

# SCHOOL WELLNESS POLICY BUILDING PROGRESS REPORT

School Name: LCMS

Date: June 17, 2024

Building Wellness Coordinator: Lauri Landerholm

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				
<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.	X			Traditional Valentine's Day fundraiser of selling Soda pop was replaced with selling socks + stuffed animals	
<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.	X				

<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	<p>3 of 4 levels of Character Strong award winners are not-Food items.</p>	<p>Find + exchange the 1 item to be fully in Compliance.</p>
<p><b>Celebrations</b> - Healthy food options are encouraged, but not required to be served during classroom celebrations.</p>		X	<p>few in class celebrations happen - maybe 2 per yr</p>	
<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 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>		X	<p>Snacks provided at School dances are thought fully selected. Pop has been replaced with water</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	<p>Addition of a monthly newsletter provides more communication opportunities</p>	
<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	<p>D.O. Efforts to implement healthy challenges to increase movement.</p>	

<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>Nutrition Ed is part of required health class at all grades</p>	
<p><b>Physical Activity and Physical Education</b> 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>PE instructors are NOT certified PE teachers?</p>	<p>Encourage adding PE endorsement</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>	<p>X</p>		<p>MS has 20 mins of recess accessible everyday</p>	
<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>	<p>X</p>		<p>Many sports available after school. Teachers regularly allow "brain breaks" during classes</p>	
<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>	<p>X</p>		<p>Not part of our policy or practice</p>	
<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>	<p>x</p>		<p>District facilities are available to all local sports teams or other groups when not in use by athletics or community education.</p>	<p>n/a</p>

Social Emotional Learning						
<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>Currently use Character Strong Curriculum in home room classes twice per week</p>	<p>Establish volunteer training</p>	
<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><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		<p>SEL info shared w/parents via health classes</p>	<p>Add SEL pieces each month to the Newsletter</p>	

