

## Wellness Policy Assessment Tool La Center School District

School Name La Center Elementary (K-5)

Reviewer M. NOLAN + ES TEAM Date 24 JAN. 2020

YES	NO	Question/Practices
✓		We encourage the following to participate in the development, implementation and evaluation of our wellness policy: (circle all that apply) <u>Administrators</u> , <u>School Food Service Staff</u> , <u>PE Teachers</u> , Parents, School Board Members, <u>School Health Professionals</u> , Students, Public
		Our building has a designee in charge of compliance Name/Title _____
		We make our policy available to the public.
		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 offer nutrition education to our students
✓		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 cashier or near the front of the line).
		We annually evaluate how to market and promote our school meal program.
	✓	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.
		We price nutritious foods and beverages lower than less nutritious foods and beverages.
✓		We ensure students have access to hand-washing facilities prior to meals.
		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 have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
✓		We provide teachers with samples of alternative reward options other

YES	NO	than food or beverages.
	✓	We prohibit the use of food and beverages as a reward.
✓		Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
✓		We operate the School Breakfast program <b>Circle one:</b> <u>Before School</u> , In the Classroom, Grab and Go
✓		We follow all nutrition regulations for the National School Lunch Program.
	✓	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: <b>Circle all that apply</b> A-la carte offerings, Items in School Stores, Items in Vending Machines, as Fundraisers.
		Our district's written wellness policy includes measurable goals for physical activity.
✓		<b>Elementary schools only:</b> We provide physical education for our students on a weekly basis
		<b>Middle schools only:</b> We provide physical education for middle school during a term or semester.
		<b>High schools only:</b> We require physical education classes for graduation.
✓		<b>Elementary schools only:</b> we provide recess for elementary students on a daily basis.
✓		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 through: <b>Circle all that apply</b> competitive sports, non-competitive sports, other clubs.
		The district's 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 have a staff wellness program.
✓		We have school district staff who are CPR certified.
✓		We actively promote walk or bike to school for students.
✓		We have a recycling/environmental stewardship program.
	✓	We have recognition/reward program for students who exhibit healthy behaviors.
✓		We have community partnerships which support programs, projects, events, or activities.
✓		Students are taught self-awareness (the ability to identify and name one's

		emotions and their influence on behavior.
✓		Students are taught self-management (develop and demonstrate the ability to regulate emotions, thoughts and behaviors).
✓		Students are taught self-efficacy (the ability to motivate oneself, persevere and see oneself as capable).
✓		Students are taught social awareness (the ability to take the perspective of and empathize with others from diverse backgrounds and cultures).
✓		Students are taught social management (the ability to make safe and constructive choices about personal behavior and social interactions).
✓		Students are taught social engagement (the ability to consider others and a desire to contribute to the well-being of school and community).
<p>Progress Report: Use this space to indicate any additional wellness practices and/or future goals and describe the progress made in attaining the building's goals of the local wellness policy.</p>		

For more information about this school's wellness policy and practices, please contact:

Name/Title SCOTT LINCOLN OR MIKE NOLAN

Phone/email \_\_\_\_\_

## SCHOOL WELLNESS POLICY BUILDING PROGRESS REPORT

School Name: Primary (PK-2) and Intermediate (3-5)

Emotional Wellness Coordinators: Lisa Halstrom/Tami Karchesky

Nutrition/Physical Education: Pete Sloniker/Amy Wise

Date: January 21, 2020

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.
<b>Nutrition Education and Promotion</b>					
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			Offered in P.E.	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
<b>School Meals-</b> 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			Implemented by district cafeteria staff per Federal and State regulations	A fifth grade student is starting a student-led "Food Nutrition Advisory Team"
<b>Fundraising Activities-</b> 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.	x			Bobcat Walk/Run is the only school-wide fundraiser: annual proceeds are used to support recess activities, games and equipment (students vote on what to purchase), as well as Field Days	
<b>Snacks-</b> Schools will assess if and when to offer snack times based on timing of school meals, children's nutritional needs,	x			Grade level and individual teachers encourage students to bring healthy snacks, and many provide time/opportunities to partake.	

children's age, and other considerations.				Healthy snacks are available in Resolution Room – donated daily by students or cafeteria.  Snack time based on age/grade level of students	
<b>Food as Reward or Punishment-</b> 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.	x				
<b>Celebrations</b> - Healthy food options are encouraged, but not required to be served during classroom celebrations.	x			Implemented by classroom teachers	
<b>School-sponsored Events</b> (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.	x			PTO-sponsored activities include a variety of snacks.  Bobcat Run/Walk: water bottles are given to each student  Drinking water is encouraged  Seasonal food drive: Healthy celebrations are provided to classes that donate the most food.	Encourage PTO to provide additional healthy options at PTO-sponsored events.
<b>Communications with Parents-</b> 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.	x			LCSD website includes information on school meals, snacks, etc.	
<b>Staff Wellness-</b> LCSD highly values the health and well-being of every staff member and supports personal efforts by staff to maintain a healthy lifestyle.				Self-care information provided at staff meetings	

<p><b>Nutrition Education and Promotion -</b> Schools will provide nutrition education and engage in nutrition promotion that:</p> <ul style="list-style-type: none"> <li>● 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;</li> <li>● is part of health education classes and classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;</li> <li>● includes enjoyable, developmentally-appropriate, participatory activities, such as promotions, taste testing, farm and related community visits, and school gardens;</li> <li>● links with school meal programs and nutrition-related community services; and</li> <li>● provide student opportunities, when appropriate, to be involved in food sourcing and recipe development.</li> </ul>	x			Nutrition education is provided as part of the curriculum in PE classes in grades K-5.	
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<b>Physical Activity and Physical Education</b>					
<p><b>Physical Education (P.E.) K-12-</b> 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>					

<p><b>Daily Recess-</b> 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>K/1<sup>st</sup>: One 20-minute recess and two 15-minute recesses outdoors  2<sup>nd</sup>-5<sup>th</sup>: Two 20-minute recesses outdoors</p>	
<p><b>Physical Activity Opportunities Before and After School-</b> 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>Students can participate in sports programs through Community Education</p> <p>“Happy Feet” track/lap program</p> <p>4<sup>th</sup>/5<sup>th</sup> grade Bike Clubs</p>	<p>Provide space and equipment to help staff exercise</p> <p>Organize an after-school Zumba class for staff</p> <p>For parents: teach yoga and mindful meditation, along with elements of character education so they can hear the language used at school</p>
<p><b>Physical Activity and Punishment-</b> 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>Some students may miss PE or recess as a consequence for safety concerns or misbehavior.</p>	
<p><b>Use of School Facilities Outside of School Hours-</b> 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

<b>Social Emotional Learning</b>				
<p><b>Staff Training-</b> 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>ACES/trauma-informed: whole-staff training (including paras and certified substitutes)</p> <p>Whole Child Team</p> <p>Book Talk: <u>"Help for Billy"</u></p>	
<p><b>Comprehensive School Counseling Program-</b> 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>"Character Crossroads:" monthly lesson in every classroom and family newsletters sent via Skyward to encourage involvement at home.</p> <p>Collaborating with mental health agencies and community support services</p> <p>Special events: Start with Hello, Unity Day, Kindness Challenge, NED Show</p> <p>Individual and small group counseling</p> <p>MTSS and Tier 3</p> <p>Collaboration with educational team: teachers, parents, student</p> <p>"Skills for Growing" curriculum used in Student Success class as part of the K-3 specials rotation</p> <p>"Kindness Korner" curriculum used for Kindergarten students</p>	

<p><b>Parent Education and/or Communication-</b> 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>	<p>x</p>		<p>“Purposefull People” family newsletter sent home via Skyward monthly to address monthly theme.</p> <p>Counselor’s website</p> <p>Counselor’s Corner in school newsletter</p> <p>Develop and maintain community resource list for district website</p> <p>Love and Logic parenting classes</p> <p>Information table during Open House</p> <p>Presentations at monthly PTO meetings</p>	
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