

## Wellness Policy Assessment Tool La Center School District

School Name LCMS

Reviewer Lauri Landerholm Date 6-14-22

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, School Food Service Staff, PE Teachers, Parents, School Board Members, School Health Professionals, Students, Public</u>
X		Our building has a designee in charge of compliance Name/Title <u>Kirby Phillips / Head Cook</u>
X		We make our policy available to the public.
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 promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
X		We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.
X		We place fruits and vegetables where they are easy to access (e.g. near the cashier or near the front of the line).
X		We annually evaluate how to market and promote our school meal program.
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.
X		We price nutritious foods and beverages lower than less nutritious foods and beverages.
X		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	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 <b>Circle one:</b> <u>Before School</u> , 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: <b>Circle all that apply</b> <u>A-la-carte offerings</u> , <u>Items in School Stores</u> , <u>Items in Vending Machines</u> , as Fundraisers.
X		Our district's written wellness policy includes measurable goals for physical activity.
		<b>Elementary schools only:</b> We provide physical education for our students on a weekly basis
X		<b>Middle schools only:</b> We provide physical education for middle school during a term or <u>semester</u> .
		<b>High schools only:</b> We require physical education classes for graduation.
		<b>Elementary schools only:</b> 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: <b>Circle all that apply</b> <u>competitive sports</u> , 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:

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