

Local School Wellness Policy Progress Report

School Name: Eddyville Blakesburg Fremont CSD

Wellness Policy Contact: Tara Waldren, Erin Hynick

Date: 10/14/26

Meeting Minutes: Discussed current district wellness goals and proposed updates (*italicized*).

Attendees: Tara Waldren (Food Service Director), Erin Hynick (School nurse/ parent), Gladys Genskow (PE/ Health teacher/ parent), Scott Williamson (Superintendent)

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.
1. The school district will provide nutrition education and engage in nutrition promotions.	Health teacher	X			Nutrition education is part of the health curriculum.	
2. Make employee wellness a priority.	Superintendent, School Nurse, Human Resources		X		Annual flu vaccine offered to staff and family members at no cost. Use of Jr. Sr. High fitness equipment. Step Challenge; pedometers & incentives provided. Free MMR vaccination for staff.	Inform staff about available mental health resources and how to access them

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. The school district will provide physical education for all students in grades K-12 for the entire school year.	PE Teachers	X			Each class has a PE class weekly. Various options are available at JSHS, including Lifetime Lifting, Lifetime Fitness, and Strength Training.	
2. Elementary students will have daily recess time allotted that does NOT substitute for PE class. No prohibition of recess for disciplinary or academic reasons.	Building Principal, Classroom teacher	X			Grades K-3 have 3 recesses per day; 4 th grade has 2, 5th & 6th grades have 1. Recesses are 25 minutes.	

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. Offer classroom health education that complements physical education by reinforcing knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.	Health Teachers	X			Initiated health curriculum in elementary grades. Time split between the classroom and the gym.	
2. Provide opportunities for physical activity to be incorporated into other subject lessons.	Classroom Teachers, School Nurse	X			Nurse surveyed classrooms: what physical activities are currently done in the classroom= 79% of those that responded use GoNoodle. Also: bouncy bands on chairs, yoga, stretch breaks, wobble chairs, dance/music. List of free active classroom resources and YouTube Channels for classroom physical activity.	
3. Wellness Policy and minutes from wellness meetings are on the district website.	Food Service Director, School Nurse	X			Contact person to update district website with the most recent meeting/policy info.	

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 the goal and list challenges of implementation.	List the next steps that will be taken to fully implement and/or expand on the goal.
1. The district will post menus on the district website and/or individual school websites and include nutrient content and ingredients.	Food Service Director		X		Meal menus available on the district website.	A new program will launch in November to publish meal nutrient information and ingredient lists.
2. Restrict vending machine access during meal times to support participation in school meal programs and promote balanced nutrition.	Administration	X			No vending machines available to the students during school hours.	

Standards for All Foods and Beverages *Provided* (not sold) to Students During the School Day (e.g., class parties, foods given as a 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. The district will ensure free, safe, unflavored drinking water is available to students during the school day and during the extended school day (including during out-of-school time/and before and after school).	Maintenance Director	X			Multiple water fountains and water bottle filling stations are available in each school building.	
2. Promote Active rewards and limit food as a reward in the classroom	Classroom teachers	X			Mr. Williamson was presented at the November 10, 2025, administrative meeting re: replacing candy and sweet incentives with healthier, active rewards. The school nurse provided teachers with a list of active reward options.	

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. Limit food and beverage marketing to the promotion of foods and beverages that meet the nutritional standards for meals or for foods and beverages sold individually.	Food Service Director	X			No vending machines available to the students during school hours. Rocket Fuel Cafe follows nutrition guidelines.	
2. Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.	Food Service Director	X			Following the meal pattern promotes healthy foods. We offer a wide variety of fruits and vegetables on our salad bar.	

Public Notification Before the Meeting: EBF Rockets Events Calendar and email to all EBF staff.