

# Idaho Wellness Policy Progress Report

This form provides information on wellness policy requirements (indicated in bold) and practices to use within your school. Complete this tool to track your progress and gather ideas on ways to create a healthier school environment.

District Name  District Number  Date of Evaluation

School Name  Most recent review by Wellness Committee

Select all grades: PK  K  1  2  3  4  5  6  7  8  9  10  11  12

## Yes No I. Public Involvement

**We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:**

- Administrators  School Food Service Staff  P.E. Teachers  Parents
- School Board Members  School Health Professionals  Students  Public

**We have a designee with the authority /responsibility to ensure each school is in compliance with the wellness policy.**

Name/Title:

**We make our wellness policy and updates available to the public annually.**

Please describe:

**We communicate the results of wellness policy implementation and progress toward our policy goals to the public.**

Please describe:

**At a minimum, our district reviews the wellness policy for compliance & adherence to best practices every three years.**

## Yes No II. Nutrition Education

**The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.**

We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

We offer nutrition education to students in:  Elementary School  Middle School  High School

## Yes No III. Nutrition Promotion

**The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.**

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement various techniques.

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals.

We annually evaluate how to market and promote our school meal program(s).

We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

We price nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruits or non-fried vegetables in:  Vending Machines  School Stores  Snack Bars  À La Carte

We utilize student feedback to improve the quality of the school meal programs.

We provide teachers with samples of non-food reward options.

We prohibit the use of food and beverages as a reward.

Yes No **IV. Nutrition Guidelines**

- The wellness policy includes written nutrition guidelines for all foods/beverages available during the school day.*
- We follow Federal nutrition regulations for all foods and beverages available for sale on campus during the school day.*
- We follow the district's written nutrition standards for non-sold foods/beverages available on campus during school.*
- We operate the School Breakfast program:  Before School  In the Classroom  Grab & Go  Second Chance
- Our Food Service Staff attends professional development opportunities (e.g., program administration, nutrition, safety).
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
  - as À La Carte Offerings  in School Stores  in Vending Machines  as Fundraisers (excluding exemptions)

Yes No **V. Policy for Food and Beverage Marketing**

- The wellness policy permits marketing of only those foods/beverages that meet the competitive food requirements.*
- Food and beverage marketing meets Smart Snack standards, including the following advertising avenues:
  - Signage  Scoreboards  School Stores  Cups  Vending Machines  Food Service Equipment

Yes No **VI. Physical Activity**

- The wellness policy includes specific/measurable goals for physical activity using evidence-based strategies.*
- We provide physical education for elementary students on a weekly basis. # of Min/Wk
- We provide physical education for middle school students during a term or semester. # of Min/Wk
- We require physical education classes for graduation (high schools only). # Credits to graduate
- We provide recess for elementary students on a daily basis. # of Min/day
- We provide opportunities for physical activity integrated throughout the day (e.g., classroom energizers).
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity.  Competitive sports  Non-competitive sports  Other clubs

Yes No **VII. Other School Based Wellness Activities**

- The wellness policy includes specific/ measurable goals for other school-based wellness activities.*
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on:  Nutrition  Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- We have programs to support total wellness (e.g., drug prevention, mental health, social, and emotional health programs).
- We have a recycling / environmental stewardship program.
- We have a recognition / reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

**VIII. Progress Report:** *Indicate any additional wellness practices taking place and describe progress made in attaining the goals of your wellness policy.*

Fresh Fruit and Vegetables grant recipient

**IX. Contact Information:**

For more information about this school's wellness policy/practices, or for ways to get involved, contact the Wellness Committee Leader:

Name  Position/Title

Email  Phone