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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 |