|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Requirement | Implementation Strategy | Implementation Plan | **Person /Team****responsible** | **Date Due** | **Date Implemented** | Monitoring Plan | **Policy** **Compliance?****Action Plan to correct** | **Eval.****Date** |
| Public Involvement Collaborative community Wellness Team to develop, implement and review policy |  |  |  |  |  |  |  |  |
| [ ]  | Build a Wellness Team including: parents, teachers, physical education instructors,school health professionals, school board and administration, and community members |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]   | Wellness Team meets a minimum of 4 times/year |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| Nutrition GuidelinesStandards for all food available on school campus |  |  |  |  |  |  |  |  |
| [ ]   | School breakfast (USDA guidelines*, Grab & Go, Universal, Classroom)* |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | School lunch (USDA guidelines, *scratch-made, healthy menu changes, farm to school)* |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Increase availability of fruits and vegetables (e.g. salad bar, farm stand) |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Free water available during lunchtime |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ] [ ] [ ]  | Competitive foods:A la CarteVending MachinesSchool Store, Concessions |  |  |  |  |  | [ ]  Yes [ ]  No[ ]  Yes [ ]  No[ ]  Yes [ ]  No |  |
| [ ]  | Classroom/school celebrations |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Using non-food rewards |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Healthy fundraisers |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ] [ ]  | Providing sufficient lunch times10 minutes to eat breakfast after sitting down20 minutes to eat lunch after sitting down |  |  |  |  |  | [ ]  Yes [ ]  No[ ]  Yes [ ]  No |  |
| Nutrition Education Goals for nutrition education |  | * Standards based nutrition education
* Integrated into curricula
* Education links with school environment
 |  |  |  |  |  |  |
| [ ]  | Classroom –based (incorporated into curriculum, skill-based, cooking classes) |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]   | Cafeteria interventions (Myplate information, “Eat the colors of the rainbow” themes) |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Foodservice staff education (*scratch cooking, healthy meals)* |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Staff training (Continuing education on Nutrition) |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Home and community (Sending information home, community education-Nutrition /Physical Activity nights) |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| Nutrition PromotionChanging the school environment to support healthy eating |  |  |  |  |  |  |  |  |
| [ ]  | Become a Healthier US School  |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Become a Team Nutrition School |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Cafeteria ambiance/education (*supervision, noise level, visual appealing, etc.)* |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Apply USDA Fresh Fruit and Vegetable program |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | School garden |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Taste of Washington/Taste testing days |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Community meal events |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Newsletters, parent letters |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Health Fair |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Staff models healthy eating |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| Physical EducationGoals for physical education |  | * Standards based physical education
* Focus is on health and fitness
 |  |  |  |  | [ ]  Yes [ ]  No |  |
| Physical Education |  |  |  |  |  |  |  |  |
| [ ] [ ]  | Minutes/day or weekElementary (minimum 100 minutes/week)Secondary (minimum 180 minutes/week) |  |  |  |  |  | [ ]  Yes [ ]  No[ ]  Yes [ ]  No |  |
| [ ] [ ]  | CurriculumAligned to state and/or national standardsHealth & wellness focus versus sports focus |  |  |  |  |  | [ ]  Yes [ ]  No[ ]  Yes [ ]  No |  |
| [ ]  | Assessment (Fitness testing/Fitness Gram) |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Taught by a certified PE teacher |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| Physical Activity |  | * Integrated into classroom
 |  |  |  |  |  |  |
| [ ]  | Recess (minimum requirement 20 minutes/day) |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Recess before lunch |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Physical activity breaks in classes |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Access to school facilities  |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Safe Routes to school (supporting safe walking & biking to/from school) |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Before/After School PA program (5 K, walking program, fitness club) |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Staff training (Continuing education on physical activity) |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | PE/PA not used as punishment or withheld as punishment |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| Public Notification | Inform and update public about content, implementation, and compliance |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Website, handbook, or newsletter/newspaper |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Staff and parent letter, student assembly |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Report to school board |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| Implementation and Assessment |  |  |  |  |  |  |  |  |
| [ ]  | Measure implementation of policy periodically |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Inform public of progress made in attaining goals of policy |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Identify one or more persons to oversee progress of policy |  |  |  |  |  | [ ]  Yes [ ]  No |  |
| [ ]  | Review wellness policy annually and update as necessary |  |  |  |  |  | [ ]  Yes [ ]  No |  |

