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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 Guidelines  Standards 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 Carte  Vending Machines  School 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 times  10 minutes to eat breakfast after sitting down  20 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 Promotion    Changing 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 Education  Goals for physical education |  | * Standards based physical education * Focus is on health and fitness |  |  |  |  | Yes  No |  |
| Physical Education |  |  |  |  |  |  |  |  |
|  | Minutes/day or week  Elementary (minimum 100 minutes/week)  Secondary (minimum 180 minutes/week) |  |  |  |  |  | Yes  No  Yes  No |  |
|  | Curriculum  Aligned to state and/or national standards  Health & 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 |  |

