

LCSD2 WELLNESS POLICY REPORT CARD

District Name:	Laramie County School District #2
Grades Served:	PK through 12
Date of Report:	02/18/2022

YES NO I. PUBLIC INVOLVEMENT

- We invite the following to participate in the development, implementation, and evaluation of our wellness policy. Administrators, School Board Members, School Food Service Staff, School Health Professionals, PE Teachers, Students, Parents, and the Public*
- We have a designee with the authority/responsibility to ensure that each school complies with the wellness policy.*

Name	Heather Lerwick
Title	School Nutrition Specialist
- We make our wellness policy and updates available to the public at:*
<https://www.laramie2.org/content/wellness>
- We share the results of the wellness policy implementation and progress toward our policy goals with the public.*
Please Describe: <https://www.laramie2.org/content/wellness>
 Also, we post where to find the meeting minutes in the local newspaper.
- Our District reviews the wellness policy for compliance/ adherence to best practices at least once every three years.*

Last Review:	2/18/2022
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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.

EX: Science, Health, Math, Language Arts, PE
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- We offer nutrition education to students at all schools; JH, HS and Elementary

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, poster, bulletin boards, etc.
- We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement various techniques
- We place fruits and vegetables where they are easy to access.
- We ensure students have access to hand-washing facilities or hand sanitizer prior to meals.
- We annually evaluate how to market our school meal program.
- We have school nutrition information available to share 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.
- We price nutritious foods and beverages lower than less nutritious foods and beverages.
- We offer fruit and or vegetables as an A 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.

YES NO IV. NUTRITION GUIDELINES

- The wellness policy has written nutrition guidelines available for all food/drinks sold during the school day.*
- We follow Federal nutrition regulations for all food/drink available for sale on campus during the school day.*
- We follow the district's written nutrition standards for non-sold foods/ drinks available on campus during the school day.*
 We run the School Breakfast Program:

<input checked="" type="checkbox"/> Before School	<input checked="" type="checkbox"/> In the classroom
<input checked="" type="checkbox"/> Grab and Go	<input checked="" type="checkbox"/> Second Chance
- Our Food Service Staff attends professional development opportunities.

- We have adopted and implemented Smart Snacks nutrition standards for ALL items sold/consumed during school hours (not including exemptions) for
- A La Carte
 - School Stores
 - Fundraisers
 - Vending Machines

YES NO V. POLICY FOR FOOD AND BEVERAGE MARKETING

- The wellness policy permits marketing of only those foods/beverages that meet the competitive food requirements.*
- Food and beverage marketing meets Smart Snack standards during the school day. These include:
- Signage
 - School Stores
 - Food Service Equipment
 - Vending Machines

YES NO VI. PHYSICAL ACTIVITY

- The wellness policy includes specific/measurable goals for physical activity using evidence-based strategies
- We provide physical education for elementary students on a weekly basis.

of min/wk

- We provide physical education for middle school students during a term or semester.

180 # of min/wk

- We require physical education classes for graduation.

0.5 Credits to Graduate

- We provide recess for elementary students on a daily basis.

K-3grade 45
4-6 grade 15
of min/day
- We provide opportunities for physical activity integrated throughout the day.
Ex:
- 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 physical activity before/after school.
- Competitive Sports
 - Non- Competitive Sports
 - Other Clubs
- Ex:

YES NO VII. OTHER SCHOOL BASED WELLNESS ACTIVITY

- The wellness policy includes specific/ measurable goals for other school based wellness activities.
- 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.
- We have programs to support total wellness
Ex: Go Red
- We have a recycling/ environmental stewardship program.
- We have a recognition/ reward program for students who exhibit healthy behaviors.
- We provide case management for students with chronic health conditions.
- We have community partnerships which supports programs, projects, events, or activities.

VIII. PROGRESS REPORT COMMENTS

IX. CONTACT INFORMATION

For more information about the school's wellness policy/ practices, or for ways to get involved, contact the Wellness Committee Leader:

Name	Heather Lerwick	Position/Title	School Nutrition Specialist
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