.</p>

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

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.
<p>1. Snacks provided to students during the school day without charge will meet standards set by the district in accordance with the law.</p> <p>a. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.</p>	<p>Katie Elwood, Principal</p> <p>Jerry Hartman - Assistant Principal</p> <p>David Gute - Superintendent</p> <p>Stanton Teaching Staff</p>		X		<p>We have provided parents with a list of snack options that are peanut/tree nut free for classroom parties, etc.</p>	<p>The district needs to compose a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations and provide this to parents for class parties, etc. This list should also be sent to staff for rewards, etc.</p>

Policies 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 goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
<p>1. Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus during the day.</p>	<p>Katie Elwood, Principal Jerry Hartman - Assistant Principal David Gute - Superintendent Stanton Teaching Staff</p>			X		<p>School groups/ organizations that are selling foods or beverages during the school day will only advertise and market snacks that meet the smart snack standards.</p>

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