

SCHOOL WELLNESS POLICY BUILDING PROGRESS REPORT– 2023-2024 School Year

School Name: La Center Elementary _____ Building Wellness Coordinator: Greg Hall / Steve Avery

Date: May 1, 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.
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			We measure the implementation of our goals and communicate results to the public. Our district reviews the wellness policy annually. Our district's written wellness policy includes measurable goals for nutrition education. We place fruits and vegetables where they are easy to access (e.g. near the cashier or near the front of the line). We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.	

<p>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.</p>	X		<p>We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: A-la carte offerings, Items in School Stores, as Fundraisers.</p> <p>We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.</p>	
<p>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.</p>	X		<p>Our district’s written wellness policy includes measurable goals for nutrition education.</p> <p>We operate an Afterschool Snack Program. (ASK after school care)</p>	
<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>	X		<p>We prohibit the use of food and beverages as a reward.</p>	
<p>Celebrations - Healthy food options are encouraged, but not required to be served during classroom celebrations.</p>	X		<p>We provide teachers with samples of alternative reward options other than food or beverages.</p> <p>We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.</p>	
<p>School-sponsored Events (such as, but not limited to, athletic events, dances, or performances)-</p>	X		<p>We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during or after school hours</p>	

<p>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>including: A-la carte offerings, Items in School Stores, as Fundraisers.</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>	X		<p>We regularly share school meal nutrition, calorie and sodium content information with students and families.</p> <p>We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.</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>	X		<p>The district’s wellness policy includes measurable goals for other school-based activities that promote wellness.</p> <p>We provide training to staff on the importance of modeling healthy behaviors.</p> <p>We have a staff wellness program.</p> <p>We encourage the following to participate in the development, implementation and evaluation of our wellness policy: (circle all that apply) Administrators, School Food Service Staff, PE Teachers, School Health Professionals,</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			<p>We make our policy available to the public.</p> <p>We offer nutrition education to our students</p> <p>We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.</p> <p>We offer taste-testing or menu planning opportunities to our students.</p> <p>We regularly share school meal nutrition, calorie and sodium content information with students and families.</p> <p>We have a recycling/environmental stewardship program.</p>	
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Physical Activity and Physical Education					
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<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>Teachers are allowed to offer physical activity as a reward for students.</p> <p>Students receive PE classes for 40-80 minutes each week by a highly qualified teacher.</p>	
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<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>	X			<p>Students receive 40-45 minutes of supervised recess time each day.</p> <p>Multiple options for play are provided.</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>We actively promote walking or biking to school for students.</p> <p>The school teams up with our community education program to actively promote activities after school hours.</p>	
<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>The school implements Positive Behavioral Intervention Supports (PBIS) as a method to promote positive behaviors.</p>	
<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 or community education.</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			<p>We utilize a researched based SEL curriculum that is used with high fidelity by staff and students.</p> <p>Our building student improvement plan includes at least one SEL goal that is anchored on data and monitored throughout the school year.</p>	
<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>School counselors meet regularly with administration to collaborate and support students' needs. Counselors have a high student contact percentage for counseling support.</p>	
<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			<p>Parent nights, school newsletters, classroom newsletters, PTO events and other communications highlight the work that students and staff are implementing at school. Parent feedback is sought out and taken into consideration.</p>	