

Wellness Policy Assessment Tool

La Center School District

School Name _____ La Center High School

Reviewer _____ Carol Patton _____ Date _____ February 19, 2020 _____

YES	NO	Question/Practices
X		We encourage the following to participate in the development, implementation and evaluation of our wellness policy: (circle all that apply) Administrators, School Food Service Staff, PE Teachers, Parents, School Board Members, School Health Professionals, Students, Public
X		Our building has a designee in charge of compliance Name/Title _____ Carol Patton, LCHS Principal
X		We make our policy available to the public.
X		We measure the implementation of our goals and communicate results to the public.
X		Our district reviews the wellness policy annually.
X		Our district's written wellness policy includes measurable goals for nutrition education.
X		We offer nutrition education to our students
X		We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
X		We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.
X		We place fruits and vegetables where they are easy to access (e.g. near the cashier or near the front of the line).
X		We annually evaluate how to market and promote our school meal program.
X		We participate in Farm to School activities and/or have a school garden.
X		We only advertise and promote nutritious foods and beverages on school grounds.
	n/a	We price nutritious foods and beverages lower than less nutritious foods and beverages.
X		We ensure students have access to hand-washing facilities prior to meals.
X		We regularly share school meal nutrition, calorie and sodium content information with students and families.
X		We offer taste-testing or menu planning opportunities to our students.
X		We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
X YES	NO	We provide teachers with samples of alternative reward options other than food or beverages.
	X	We prohibit the use of food and beverages as a reward.

X		Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
X		We operate the School Breakfast program Circle one: Before School, In the Classroom, Grab and Go
X		We follow all nutrition regulations for the National School Lunch Program.
	X	We operate an Afterschool Snack Program.
X		We operate the Fresh Fruit and Vegetable Program.
X		We have a Certified Food Handler as our Food Service Manager.
X		We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: Circle all that apply A-la carte offerings, Items in School Stores, Items in Vending Machines, as Fundraisers.
X		Our district's written wellness policy includes measurable goals for physical activity.
	n/a	Elementary schools only: We provide physical education for our students on a weekly basis
	n/a	Middle schools only: We provide physical education for middle school during a term or semester.
X		High schools only: We require physical education classes for graduation.
	n/a	Elementary schools only: we provide recess for elementary students on a daily basis.
X		We provide opportunities for physical activity integrated throughout the day.
	n/a	We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
X		Teachers are allowed to offer physical activity as a reward for students.
X		We offer before or after school physical activity through: Circle all that apply competitive sports, non-competitive sports, other clubs.
X		The district's wellness policy includes measurable goals for other school-based activities that promote wellness.
	X	We provide training to staff on the importance of modeling healthy behaviors.
X		We have a staff wellness program.
X		We have school district staff who are CPR certified.
X		We actively promote walk or bike to school for students.
X		We have a recycling/environmental stewardship program.
	X	We have recognition/reward program for students who exhibit healthy behaviors.
X		We have community partnerships which support programs, projects, events, or activities.
X		Students are taught self-awareness (the ability to identify and name one's emotions and their influence on behavior).
X		Students are taught self-management (develop and demonstrate the ability to regulate emotions, thoughts and behaviors).

X		Students are taught self-efficacy (the ability to motivate oneself, persevere and see oneself as capable).
X		Students are taught social awareness (the ability to take the perspective of and empathize with others from diverse backgrounds and cultures).
X		Students are taught social management (the ability to make safe and constructive choices about personal behavior and social interactions).
X		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: Carol Patton, LCHS Principal

Phone/email: 360-263-1700

SCHOOL WELLNESS POLICY BUILDING PROGRESS REPORT

School Name: La Center High School Building Wellness Coordinator: Carol Patton

Date: 2/19/2020

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	Partia lly 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.
Nutrition Education and Promotion					
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			Nutrition education is part of the science curriculum in each grade level - or - this is not applicable to our building	Explore additional lessons and activities that incorporate nutrition education into math, reading and social studies.
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.	X			Students have a choice of two meals at a minimum. We also have a salad bar that has a wide variety of fruits and vegetables that are free to all students and staff in the building. Many of the items that are seasonal come from farmers in the area.	n/a
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.	X			We do not allow any kind of food to be sold for school fundraisers.	n/a
Snacks- Schools will assess if and when to offer snack times based on timing of school meals, children's nutritional	X			We do not offer snacks in the high school. Students can purchase water, fill up water bottles for free, and/or get food from the	n/a

needs, children's age, and other considerations.				Care Closet if they are hungry during the day. The food is provided by the Local Food Bank	
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.		X		For the most part, we do not provide snacks as rewards at anytime throughout the high school. Occasionally a staff member will bring in something to share with students in clubs and social events. We NEVER withhold food from students for any reason.	We continue to educate staff what would be an appropriate food items from the Smart Snack guidelines.
Celebrations - Healthy food options are encouraged, but not required to be served during classroom celebrations.	X			We recognize this and try to abide.	n/a
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.	X			We are finding that more and more students are wanting to eat healthy snacks over others. Several of the items we provide in the concession stands meet the guidelines.	n/a
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.	X			LCHS has 68% of the student body involved in a sport after the school day. Coaches communicate expectations of their athletes, including suggestions of what a healthy diet look like. Parents also work together to provide healthy meals and/or snacks for students during the practices and away games.	n/a
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.	X			Yes, we support personnel in their efforts to maintain a healthy lifestyle. We even have discussions with staff that support self care ideas.	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. 	X			<p>All 9th graders take health class and it is part of their graduation requirement. Within the health class, students have a unit on the items listed to the left. We even have had a Social Studies teacher take a class to a farm to table family farm where students could see what families do to help with organic vegetables and fruits.</p>	n/a
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Physical Activity and Physical Education					
<p>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>Yes. All 9th graders receive 1 semester of PE, which is taught by a certified PE teacher. They follow the WA State PE Standards for all classes offered to all students 9-12.</p>	n/a

<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>				n/a
<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		<p>We provide a wide variety of after school activities, from our extensive sports program to the Challenge Course activities. A bus is also provided an hour after school for students that want to stay after and use the weight room to improve their health.</p>	n/a
<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		<p>We never withhold physical activity from students. We actually keep the gym open during both lunches so students can exercise and play basketball.</p>	n/a
<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

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>		X		<p>The counselors have presented and promoted self-care websites and ideas of how important it is to take care of our social/emotional needs. Creating a balance in ones personal and professional life can be difficult. With support from the building administration and counselors, staff is feeling supported to take needed mental health days as needed.</p>	<p>We are continuing to look into mini workshops to provide staff during staff meetings, teacher workshop events and</p>
<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			<p>The LCHS Counselors utilize the CSCP for educating and providing interventions to support students, parents, and staff.</p>	n/a
<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		<p>Counselors communicate and support parents with the SEL standards when meeting with them regarding student issues.</p>	<p>The counselors are working on what type of other ways to communicate these standards and benchmarks out to the parents in the district. The counselors meet monthly in the district and 4 times a year with job alike counselors in the area.</p>