

# West Ada Wellness Policy Progress Report

This form provides information on wellness policy requirements (indicated in bold) and practices used within your school. Complete this tool to track your progress and gather ideas on ways to create a healthier school environment.

District Name  District Number  Date of Evaluation   
 School Name  Most recent review by Wellness Committee   
 Click All Grades PK  K  1  2  3  4  5  6  7  8  9  10  11  ###

## Yes No I. Public Involvement

**We invite the following to participate in the development, implementation, & 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 with the authority/responsibility to ensure each school complies with the wellness policy.**  
 Name  Title

**We make our wellness policy and updates available to the public annually.**  
 Please describe:

**We share the results of wellness policy implementation and progress toward our policy goals with the public.**  
 Please describe:

**Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.**

## Yes No II. Nutrition Education

**The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.**  
  We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, language arts).  
  We offer nutrition education to students in:  Elementary School  Middle School  High School

## Yes No III. Nutrition Promotion

**The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.**  
  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 various techniques.  
  We place fruits/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 information (e.g. calorie, fat, & sodium content) 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 advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, cafeteria).  
  We price nutritious foods and beverages lower than less nutritious foods and beverages.  
  We offer fruit and/or vegetables in:  Vending Machines  School Stores  Snack Bars  À La Carte  
  We utilize student feedback to improve the quality of the school meal programs.  
  We provide teachers with samples of non-food reward options.  
  We prohibit the use of food and beverages as a reward.  
  We do not sell less healthy foods and beverages.  
  We provide training to staff on the importance of modeling healthy eating behaviors.



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Yes	No	IV. Nutrition Guidelines
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>The wellness policy includes written nutrition guidelines for all foods/drink available during the school day.</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>We follow Federal nutrition regulations for all food/drink available for sale on campus during the school day.</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>We follow the district's written nutrition standards for non-sold foods/drink available on campus during school.</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We run the School Breakfast program: <input checked="" type="checkbox"/> Before School <input type="checkbox"/> In the Classroom <input type="checkbox"/> Grab & Go <input type="checkbox"/> Second Chance
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Our Food Service Staff attends professional development opportunities (e.g. program administration, nutrition, safety).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: <input checked="" type="checkbox"/> as À La Carte Offerings <input type="checkbox"/> in School Stores <input type="checkbox"/> in Vending Machines <input type="checkbox"/> as Fundraisers (not exemptions)

Yes	No	V. Policy for Food and Beverage Marketing
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>The wellness policy permits marketing of only those foods/beverages that meet the competitive food requirements.</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Food and beverage marketing meets Smart Snack standards, including the following advertising avenues: <input checked="" type="checkbox"/> Signage <input type="checkbox"/> Scoreboards <input type="checkbox"/> School Stores <input type="checkbox"/> Cups <input type="checkbox"/> Vending Machines <input checked="" type="checkbox"/> Food Service Equip.

Yes	No	VI. Physical Activity	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>The wellness policy includes specific/measurable goals for physical activity using evidence-based strategies.</b>	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide physical education for elementary students on a weekly basis. # of Min/Wk. <table border="1" style="float: right;"><tr><td>60</td></tr></table>	60
60			
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide physical education for middle school students during a term or semester. # of Min/Wk. <table border="1" style="float: right;"><tr><td>6th=45 minutes ev</td></tr></table>	6th=45 minutes ev
6th=45 minutes ev			
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We require physical education classes for graduation (high schools only). # Credits to graduate <table border="1" style="float: right;"><tr><td>2</td></tr></table>	2
2			
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide recess for elementary students on a daily basis. # of Min/day <table border="1" style="float: right;"><tr><td>30</td></tr></table>	30
30			
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).	
<input type="checkbox"/>	<input checked="" type="checkbox"/>	We prohibit staff and teachers from keeping kids in from recess for punitive reasons.	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Teachers are allowed to offer physical activity as a reward for students.	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We offer physical activity before/after school. <input type="checkbox"/> Competitive sports <input checked="" type="checkbox"/> Non-competitive sports <input checked="" type="checkbox"/> Other clubs	

Yes	No	VII. Other School Based Wellness Activity
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>The wellness policy includes specific/ measurable goals for other school-based wellness activities.</b>
<input type="checkbox"/>	<input checked="" type="checkbox"/>	We provide annual training to all staff on: <input type="checkbox"/> Nutrition <input type="checkbox"/> Physical Activity
<input type="checkbox"/>	<input checked="" type="checkbox"/>	We have a staff wellness program.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have programs to support total wellness (e.g. drug prevention, mental health, social, emotional health programs).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have a recycling / environmental stewardship program.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have a recognition / reward program for students who exhibit healthy behaviors.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide case management for students with chronic health conditions.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have community partnerships which support programs, projects, events, or activities.

**VIII. Progress Report:** Describe the progress of wellness policy goals and track additional wellness practices.

Goals - Decrease sugar foods and increase movement. We have made great progress the last 2 years. We only celebrate birthdays with non-food items! We also have integrated Go-Noodle and other online movement programs. We received a grant for a Yoga program and Marathon Kids! Each student sets a goal and completes laps at recess and afterschool. We have added several weeks of a Mobil Recreation Program afterschool and weekly Marathon Kids afterschool opporutnity.

IX. Contact Information	
For more information about this school's wellness policy/practices, or for ways to get involved, contact the Wellness Committee Leader:	
Name	Rhonda McDonough
Position/Title	Principal
Email	mcdonough.rhonda@westada.org
Phone number	208-350-4190