


St. Thomas Aquinas School Wellness Policy Building Progress Report

April 25, 2018

Wellness Policy Goal	Fully in place	Steps that have been taken to implement goal	
Goal: Promote Healthy Eating and Physical Activity	✓	Healthy snack suggestions for preschool	
		Nutrition Curriculum for K-6 which includes lessons on 1) What's on My Plate; 2) Health benefits of fruits and vegetables; 3) Health benefits of whole grains; 4) Protein; and 5) Physical activity and healthy eating.	
		Breakfast and Lunch Program	<p>Iowa Department of Education, Bureau of Nutrition and Health Services audits our program every three years.</p> <p>Full reports may be seen in the principal's office or on the Department's website.</p>

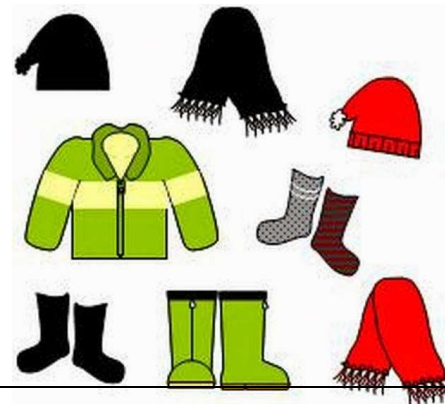
Mrs. Thompson's 1st grade class making turkey soup on November 22, 2017.




WC Fire Department personnel speak to students about fire safety and well-being especially during the winter months.



Winter Weather Drive
Now thru January 2018!
What can I donate?
New/Very Gently Used –
ALL ages:
Coats
Hats
Hats
Mittens/Gloves
New Warm Winter Socks
Snow Boots



		<p>Outdoor Work Clothes Sweaters Blankets/Sleeping Bags Snow Scrapers Shovels Car Emergency Kit</p>	
		<p>K-6 Iowa Healthiest State Initiative October 5, 2017</p>	
		<p>K-6 – Jump-Rope-for- Heart February 8, 2018</p>	
		<p>K-6 Swim Unit starts February 20, 2018</p>	

		All School Ski Trip	
		Water Quality Tested September 21, 2016	Results verified no known or expected risk to health in our drinking water. Full report may be seen in the principal's office.
		Radon Levels Tested December 26, 2016	All levels were below the EPA risk factors. Full report may be seen in the principals's office.