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| **Wellness Policy Goals** | **Elementary** | **Middle/High School** |
| **Nutrition Education & Promotion Goals** | **Strengths:** -Daily health/nutrition announcements-Taste-testings, school garden-Links to local producers (Farm to School & Farmers Market)**Needs:**-Ensure nutrition ed and promotion is included at all grade levels-More promotion of fruits, vegs, whole-grain products, low-fat/fat-free dairy, healthy food prep methods & health-enhancing nutrition practices to students & parents-Emphasize caloric balance btw food intake & physical activity | **Strengths:**-Includes all grade levels-Use of twitter for health/nutrition messages-Taste-testings, school garden, promotes fruits, vegs, whole-grain products, low-fat/fat-free dairy, healthy food prep methods & health-enhancing nutrition practices to students & parents-Health class emphasizes caloric balance btw food intake & physical activity.-Links to local producers (Farm to School & Farmers Market)**Needs:**-Ensure nutrition ed and promotion is part of not only health ed and family and consumer sciences, but also all classroom instruction |
| **Physical Activity Goals** | **Strengths:**-30 minutes of physical activity per day is provided-Is for all students for the entire school year-Taught by a certified PE teacher-Includes students with disabilities and special healthcare needs-Engages students in moderate to vigorous activity during at least 50% of PE class time-Recess is outdoors unless inclement weather and is at least 20 minutes per day-District discourages the use of excessive physical activity or withholding physical activity as means of punishment-Physical activity restrictions are for 5 days or less unless ordered by a healthcare provider-Mighty milers program that encourages daily physical activity**Needs:**-When students remain indoors for long periods due to weather or testing, students should be given periodic activity breaks | **Strengths:**-120 minutes of physical activity is provided per week-Is for all students for the entire school year-Taught by a certified PE teacher-Includes students with disabilities and special healthcare needs-District discourages the use of excessive physical activity or withholding physical activity as means of punishment-Physical activity restrictions are for 5 days or less unless ordered by a healthcare provider-Before/after school programs provide and encourage daily moderate to vigorous activity for all participants**Needs:**-Ensure activities engage all students in moderate to vigorous activity during at least 50% of PE class time. |
| **Other School-Based Activities Goals** | **Strengths:**-School meals menu on website-Parents are encouraged to pack healthy lunches and snacks-Provide a list of acceptable treats and ideas for healthy celebrations/parties (on website)-Provide information about PE and other school-based physical activity opportunities before, during and after school-Promote healthy food choices (posters, salad bar, in class)**Needs:**-Ensure written health curriculum is in place-Discourage sedentary activities-Increase opportunities for physical activity in all classrooms/subjects-Establish and maintain a staff wellness committee-Develop, promote and oversee a plan to promote staff health and wellness developed by staff wellness committee | **Strengths:**-Health class complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities-School meals menu on website-Promote healthy food choices (posters, salad bar, in class)**Needs:**-Increase opportunities for physical activity in all classrooms/subjects-Encourage students/parents to provide healthy lunches and snacks-Provide information about PE and other school-based physical activity opportunities before, during and after school (post on website?)-Educate administrators/decision- makers regarding seeking out future contract/agreements that only include brand marketing for healthy choices-Establish and maintain a staff wellness committee-Develop, promote and oversee a plan to promote staff health and wellness developed by staff wellness committee |
| **Nutrition Guidelines for All Foods Available to Students** | **Strengths:**-Meals are appealing and attractive-Served in a clean and pleasant setting-Meets, at a minimum, all state and federal nutrition requirements-Offers a variety of fruits and vegetables-Serves only low-fat and fat-free milk-Ensures all grains are whole-grains-Student engagement through taste-testings, parents at P/T conferences and community activities such as the Safe and Healthy Kids Fair-Operates the breakfast program to the extent possible-Arrange bus schedules and use methods to serve breakfasts that encourage participation-Utilizes electronic identification and payment system-Strives to provide students adequate time to eat meals and schedule meals at appropriate times-Provides access to drinking water-Provides access to handwashing or hand sanitizing before eating-Provides continuing professional development for nutrition professionals-Discourages sharing of foods and beverages-Healthy snacks are available for purchase from school food service program-Foods/beverages are not withheld as means of punishment-Foods sold outside of the reimbursable meal program during the school day meets state and federal requirements-Students are not permitted in the teacher’s workroom or have access to foods or beverages that are available for staff-Encourages concessions to offer nutritious options**Needs:**-Share information about nutritional content of meals with parents and students-Discourage bringing in convenience/fast foods that are not consistent with USDA’s nutrition standards for school meals-Encourage parents to provide a healthy breakfast for their children-Encourage snacks brought from home to be commercially prepared foods or fresh, uncut fruits and vegetables-Foods from home must have ingredient label-Encourage use of non-food items as rewards-Encourage staff to act as a healthy role model | **Strengths:**-Meals are appealing and attractive-Served in a clean and pleasant setting-Meets, at a minimum, all state and federal nutrition requirements-Offers a variety of fruits and vegetables-Serves only low-fat and fat-free milk-Ensures all grains are whole-grains-Engage students and parents through taste-testings and surveys-Operates the breakfast program to the extent possible-Arrange bus schedules and use methods to serve breakfasts that encourage participation-Offers grab ‘n go and second chance breakfast-Utilizes electronic identification and payment system-Strives to provide students adequate time to eat meals and schedule meals at appropriate times-Provides access to drinking water-Provides access to handwashing or hand sanitizing before eating-Provides continuing professional development for nutrition professionals-Discourages sharing of foods and beverages-Foods/beverages are not withheld as means of punishment-Students are not permitted in the teacher’s workroom or have access to foods or beverages that are available for staff-Encourages concessions to offer nutritious options**Needs:**-Expand grab ‘n go for students-Share information about nutritional content of meals with parents and students-Discourage bringing in convenience/fast foods that are not consistent with USDA’s nutrition standards for school meals-Encourage parents to provide a healthy breakfast for their children-Encourage snacks brought from home to be commercially prepared foods or fresh, uncut fruits and vegetables-Foods from home must have ingredient label-Encourage use of non-food items as rewards-Encourage staff to act as a healthy role model |
| **Plan for Measuring Implementation** | **Strengths:**-The superintendent ensures compliance with established school district wide nutrition and physical activity wellness policies-The principal ensures compliance with those policies and reports on compliance to the superintendent-Food service staff ensure compliance with nutrition policies and report to the superintendent or principal-Wellness committee meeting minutes, school surveys, and policy assessments are made available to the public via the school district’s website-Baseline school wellness policy building assessment is completed**Needs:**-The school reports on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes-The superintendent will develop a summary report every 3 years on school district-wide compliance with the school district’s established wellness policies-The report will be provided to the school board, wellness committee, parent/teacher organizations, principals, and health service personnel-school wellness policy building assessment repeated every 3 years | **Strengths:**-The superintendent ensures compliance with established school district wide nutrition and physical activity wellness policies-The principal ensures compliance with those policies and reports on compliance to the superintendent-Food service staff ensure compliance with nutrition policies and report to the superintendent or principal-Wellness committee meeting minutes, school surveys, and policy assessments are made available to the public via the school district’s website-Baseline school wellness policy building assessment is completed**Needs:**-The school reports on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes-The superintendent will develop a summary report every 3 years on school district-wide compliance with the school district’s established wellness policies-The report will be provided to the school board, wellness committee, parent/teacher organizations, principals, and health service personnel-school wellness policy building assessment repeated every 3 years |