

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name *La Center School District*

Reviewer *Lauri Landerholm*

School Name *La Center Middle School*

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 in charge of compliance.

Name/Title:

Daniel Thiessen/counselor Tammy Brightbill/Teacher

We make our policy available to the public.

Please describe:

available on website - emailed as part of annual notifications

We measure the implementation of our policy goals and communicate results to the public.

Please describe:

Results not yet communicated to public; policy/prac only in place since July/07

Our district reviews the wellness policy at least annually. *will review annually*

Yes No II. Nutrition Education

Our district's written wellness policy includes measurable goals for nutrition education.

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

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

Yes No III. Nutrition Promotion

Our district's written wellness policy includes measurable goals for nutrition promotion.

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 some of them.

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, calorie, and sodium content information 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 only 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 have nutritional standards for foods/beverages served at school parties, celebrations, events, etc. *healthy options encouraged*

We provide teachers with samples of alternative reward options other than food or beverages.

We prohibit the use of food and beverages as a reward. *Working on this*

(Cont. on page 2)

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program: Before School In the Classroom Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- 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

Yes No **V. Physical Activity**

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis. *NS*
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis. *NS*
- We provide opportunities for physical activity integrated throughout the day.
- 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 **VI. Other School Based Wellness Activities**

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- 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 actively promote walk or bike to school for students with Safe Routes to School or other related 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.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

See attached

VIII. Contact Information:

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

Name	<input type="text" value="Tammy Lichtler"/>	Position/Title	<input type="text" value="Admin Asst. To Sup"/>
Email	<input type="text" value="tammy.lichtler@lacenterschools.org"/>	Phone	<input type="text" value="360 263 2131"/>

SCHOOL WELLNESS POLICY BUILDING PROGRESS REPORT

School Name: La Center Middle School

Building Wellness Coordinator: Daniel Thiesen & Tammy Brightbill

Date: December 17, 2018

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	Partly 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.
<p>Nutrition Education and Promotion</p> <p>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</p>	X			<p>Nutrition education is part of the science curriculum in each grade level - or - this is not applicable to our building</p>	<p>Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.</p>
<p>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.</p>	X			<ul style="list-style-type: none"> • Free Salad bar access to students • Students have 30 minutes to eat their lunch 	<ul style="list-style-type: none"> • Continue offering free salad bar opportunity
<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		<ul style="list-style-type: none"> • Reducing the number of MS fundraisers that involve unhealthy food. 	<ul style="list-style-type: none"> • Continue to reduce unhealthy food fundraisers to meet district policy
<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			<ul style="list-style-type: none"> • Vending machine items changed out to match the list of approved Smart Snacks 	<ul style="list-style-type: none"> • Continue to offer only Smart Snacks

<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	<ul style="list-style-type: none"> Teachers are aware of this policy and are working towards rewarding student successes with non-food items 	<ul style="list-style-type: none"> Continue to strive to meet this goal.
<p>Celebrations - Healthy food options are encouraged, but not required to be served during classroom celebrations.</p> <p>School-sponsored Events (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		<ul style="list-style-type: none"> Staff aware of this Snacks provided at School dances are more healthy than in the past, but can still be improved. 	<ul style="list-style-type: none"> Continue work to meet this goal. Continue to work on this
<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 ← X	<ul style="list-style-type: none"> No parent communication from the MS, other than from PE teachers on their class syllabus. 	<ul style="list-style-type: none"> Reach out to parents to communicate healthy changes
<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	<ul style="list-style-type: none"> Nothing new yet. 	<ul style="list-style-type: none"> Have wellness Coordinator brainstorm ideas here

<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>MS Students have access to daily lunch recess for up to 20 mins.</p>	<p>Continue to open the gym before school for students to play.</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	<ul style="list-style-type: none"> • Extra Curricular Sports available to 2+8 grades. • Gym open to students in the mornings before school. • Some teachers allow brain breaks during class. 	<ul style="list-style-type: none"> • Continue E.C. Sports • Encourage more brain breaks in class • Explore more activity for 6th Grade
<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		<ul style="list-style-type: none"> • Punishment/Consequences do not include withholding activity. 	<p>—</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

<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. 			<p>• Nutrition Education provided in health class portion of PE.</p>	<p>• Not in other subjects consistently.</p>
<p>Physical Activity and Physical Education 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>• Fully aligned to PE Standards • 1/2 teachers PE certified.</p>	<p>• Continue plan of assistance for non-certified PE teachers.</p>

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>			<ul style="list-style-type: none"> MS follows the Character Strong SEL Curriculum. 	<ul style="list-style-type: none"> Continue implementation of Character Strong in homeroom classes and building-wide. 	
<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		<ul style="list-style-type: none"> Last year the district added 1 full time MS Counselor. Comprehensive School Counseling Program is established. 	<ul style="list-style-type: none"> Continue Full Time Support for School Counselor. 	
<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	<ul style="list-style-type: none"> Advertising of ESD's parenting classes in January 	<ul style="list-style-type: none"> Continue to improve parent information & communication 	

