

Wellness Policy Assessment Tool

La Center School District

School Name La Center Middle School

Reviewer Tammy Brightbill, Lauri Landerholm Date 1/30/20

YES	NO	Question/Practices
X		We encourage the following to participate in the development, implementation and evaluation of our wellness policy: (circle all that apply) <u>Administrators</u> , <u>School Food Service Staff</u> , <u>PE Teachers</u> , Parents, School Board Members, School Health Professionals, Students, Public
	X	Our building has a designee in charge of <u>compliance</u> ? Name/Title _____
X	NO	We make our policy available to the public. Unknown - <u>on website</u>
	X	We measure the implementation of our goals and communicate results to the public.
X		Our district reviews the wellness policy annually.
	X	Our district's written wellness policy includes measurable goals for nutrition education.
X		We offer nutrition education to our students
X		We <u>promote</u> healthy eating and nutrition education with signage, use of <u>creative menus</u> , posters, bulletin boards, etc. - <u>through food service</u>
X		We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them. - <u>Food Service</u>
X		We place fruits and vegetables where they are easy to access (e.g. near the cashier or near the front of the line).
	?	We annually evaluate how to market and promote our school meal program. <u>Unknown</u>
X		We participate in Farm to School activities and/or have a school garden.
	X	We only advertise and promote nutritious foods and beverages on school grounds.
	?	We price nutritious foods and beverages lower than less nutritious foods and beverages. <u>Unknown</u>
	✓	We ensure students have access to hand-washing facilities prior to meals.
	X	We regularly share school meal nutrition, calorie and sodium content information with students and families.
	X	We offer taste-testing or menu planning opportunities to our students.
X		We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
	X	We provide teachers with samples of alternative reward options other

YES	NO	
	X	than food or beverages.
	X	We prohibit the use of food and beverages as a reward.
X		Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
X		We operate the School Breakfast program Circle one: Before School In the Classroom, Grab and Go
X		We follow all nutrition regulations for the National School Lunch Program.
	X	We operate an Afterschool Snack Program.
X		We operate the Fresh Fruit and Vegetable Program.
X		We have a Certified Food Handler as our Food Service Manager.
X		We have adopted and implemented Smart Snacks nutrition standards for All items sold during school hours, including: Circle all that apply A-la-carte offerings , Items in School Stores, Items in Vending Machines , as Fundraisers.
	X	Our district's written wellness policy includes measurable goals for physical activity.
		Elementary schools only: We provide physical education for our students on a weekly basis
X		Middle schools only: We provide physical education for middle school during a term or semester .
		High schools only: We require physical education classes for graduation.
		Elementary schools only: we provide recess for elementary students on a daily basis.
X		We provide opportunities for physical activity integrated throughout the day.
	X	We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
X		Teachers are allowed to offer physical activity as a reward for students.
X		We offer before or after school physical activity through: Circle all that apply competitive sports , non-competitive sports , other clubs .
	X	The district's wellness policy includes measurable goals for other school-based activities that promote wellness.
	X	We provide training to staff on the importance of modeling healthy behaviors.
	X	We have a staff wellness program.
X		We have school district staff who are CPR certified.
	X	We actively promote walk or bike to school for students.
X		We have a recycling/environmental stewardship program.
	X	We have recognition/reward program for students who exhibit healthy behaviors.
	X	We have community partnerships which support programs, projects, events, or activities.
X		Students are taught self-awareness (the ability to identify and name one's

		emotions and their influence on behavior.
X		Students are taught self-management (develop and demonstrate the ability to regulate emotions, thoughts and behaviors).
X		Students are taught self-efficacy (the ability to motivate oneself, persevere and see oneself as capable).
X		Students are taught social awareness (the ability to take the perspective of and empathize with others from diverse backgrounds and cultures).
X		Students are taught social management (the ability to make safe and constructive choices about personal behavior and social interactions).
X		Students are taught social engagement (the ability to consider others and a desire to contribute to the well-being of school and community).
<p>Progress Report: Use this space to indicate any additional wellness practices and/or future goals and describe the progress made in attaining the building's goals of the local wellness policy.</p>		

For more information about this school's wellness policy and practices, please contact:

Name/Title Tammy Brightbill - Health/PE teacher, Daniel Messer -
 Phone/email (360) 263-2136
Counselor

SCHOOL WELLNESS POLICY BUILDING PROGRESS REPORT

School Name: LCMS

Building Wellness Coordinator: Tammy Brightbill, Daniel Thieser

Date: 1/30/20

This tool is to document each school's progress in meeting expectations of the district's wellness policy. Schools should document the steps that have or will be taken.

Wellness Policy Language	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement the goal and list challenges or barriers of implementation.	List next steps that will be taken to implement or expand on goal.
Nutrition Education and Promotion					
EXAMPLE: Nutrition education is offered at each grade level and is part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health	X			Nutrition education is part of the science curriculum in each grade level - or - this is not applicable to our building	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
School Meals- provide students with access to a variety of affordable, nutritious foods. Students will be provided clean and pleasant settings and adequate time to eat. Meals provided meet or exceed standard nutrition requirements established by federal or state regulations.	X			M.S. provides 30 min. lunches.	Switch lunch & recess order at new school. (An option?)
Fundraising Activities- To support children's health and school nutrition education efforts, school fundraising activities during the school day will not involve food or will use only foods that meet the Smart Snack guidelines as the State of Washington does not allow exemptions for fundraisers. Schools are encouraged to utilize fundraisers that promote physical activity. Fundraisers held outside the regular school day are not required to meet the Smart Snack guidelines.		X		M.S. cut down on food fundraisers - Candy cane sales replaced by sock sales. - Elimination of monster cookie sales.	
Snacks- Schools will assess if and when to offer snack times based on timing of school meals, children's nutritional needs, children's age, and other considerations.	X			Vending machine turned off during lunches. - All snacks meet standards	

<p>Food as Reward or Punishment- Schools should not use foods or beverages, especially those that do not meet the Smart Snack guidelines, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.</p>	<p>X</p>	<p>X</p>	<p>Some food rewards continue. No withholding of food as a punishment.</p>	<p>Continue to replace treats or foods with non-food rewards.</p>
<p>Celebrations - Healthy food options are encouraged, but not required to be served during classroom celebrations.</p>	<p>X</p>	<p></p>	<p></p>	<p></p>
<p>School-sponsored Events (such as, but not limited to, athletic events, dances, or performances)- Although foods and beverages sold at school-sponsored events outside the school day are not required to meet the smart snack guidelines, healthy options are encouraged at these events to maintain a consistent health-conscious message.</p>	<p></p>	<p>X</p>	<p></p>	<p></p>
<p>Communications with Parents- The district will provide information about healthy eating as well as physical education and other school-based physical activity opportunities. The district supports parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information through a website, newsletters, other take-home materials, or physical education homework.</p>	<p>X</p>	<p></p>	<p></p>	<p></p>
<p>Staff Wellness- La Center School District highly values the health and well-being of every staff member and supports personal efforts by staff to maintain a healthy lifestyle.</p>	<p>X</p>	<p>X</p>	<p>Report</p>	<p>Consider implementing building wide effort.</p>

<p>Nutrition Education and Promotion - Schools will provide nutrition education and engage in nutrition promotion that:</p> <ul style="list-style-type: none"> • is offered as part of a standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health; • is part of health education classes and classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects; • includes enjoyable, developmentally-appropriate, participatory activities, such as promotions, taste testing, farm and related community visits, and school gardens; • links with school meal programs and nutrition-related community services; and • provide student opportunities, when appropriate, to be involved in food sourcing and recipe development. 	X	X	X	<p>6th health</p> <p>Science ?</p>	
Physical Activity and Physical Education					
<p>Physical Education (P.E.) K-12- Students will receive physical education following the Health and Physical Education Standards for Washington State. Physical education will be taught by a certified physical education teacher.</p>		X			

<p>Daily Recess- All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space and equipment.</p>					
<p>Physical Activity Opportunities Before and After School- All elementary, middle, and high schools will encourage and support extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. After-school child care and enrichment programs will encourage periods of moderate to vigorous physical activity for all participants. Teachers are encouraged to allow physical activity or “brain breaks” during class time.</p>	X				
<p>Physical Activity and Punishment- Withholding physical activity or using physical activity as a consequence will be allowed only as a positive behavior support, or as a logical or natural consequence to student actions.</p>	X				
<p>Use of School Facilities Outside of School Hours- School spaces and facilities are made available when school is not in session to community sports and other organizations offering physical activity and nutrition programs. School policies concerning safety and rental guidelines apply at all times.</p>	x			<p>District facilities are available to all local sports teams or other groups when not in use by athletics,</p>	n/a

Social Emotional Learning					
<p>Staff Training- In order to integrate the awareness, attitudes, knowledge and skills inherent for social emotional well-being into a school wide culture, teachers and all support staff, including volunteers, will be provided training and support to promote and ensure compassionate education.</p>	X			<i>Character Strong</i>	
<p>Comprehensive School Counseling Program- School counselors will support the SEL framework by utilizing the OSPI Comprehensive School Counseling Program for educating and providing interventions for students as appropriate. Counselors will work collaboratively with staff, parents and community organizations to provide students with age-appropriate education and interventions.</p>	X				
<p>Parent Education and/or Communication- Parents will be provided opportunities for education about the SEL standards and benchmarks. These opportunities might be through parent curriculum night, special parenting class offerings or parent support groups as deemed appropriate. Communication will be transparent and ongoing at all school levels to ensure that parents clearly understand why SEL learning is important and how they can help at home to support the culture of wellness. Communication may be in the form of newsletters, handouts, emails, and teacher/counselor websites.</p>		X			