

Colo-NESCO Wellness Policy Progress Report for Triennial Assessment

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Wellness goals for the 2026-2027 school year.

NUTRITION EDUCATION & PROMOTION GOALS:

- Using the State of Iowa 5-2-1-0 program more and working with Live Healthy Iowa and ISU Extension Services.
- October 1, 2025: Our School was registered on the Live Healthy Iowa Walk. We walked around Dakin's lake for 30 minutes with our elementary school, K-4th. The MS/HS also did a walk outside around the new track facility. We had music playing and every 5 minutes a quick fact was given out about the importance of moving/exercising. Teachers and students all participated.
- Menus are available each day for breakfast and lunch. (Sheryl Gilmore, Foods Director)
- Our website, colo-nesco.org, allows for easier communication from activities/breakfast & lunch menus. We have improved on posting our wellness minutes and when our next meetings will be. These are under the District heading and then under the Nutrition tab and then on that page is the Wellness Meeting agenda.
- Another improvement has been the daily announcements of any menu changes. This allows for parents and students to be kept up to date.
- FFA sold fruit as a fundraiser and will sell strawberries in the spring as a fundraiser.
- 4th Graders wanted to help the School Nurse with cleaning up the courtyard at the elementary school. Weeding took place this fall. Some perennials were planted. Two planter boxes were moved out front of the elementary and will be decorated for holidays. In the spring a mix of Zinnia's will be planted in them. Also Zinnia's will be planted in the courtyard. A bird bath and bird houses will be added this spring as well. Nurse Jackie will maintain those items. We want it to be an inviting place for kids to be able to use.

Goals for next year:

- To remain in compliance with State and Federal regulations/guidelines.
- Offer and look into new healthy snack ideas.

PHYSICAL ACTIVITY GOAL:

- **Elementary:**

1. Farm safety day took place on 9/19/2025: Elementary kids went to the Colo HS via bus. FFA students had centers outside to talk and demonstrate safety issues.
2. Fire Safety week at the elementary school is always the first week in Oct. Kids learn about fire safety and on Friday students are selected to ride a fire truck to school that day. This is always well received by students/staff and area communities.
3. Kindergarten -4th Grade participated 10/1/2025 in the Live Healthy Iowa Walk around Dakin's Lake.
4. Mileage Club will start up this spring of 2026. At the end of it the elementary school goes to the HS and has a fun day with HS students to celebrate their awards.
5. February 2026: Jump for Heart is a fundraiser and physical challenge to raise money for the American Heart Association. This is a well received program by the elementary school.

Goals for next year:

- Look into new and fun games that build team leadership skills.
- Look into the possibility of incorporating music into physical education.
Examples: Pool Noodles used to music and drumming and moving.

- **Middle School/High School:**

1. Participated in Live Healthy Iowa Walk in Fall, Oct. 1, 2025.
2. Mr. Owens would like to take his HS/PE classes to Sleepy Hollow in Boone this winter. Concerns were voiced with availability and cost.
3. Spring of 2026: Plans are in the works to do fishing at our local lakes, Dakin's Lake and Hickory Grove along with Kayaking.
4. Weight lifting and speed training has been added to Mr. Owens PE activities along with nutrition and how it influences training and what to eat after weight training. Premiere comes in frequently to help with the program and give feedback to athletes.
5. 5th and 6th grade will help with the elementary track meet that will take place at Colo after the mileage club has concluded. FUN event for kids and parents.

Goals for next year:

- Continue to build on strength and speed training.

OTHER SCHOOL BASED ACTIVITIES GOALS

COMMUNITY SERVICE, STUDENT BODY IMPROVEMENTS, STAFF WELLNESS

- **Community Service:**

1. Community Service day was 10/6/2025. MS/HS students participated. They helped out around the HS school with yard cleanup, Prairie Rail trail near McCallsburg, Colo UMS church: helping pull weeds and cleaning up flower bed, Helped with some items of elderly people in Colo (two houses), TLC in Zearing, Long term care in Nevada: Interacting with residents, playing games.
2. Blood Drive: Life Serve at the Colo HS 11/10/2025. The event was well attended.
3. Veterans Day Service 11/2025, Local Veterans and their families of students attended and spoke to the student body.
4. FFA, which is led by Mr. Frohwein, did Farm Safety Day 9/19/2025 and the elementary students participated.
5. Nurse Jackie has been reached out to Green Bins Recycling. Green bins are a great way for each of our buildings to make a little extra money but also to help keep clothing and shoes out of landfills. This program will start in 2026. We will have two bin sites. One at the Colo School and one at the Zearing Elementary. The money raised will be spent by each building principals on items they deem needed.
6. Spring Clean up day will happen Spring of 2026 and will be planned again for this year by Kim Heidemann.

Goals for the next year:

Continue with current plans

See what activities might best help the school and the communities.

Student Body Improvements/Programs:

1. Colo-NESCO hosted a guest speaker at the start of school in Aug. 2025. Author and Social/Emotional leader, Mike Donahue, came and addressed several schools: Colo-NESCO, Collins- Maxwell, Nevada, about harassment, bullying, social and emotional issues attached to social media.
2. Students at the start of this school year also must lock their phones into a Yondr bag. This keeps phones out of students' hands during class time. Mr. Kelley said that he has heard positives from teachers and students with this new change.
3. Vaping continues to be a problem at our MS/HS level. This year students must sign out using a new app called SMART PASS. This allows staff to know where students are and how often they are leaving the classroom. Locker rooms are now to be locked during the day to also help in decreasing chances of vaping. Mr. Kelley and Nurse Jackie have been working on this.
4. The American Heart association is coming 12/5/2025 to address the student body on vaping and the problems with vaping. After the short assembly we had each grade meet with the speakers for 20 minutes. I think the smaller groups were met with positive interactions and questions.

STAFF WELLNESS:

- This is the third year for our MERT, Medical Emergency Response Teams, Staff who would like to be on this team are giving extra training. This was done in Oct. 2025 with both buildings. These teams have more training about possible medical emergencies we may see at school. We have two AEDs per school building. We have one AED in the lobby at the Zearing school and one by the elementary classrooms along with two at the Colo school. One is located up the ramp from the gym and one by the Central Office. Each medical AED cabinet is also stocked with Narcan and a STOP THE BLEED KIT and gloves.
- Nurse Jackie was given money from the Colo-NESCO boosters to purchase 6 LIFE Vac's in November 2025. These devices can be used easily if someone is choking. Three were put at the Colo Building and three at the Zearing Building. Each AED box now also has a LIFE Vac in them. The extra at Zearing was placed in the lunchroom and the extra at Colo was placed in the Boosters concession stand. We currently have one in the Colo Lunchroom.

- **WELLNESS IDEAS for STAFF:**

- McCallsburg Health Center. Membership is \$25.00/year.
- Another idea was line-dancing for Elementary and HS staff 1 day/week (Nurse)
- Monthly Goals for staff
- Start Line dancing twice per week for those who can attend. (Elementary site only.)

Goals for the next year:

- Would love to see if someone could come to the school to give neck massages. Maybe on a late start Mondays?

STANDARDS AND NUTRITION GUIDELINE FOR ALL FOOD AND BEVERAGES SOLD TO STUDENT DURING THE SCHOOL DAY, (e.g. vending machines, school stores, etc)

1. Alacarte Items are healthy, Sheryl Gilmore orders and attends to sales during school.
2. Vending Machines that are accessible to students sell only Body Armor Light and water. Body armor has 20 cal per serving.
3. Vending machines with pop are sold in the teacher's lounge during the day at both the Colo building and Zearing Elementary Building. New this year the machines are stocked by the C-N BOOSTERS. The Boosters are a wonderful organization that gives back to the schools for various projects.

STANDARDS FOR ALL FOODS AND BEVERAGES PROVIDED (NOT SOLD) TO STUDENTS DURING THE SCHOOL DAY.

1. Fundraising for the FFA: They sell only fruits/cheese/meats.