

# 2023-2024 Local Wellness Policy Activity & Assessment Tool

**EPLA**

## HOW TO COMPLETE THIS ASSESSMENT

- Only complete the columns for the *current* year, but save for future years.
- ✓ Check “**working on this**” if your school staff meets about, makes plans, or otherwise takes steps to try to meet this goal.
  - ✓ Check “**successfully completed**” if your school fully implements this goal.

## I. WELLNESS GOALS

|   | Year 1          |                        | Year 2          |                        | Year 3          |                        |
|---|-----------------|------------------------|-----------------|------------------------|-----------------|------------------------|
|   | working on this | successfully completed | working on this | successfully completed | working on this | successfully completed |
| <p><b><i>NUTRITION PROMOTION GOALS:</i></b> . <u>Nutrition Promotion and Education.</u><br/>The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. The District’s nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.</p> |                 | x                      |                 |                        |                 |                        |
| The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.  |                 | x                      |                 |                        |                 |                        |
| <b>Action Steps</b>   |                 |                        |                 |                        |                 |                        |
| Establish age-appropriate Guidelines during classroom and school wide events  |                 | x                      |                 |                        |                 |                        |
| .Establish guidelines for teachers on the use of food as a reward in the classroom  |                 | x                      |                 |                        |                 |                        |
| .Establish guidelines for the serving or selling of food for school-sponsored fundraising activities that meet the star   |                 | x                      |                 |                        |                 |                        |
|   |                 | X                      |                 |                        |                 |                        |
| The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.   | x               |                        |                 |                        |                 |                        |
| <b>Action Steps</b>   |                 |                        |                 |                        |                 |                        |
| Research food access programs available in the community with which the District could partner (food pantry programs sup-ported by a local area food bank, backpack programs, summer meal programs, etc.)   |                 | x                      |                 |                        |                 |                        |
| The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.   |                 | x                      |                 |                        |                 |                        |
|   |                 |                        |                 |                        |                 |                        |

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| <b>GOAL: NUTRITION EDUCATION</b><br><i>Nutrition education teaches behavior-focused skills and may be offered as part of a comprehensive, standards-based program to provide students with the knowledge and skills needed to safeguard health and make positive choices, or nutrition education can be offered as sequential individual lessons throughout the school year.</i> | Year 1          |                        | Year 2          |                        | Year 3          |                        |
|--|-----------------|------------------------|-----------------|------------------------|-----------------|------------------------|
|  | working on this | successfully completed | working on this | successfully completed | working on this | successfully completed |
| The District shall provide professional development so that Staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.  |                 | x                      |                 |                        |                 |                        |
| <b>Action Steps</b>  |                 |                        |                 |                        |                 |                        |
| Staff will attend ESC Region 19 trainings to meet all professional development requirements.   |                 | x                      |                 |                        |                 |                        |
| Child Nutrition Director will provide other training resources   |                 | x                      |                 |                        |                 |                        |
| The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.  |                 | x                      |                 |                        |                 |                        |
| <b>Action Steps</b>  |                 |                        |                 |                        |                 |                        |
| The District will evaluate the use of nutrition education resources into other content areas.  |                 | x                      |                 |                        |                 |                        |

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| <b>GOAL: PHYSICAL ACTIVITY</b><br><i>Regular physical activity in childhood and adolescence is important for physical and socioemotional health. Incorporating regular physical activity in your school(s) is an important contributor to student wellness.</i> | Year 1          |                        | Year 2          |                        | Year 3          |                        |
|---|-----------------|------------------------|-----------------|------------------------|-----------------|------------------------|
|   | working on this | successfully completed | working on this | successfully completed | working on this | successfully completed |
| <i>Physical Activity</i>  |                 |                        |                 |                        |                 |                        |
| The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.                     |                 | x                      |                 |                        |                 |                        |
| The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.  |                 | x                      |                 |                        |                 |                        |
| <b>Action Steps</b>   |                 |                        |                 |                        |                 |                        |
| Determine appropriate days in which teachers will receive staff development related to the importance of physical activity breaks.  |                 | x                      |                 |                        |                 |                        |
| The District shall make appropriate mini classes workshops physical activity programs available and shall encourage students to participate.  | x               |                        |                 |                        |                 |                        |
| <b>Action Steps</b>   |                 |                        |                 |                        |                 |                        |
|   |                 |                        |                 |                        |                 |                        |
| The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.  | x               |                        |                 |                        |                 |                        |
| <b>Action Steps</b>   |                 |                        |                 |                        |                 |                        |
| Determine appropriate days in which teachers will receive staff development related to the importance of physical activity breaks.  | x               |                        |                 |                        |                 |                        |
| The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.  | x               |                        |                 |                        |                 |                        |
| <b>Action Steps</b>   |                 |                        |                 |                        |                 |                        |

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|  |                 |                        |                 |                        |                 |                        |
|--|-----------------|------------------------|-----------------|------------------------|-----------------|------------------------|
| Develop a list of ideas to submit to campus administrators to meet this objective.<br>Assign a campus administrator to organize the event.   | x               |                        |                 |                        |                 |                        |
| <b>GOAL: OTHER School Based Activities</b>   |                 |                        |                 |                        |                 |                        |
|  | Year 1          |                        | Year 2          |                        | Year 3          |                        |
|  | working on this | successfully completed | working on this | successfully completed | working on this | successfully completed |
| The District shall create Anti Bullying Standards on the definition of positive culture and building healthy relationships   |                 | x                      |                 |                        |                 |                        |
| <i>Action Steps</i>  |                 |                        |                 |                        |                 |                        |
| Evaluate current bullying prevention .<br>Work with campus administrators to create teams and policies.  |                 | x                      |                 |                        |                 |                        |
| The District will establish local guidelines on foods and beverages sold and or made available to students during the school day: Any foods and beverages given away or otherwise made available to students (ex. snacks during testing) to meet the Smart Snacks standards, with the exception of celebrations. |                 | x                      |                 |                        |                 |                        |
|  |                 |                        |                 |                        |                 |                        |
|  |                 |                        |                 |                        |                 |                        |

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## II. DISTRICT POLICIES

In the following sections, check the box for the correct year *if your school currently meets the district wellness policy requirements*.

|  | Year 1 | Year 2        | Year 3        |
|--|--------|---------------|---------------|
| <b>DISTRICT POLICY: . Nutritional Guidelines</b><br>SECTION 3.1. <u>Foods and Beverages Sold</u> . The District’s nutrition guidelines for reimbursable school meals and all other foods and beverages sold or marketed to students during the school day shall be designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules. | x      | in compliance | in compliance |
| SECTION 3.2. <u>Foods and Beverages Provided</u> . The District shall establish standards for all foods and beverages provided, but not sold, to students during the school day. These standards shall be addressed in the District’s wellness plan.   | x      |               |               |
| <b>SECTION 4. Wellness goals</b><br>SECTION 4.1. <u>Nutrition Promotion and Education</u> . The District shall implement, in accordance with law, a coordinated school health program with a nutrition education component. The District’s nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.  | x      |               |               |
| SECTION 4.4. <u>Physical Activity</u> . The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components. and shall offer at least the required amount of physical activity for all grades.   | x      |               |               |

## III. DISTRICT WELLNESS COMMITTEE

The District is required to convene a representative district wellness committee that meets to establish goals and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy. Schools also have the option of establishing wellness teams.

|  |        |        |        |
|--|--------|--------|--------|
|  | Year 1 | Year 2 | Year 3 |
|--|--------|--------|--------|

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| <b>COMMITTEE ROLE AND MEMBERSHIP</b>   | YES | NO | YES | NO | YES | NO |
|--|-----|----|-----|----|-----|----|
| The school within the district has an on-going school wellness committee to review school-level. | x   |    |     |    |     |    |

### IV. IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND NOTIFICATION

| <b>IMPLEMENTATION PLAN</b><br><i>Once the wellness policy is written, the district will need to communicate to the goals and policies to all schools. Schools will then implement the policies and begin working toward the goals as appropriate. The implementation of the policies should be consistent across all schools, but the actions that work toward meeting the goals may vary from school to school.</i> | Year 1 |    | Year 2 |    | Year 3 |    |
|--|--------|----|--------|----|--------|----|
|  | YES    | NO | YES    | NO | YES    | NO |
| School conducted a school-level assessment prior to developing an implementation plan.   | x      |    |        |    |        |    |