



**Central Decatur CSD**

## **Local School Wellness Policy Progress Report**

**School Name: Central Decatur CSD**

**Wellness Policy Contact: Chris Coffelt**

**Date Completed: Fall Semester 2025, Revised February 16, 2026**

## 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 goals and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
<p>1. Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors and lifestyles</p>	<p>Amy Whittington and Dan Johnson</p>		x		<p>Complete an audit of when, how and what nutrition education is completed at each grade level.</p> <ul style="list-style-type: none"> <li>● Dangers of vaping presentation by Public Health to 5th grade</li> <li>● 7th/8th students complete a unit nutrition within the culinary arts curriculum</li> <li>● Elementary nurse provided a mini wellness workshop to PK-6 students in the early winter</li> <li>● Students in grades 9-12 have the opportunity to enroll in the Food and Nutrition class.</li> </ul>	<p>Schools will provide professional development for staff that promotes the teaching of health, physical activity and wellness into classroom instruction and core content areas such as science and literacy, as well as electives and specials</p>

## 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 goals and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Healthy Kids Act.	Colby Wilken, Steve Schmidt, Cindy Stiles		x		<p>Schools have provided staff education regarding the benefits of incorporating physical activity into the classroom and throughout the school day.</p> <ul style="list-style-type: none"> <li>● Units are designed to promote lifelong health and activity which include, but are not limited to:               <ul style="list-style-type: none"> <li>○ Pickleball</li> <li>○ Badminton</li> <li>○ Frisbee</li> <li>○ Weightlifting</li> <li>○ Guest Speakers about multiple topics</li> </ul> </li> <li>● Walking School Bus               <ul style="list-style-type: none"> <li>○ Fall and Spring</li> </ul> </li> <li>● Walking Track in the morning prior to state testing</li> </ul>	<p>Engage in staff discussions reviewing how behavior consequences impact recess and physical activity and student choices.</p> <ul style="list-style-type: none"> <li>● Walking School Bus               <ul style="list-style-type: none"> <li>○ 2nd Semester</li> <li>○ Dates: TBD</li> </ul> </li> <li>● Wellness Wednesdays               <ul style="list-style-type: none"> <li>○ Add activities and health tips for one minute in announcements every Wednesday</li> <li>○ Provide students with the opportunity to be active prior to all tests</li> </ul> </li> </ul>

## Other School Based Activities Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goals and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. As appropriate, schools will support students, staff and parents efforts to maintain a healthy lifestyle.	Heather Boswell, Justine Buckingham, Amy Hamilton		x		<p>Provide and engage in activities that support a healthy lifestyle, such as providing fresh fruit and vegetable snack options, promoting the Walking School Bus and</p> <p>District offers Employee and Student Assistance Programs (EAP/SAP) through Employee and Family Resources (EFR).</p> <ul style="list-style-type: none"> <li>● School of the Wild</li> <li>● Healthiest State Walk</li> <li>● Seminar/extracurricular mental and physical health</li> <li>● Monthly health topic newsletter</li> <li>● National Night Out</li> <li>● School based physicals in partnership with Infinity Health</li> </ul>	<p>Work with school staff to identify other ways that healthy lifestyle choices and physical activity can be incorporated into the school day beyond physical education class.</p> <ul style="list-style-type: none"> <li>● Classroom Clinic <ul style="list-style-type: none"> <li>○ Implemented 25-26 school year</li> </ul> </li> <li>● Central Decatur website with health related topics <a href="https://centraldecatur.org/">https://centraldecatur.org/</a></li> <li>● Possibly partner with INfinity Health to provide immunizations with physicals</li> </ul>

**Standards and Nutrition Guidelines for All Foods 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 goals and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Students and staff at the high school are provided with a la carte items. Elementary students are provided fresh fruits and vegetables daily.	Mary Brophy *	x			All a la carte food items meet the smart snack guidelines.	We will continue to look for more options that meet the guidelines and appeal to students and staff.

**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 goals and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Parents will be provided with a list of foods that meet the Smart Snack Standards.	Mary Brophy & Nicole Martz	X			<p>Link is provided on the school website under nutrition.</p> <p>Middle/High School students are not allowed to eat foods during the day outside of lunch.</p> <ul style="list-style-type: none"> <li>● Fresh fruit/veggie snack provided to all PK-6 kids daily</li> <li>● Elem teachers provide parents w/ ideas of healthy snacks to bring for birthday and class party days</li> </ul>	<p>List of smart snacks provided will be provided at registration.</p> <ul style="list-style-type: none"> <li>● Will begin to provide nutrition education on the fresh fruits/veggies provided</li> <li>● Will continue to look for more items that meet the Smart Snack guidelines to appeal to students</li> </ul>

**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 goals and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. School will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutrition standards on campus during the school day.	Mary Brophy & Nicole Martz	X			<p>A list of healthy food and beverage choices that are preferred snacks for students are located on the district website.</p> <ul style="list-style-type: none"> <li>● Fresh fruit/veggie snack provided to all PK-6 kids daily</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>● Teachers and staff work to provide incentives and rewards for students that are not food related.</li> </ul>

Central Decatur CSD is an equal opportunity provider.