

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name *WASHINGTON LOCAL*

Reviewer *Deb Warren*

School Name *DISTRICT*

Date *4-8-22*

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

Yes No I. Public Involvement

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- Administrators School Food Service Staff P.E. Teachers Parents
 School Board Members School Health Professionals Students Public

We have a designee in charge of compliance.

Name/Title:

Lori Berryman

We make our policy available to the public.

Please describe:

Wellness Policy

We measure the implementation of our policy goals and communicate results to the public.

Please describe:

END OF YEAR WELLNESS SUBMITTED TO BOARD

Our district reviews the wellness policy at least annually.

Yes No II. Nutrition Education

Our district's written wellness policy includes measurable goals for nutrition education. *Health Education*

We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

We offer nutrition education to students in: Elementary School Middle School High School

Yes No III. Nutrition Promotion

Our district's written wellness policy includes measurable goals for nutrition promotion. *

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them. *

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals.

We annually evaluate how to market and promote our school meal program(s).

We regularly share school meal nutrition, calorie, and sodium content information with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

We price nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

We provide teachers with samples of alternative reward options other than food or beverages.

We prohibit the use of food and beverages as a reward.

IV. Nutrition Guidelines (Cont. from page 1)

- Yes No Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- Yes No We operate the School Breakfast program: Before School In the Classroom Grab & Go
- Yes No We follow all nutrition regulations for the National School Lunch Program (NSLP).
- Yes No We operate an Afterschool Snack Program.
- Yes No We operate the Fresh Fruit and Vegetable Program.
- Yes No We have a Certified Food Handler as our Food Service Manager.
- Yes No We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 - as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

V. Physical Activity

- Yes No Our district's written wellness policy includes measurable goals for physical activity.
- Yes No We provide physical education for elementary students on a weekly basis. *50-55*
- Yes No We provide physical education for middle school during a term or semester.
- Yes No We require physical education classes for graduation (high schools only).
- Yes No We provide recess for elementary students on a daily basis.
- Yes No We provide opportunities for physical activity integrated throughout the day.
- Yes No We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Yes No Teachers are allowed to offer physical activity as a reward for students.
- Yes No We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

VI. Other School Based Wellness Activities

- Yes No Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- Yes No We provide training to staff on the importance of modeling healthy behaviors.
- Yes No We provide annual training to all staff on: Nutrition Physical Activity
- Yes No We have a staff wellness program.
- Yes No We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- Yes No We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- Yes No We have a recycling /environmental stewardship program.
- Yes No We have a recognition /reward program for students who exhibit healthy behaviors.
- Yes No We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name Position/Title

Email Phone

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LEA/District Name WASHINGTON LOCAL SCHOOLS

Reviewer Deb Warren / Jen Murray / JINA Dake

School Name Elementaries

Date 4/18/22

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

I. Public Involvement *Greenwood, Hiawatha, Jackman, McGregor, Meadowdale, Molokai, Shortland, Wernert*

Yes No We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- | | | | |
|--|---|--|---|
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input type="checkbox"/> P.E. Teachers | <input checked="" type="checkbox"/> Parents |
| <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students | <input type="checkbox"/> Public |

Yes No We have a designee in charge of compliance.

Name/Title:

LORI BERRYMAN

Yes No We make our policy available to the public.

Please describe:

Wellness Policy

Yes No We measure the implementation of our policy goals and communicate results to the public.

Please describe:

WELLNESS
END OF YEAR SUBMITTED TO BOARD.

Yes No Our district reviews the wellness policy at least annually.

II. Nutrition Education

Yes No Our district's written wellness policy includes measurable goals for nutrition education. *Health Education*

Yes No We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

Yes No We offer nutrition education to students in: Elementary School Middle School High School

III. Nutrition Promotion

Yes No Our district's written wellness policy includes measurable goals for nutrition promotion. *

Yes No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

Yes No We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them. *

Yes No We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

Yes No We ensure students have access to hand-washing facilities prior to meals.

Yes No We annually evaluate how to market and promote our school meal program(s).

Yes No We regularly share school meal nutrition, calorie, and sodium content information with students and families.

Yes No We offer taste testing or menu planning opportunities to our students.

Yes No We participate in Farm to School activities and/or have a school garden.

Yes No We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

Yes No We price nutritious foods and beverages lower than less nutritious foods and beverages.

Yes No We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

Yes No We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

Yes No We provide teachers with samples of alternative reward options other than food or beverages.

Yes No We prohibit the use of food and beverages as a reward.

Yes No IV. Nutrition Guidelines (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program: Before School In the Classroom Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 - as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

Yes No V. Physical Activity

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis. *50 - 55*
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

Yes No VI. Other School Based Wellness Activities

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on: Nutrition Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
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- We have a recycling /environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

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For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

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LEA/District Name *WASHINGTON Local Schools*

Reviewer *Deb Warren, Jen Murray, Tina Dake*

School Name *JEFFERSON & WASHINGTON JUNIOR HIGHS*

Date *4/8/22*

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

Yes No I. Public Involvement

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

Administrators School Food Service Staff P.E. Teachers Parents
 School Board Members School Health Professionals Students Public

We have a designee in charge of compliance.

Name/Title:

We make our policy available to the public.

Please describe:

We measure the implementation of our policy goals and communicate results to the public.

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Reviewer *Deb Warren, Jen Murray, Tina Dake*

School Name *Whitmer High School*

Date *4-8-22*

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

I. Public Involvement

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Yes No We have a designee in charge of compliance.

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Name Position/Title
 Email Phone



Book	Policy Manual
Section	8000 Operations
Title	WELLNESS
Code	po8510
Status	Active
Adopted	June 21, 2006
Last Revised	April 21, 2021

8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Washington Local School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the District shall:
 1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 2. Nutrition education posters, such as the Food Pyramid, will be displayed in the cafeteria.
 3. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.

4. The District shall provide information to parents that is designed to encourage them to reinforce at home healthy nutritional habits through school newsletters and the District website.

B. With regard to physical activity and education, the District shall:

Physical Education

1. The physical education curriculum shall stress the importance of remaining physically active for life and provide opportunities as well as sequential instruction related to knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
2. Physical activity should not be employed as a form of discipline or punishment.
3. The Washington Local School District feels that recess is an appropriate and useful part of the school day. The District discourages the exclusion of recess as a form of punishment.

C. With regard to other school-based activities:

Free drinking water shall be available to students during designated meal times and may be available throughout the school day.

School Health Advisory Council will continue at each Washington Local school building with the goal of promoting wellness. The Advisory Council shall adopt the Center for Disease Control and Prevention School Health Index Evaluation Tool as a framework.

D. With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

E. All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines.

F. All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include for classroom parties and at holiday celebrations) shall comply with the food and beverage standards approved by the Principal.

With the objectives of enhancing student health and well being, and reducing childhood obesity, the following nutrition guidelines for all food available on campus during the school day are established:

A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.

B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.

D. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well regardless of unpaid meal balances and without stigma.

E. Nutrition programs such as Mealviewer for cafeteria foods available during the school day shall be readily accessible.

The Board designates the building principals as the individuals charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The administration shall develop administrative guidelines necessary to implement this policy.

The administration shall report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

The Superintendent shall appoint a District-wide Wellness Committee that includes parents, representatives of the school food authority, educational staff (including health and physical education teachers), school health professionals, members of the public, and school administrators to oversee development, implementation, evaluation and periodic update of this policy. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually. School level health advisory teams may assist in the planning and implementation of these Wellness Initiatives.

The Wellness Committee shall be responsible for:

- A. assessment of the current school environment;
- B. review of the District's Wellness policy;
- C. presentation of the Wellness policy to the Board for approval;
- D. measurement of the implementation of the policy; and
- E. recommendation for the revision of the policy, is necessary.

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations.

Review of this policy shall occur every three (3) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to this policy.

Revised 1/21/15

Revised 5/17/17

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Legal 42 U.S.C. 1751, Sec. 204

42 U.S.C. 1771

7 C.F.R. Parts 210 and 220