

## SCHOOL WELLNESS POLICY BUILDING PROGRESS REPORT

School Name: La Center High School Building Wellness Coordinator: Matt Johnson

Date: 6/20/2024

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.
<b>Nutrition Education and Promotion</b>					
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.
<b>School Meals-</b> 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			<ul style="list-style-type: none"> <li>- Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans).</li> <li>- Sliced or cut fruit is available daily.</li> <li>- Daily fruit options are displayed in a location in the line of sight and reach of students.</li> <li>- All available vegetable options have been given creative or descriptive names.</li> <li>- Daily vegetable options are bundled into all grab-and-go meals available to students.</li> <li>- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.</li> <li>- White milk is placed in front of other beverages in all coolers.</li> <li>- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.</li> <li>- A reimbursable meal can be created in any service area available to</li> </ul>	<ul style="list-style-type: none"> <li>- Continue to advertise the integration of locally grown products with students.</li> </ul>

				<p>students (e.g., salad bars, snack rooms, etc.).</p> <ul style="list-style-type: none"> <li>- Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.</li> <li>- Student artwork is displayed in the service and/or dining areas.</li> <li>- Daily announcements are used to promote and market menu options.</li> </ul>	
<p><b>Fundraising Activities-</b> 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.</p>	x			<ul style="list-style-type: none"> <li>- Guidelines in place not allowing food to be used for fundraisers.</li> <li>- Fundraisers in place that involve activity such as sports camps.</li> </ul>	<ul style="list-style-type: none"> <li>- Will look to encourage more activity based fundraisers.</li> </ul>
<p><b>Snacks-</b> 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.</p>	x			<ul style="list-style-type: none"> <li>- Breakfast and Lunch served that meet all guidelines for nutrition</li> </ul>	<p>Will look into the need for snack needs if necessary with student input.</p>
<p><b>Food as Reward or Punishment-</b> 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>	x			<ul style="list-style-type: none"> <li>- Food or beverages are not used for rewards or punishment.</li> <li>- Food not withheld for students.</li> </ul>	<ul style="list-style-type: none"> <li>- Continue to monitor this policy and look for other ways to reward students.</li> </ul>
<p><b>Celebrations</b> - Healthy food options are encouraged, but not required to be served during classroom celebrations.</p>	x			<ul style="list-style-type: none"> <li>- Healthy Food options are encouraged for any class celebrations</li> </ul>	<ul style="list-style-type: none"> <li>- Will work to continue to promote this in classes.</li> </ul>
<p><b>School-sponsored Events</b> (such as, but not limited to, athletic events, dances, or performances)- Although foods and beverages sold at school-sponsored events outside the</p>		x		<ul style="list-style-type: none"> <li>- Some healthy alternatives are sold at events.</li> </ul>	<ul style="list-style-type: none"> <li>- Look to increase the amount of healthy options during school events.</li> </ul>

<p>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><b>Communications with Parents-</b> 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>	x		<ul style="list-style-type: none"> <li>- District shares information via website, newsletters, and other modes regarding healthy eating options and physical activity opportunities.</li> </ul>	<ul style="list-style-type: none"> <li>- Will continue this messaging and look for further opportunities to share information.</li> </ul>
<p><b>Staff Wellness-</b> 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>	x		<ul style="list-style-type: none"> <li>- Staff are exposed to and encouraged to participate in wellness activities via programs and period district competitions to promote physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>- Continue to expand the promotional efforts to staff regarding wellness.</li> </ul>

<p><b>Nutrition Education and Promotion -</b> Schools will provide nutrition education and engage in nutrition promotion that:</p> <ul style="list-style-type: none"> <li>• 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;</li> <li>• is part of health education classes and classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;</li> <li>• includes enjoyable, developmentally-appropriate, participatory activities, such as promotions, taste testing, farm and related community visits, and school gardens;</li> <li>• links with school meal programs and nutrition-related community services; and</li> <li>• provide student opportunities, when appropriate, to be involved in food sourcing and recipe development.</li> </ul>		x		<p>-Nutritional information shared throughout the district.</p> <ul style="list-style-type: none"> <li>- Health Classes that all students take for graduation are centered on the state health standards including nutrition.</li> <li>- Farm visits to promote locally sourced occur</li> <li>- Student input gathered to develop meal plans and menus</li> </ul>	<ul style="list-style-type: none"> <li>- Nutrition and Wellness class is being offered next school year</li> </ul>
<b>Physical Activity and Physical Education</b>					
<p><b>Physical Education (P.E.) K-12-</b> 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>PE offered at the high school that follows Health and PE state standards taught by certified teachers.</p>	<p>Will continue to offer PE classes teaching state standards by certified teachers.</p>

<p><b>Daily Recess-</b> 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>			x	<ul style="list-style-type: none"> <li>- Not applicable to HS</li> <li>- Do provide opportunities during lunch for physical activity in Gym</li> </ul>	<ul style="list-style-type: none"> <li>- Will work to allow more opportunities when appropriate for physical activity</li> </ul>
<p><b>Physical Activity Opportunities Before and After School-</b> 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			<ul style="list-style-type: none"> <li>- With a vibrant athletics program students have multiple opportunities for physical activity.</li> <li>- Weight room open year round before and after school for any student</li> <li>- Ropes course available for supervised student use</li> </ul>	<ul style="list-style-type: none"> <li>- Will continue to support opportunities and grow our athletics programs.</li> </ul>
<p><b>Physical Activity and Punishment-</b> 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			<ul style="list-style-type: none"> <li>- This does not occur unless it involves a natural consequence</li> </ul>	This will continue to be followed.
<p><b>Use of School Facilities Outside of School Hours-</b> 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			District facilities are available to all local sports teams or other groups when not in use by athletics or community education.	n/a

<b>Social Emotional Learning</b>					
<p><b>Staff Training-</b> 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		<p>Professional Development has focused on supporting students in a variety of ways including suicide prevention.</p>	<ul style="list-style-type: none"> <li>- Will continue to grow lessons for staff around compassionate education for our professional development program.</li> </ul>
<p><b>Comprehensive School Counseling Program-</b> 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>Counselors currently developing comprehensive School Counseling Program district wide.</p>	<ul style="list-style-type: none"> <li>- Counselors will be supported to continue this work to develop the plan.</li> </ul>
<p><b>Parent Education and/or Communication-</b> 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		<ul style="list-style-type: none"> <li>- Information shared</li> <li>- As the plan developed, more information was shared district wide with families via multiple outlets.</li> </ul>	<ul style="list-style-type: none"> <li>- District and school committed to full transparency when possible.</li> <li>- Communication will continue to be developed and shared with families as developed.</li> </ul>