



Progress Report

Local Wellness Policy School-Level Implementation

Our district's wellness policy can be found at <https://www.ksd.org/about/policies-procedures>

All sections of this form should be completed and submitted to the **Superintendent and Business Manager** by March 22, 2023

Section I: School and Committee Information

1. School Information

School Name	Low Grade	High Grade
Legacy Hight School	6	12

Principal's Name	Principal's Email
CD Williams	cd.williams@ksd.org

2. School Wellness Leader Contact Information

Name	Email	Phone Number
Michelle Johnson	Michelle.johnson@ksd.org	509-222-6522

3. School Wellness Committee Members

Name	Committee Role	Title/ Position	Email Address
Christine Benson	School Wellness Leader	KSD NS Director	Christine.benson@ksd.org
Cori McFadden	School Wellness Leader	KSD NS Assistant Director	Cori.mcfadden@ksd.org
Michelle Johnson	School Wellness Leader	Teacher	Michelle.johnson@ksd.org
Mariela Rojas	Student Leader	Student	24.mariela.rojas@ksd.org
Olivia Martinez	Student Leader	Student	24.olivia.martinez@ksd.org
Anita Camacho	Student Leader	Student	24.anita.camacho@ksd.org
Joey Rivera	Student Leader	Student	24.jose.rivera@ksd.org
Mason Manning	Student Leader	Student	23.mason.dettmer@ksd.org
MaryJane Kelly	Student Leader	Student	25.mary.kelly@ksd.org
Kali Destefano	Student Leader	Student	25.kali.destefano@ksd.org
Myk Vines	Student Leader	Student	24.myk.vines@ksd.org
Addi Salo	Student Leader	Student	25.addison.salo@ksd.org
Caleb Grogan	Student Leader	Student	23.caleb.grogan@ksd.org
Brook Kofoed	Student Leader	Student	25.brooklyn.bronson@ksd.org

4. How often does your School Wellness Committee (SWC) meet per year? This group has met four times: 9/21/2022, 10/24/2022, 12/8/2022, and 3/6/2023.

- Monthly
- Four times per year
- Two times per year

- Once per year
- Other: Please specify

5. Has your SWC used any of the following assessment tools to measure implementation of school wellness policies and practices

- Healthier Generation Assessment
- Centers for Disease Control and Prevention's (CDC) School Health Index
- Other: <https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>

Section II: Implementation Progress

Rating	Local Wellness Policy Components	Implementation Activities	Resources	Challenges
3 = Always	Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year.	-Nutrition and PE are taught on-line through APEX. There is only one unit devoted to nutrition. -Homeroom class – opportunities for physical activities.		No on-site health/nutrition teacher
3 = Always	All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds with the USDA regulations for the National School Lunch and School Breakfast programs .	-On-site reviews by Nutrition Services -Signage in cafeteria on requirements -POS – students use key pad system and adult checks that students have required components. -Student focus group meetings to discuss		Requirements were reviewed with students

		requirements and student favorites.		
3 = Always	All foods and beverages sold outside of the school meal program meets or exceeds with the USDA Smart Snacks in School nutrition standards . <i>(This includes vending machines, school stores and in-school fundraisers)</i>	-Students reviewed requirements -Students worked with vendor to taste test compliant snacks -Based on student survey, students came up with a list of approved items to put in their vending machines		Legacy not in compliance at the beginning of the year, but worked to make sure that they were meeting the standards.
3 = Always	Our school only markets or advertises foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus, during the school day.	-Products sold in vending machines meet requirement. -Students worked with vendor to make sure in compliance		
3 = Always	Our school prohibits withholding activity/recess as a punishment.	Yes – food is not used as a reward or punishment		
2 = Sometimes	Physical activity opportunities <i>(such as recess, classroom energizers, structured and un-structured play)</i> are offered to students before, during and after school on a daily basis.	Yes – homeroom allows for physical activity		
3 = Always	All students receive the required weekly minutes of physical education based on state/national standards.	Students meet graduation requirements for Nutrition and Physical Education		
3 = Always	Our school communicates to the public about the content and implementation of the Local School Wellness Policy.	Class reviewed the district wellness policy on 3/6/2023. This policy is located on the KSD website. NS reported to school board and community		

		on 1/25/2023 on student feedback.		
3 = Always	The school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating and physical activity	Homeroom teacher offers opportunities for physical activity.		
3 = Always	Families have the opportunity to be involved in making decisions for school wellness policies	Parent input is always welcome.		

Section III: Action Plan Goals

List the top three health & wellness goals your school focused on this year.

Goals	Implementation Activities	Successes	Challenges	Resources Used
1. Increased variety of fruits and vegetables	NS has a dedicated staff person on site. She was able bring back full offering bar to students with an increase variety of fruits and vegetables.	Student feedback at 12/24/2022, 12/8/2022, and 3/6/2023 meetings. Students are satisfied with the options provided.		
2. Student accountability to making sure they have all required components at	Reviewed with students what a reimbursable consists of. Student us keypad POS and trained staff checks to make sure students are	On-site reviews – 11/29/2022		

breakfast and lunch.	compliant. Students know that they need to make sure they have all requirements.			
3.Smart Snack compliant vending machines.	Student leaders reviewed the rules. Students had non-compliant snacks removed from vending machines. Student taste tested compliant items and selected favorites to sell to students.	Vending machines fully compliant as of 3/6/2023.	Finding products students will like.	USDA Smart Snack Guidelines.

Snacks Requested	Drinks requested
Baked Cheetos Flaming Hot	Agua Frescas Peach, Mango, Strawberry and Hibiscus Student request of Horchata Agua Fresca??
RF Doritos Nachos	Body Armor Lites - well received
RF Doritos Sweet and Spicy	Fresca
All baked Lays were well received	Diet/ Zero Sugar sodas were not well received, but maybe one row total? Variety of flavors... Specifically diet coke was requested by staff, so was cherry something
Whole wheat pop-tarts (medium)	Sugar free monsters were well received
Jack Links	Small section of the Cascade Ice to try... kids seemed hesitant
Baked Cheetos Simply White	

Section IV: Resources and Support

Which of the following (*resources and support*) would assist your school in meeting its wellness goals?

- Content specific training (*i.e. Nutrition Education, Physical Education/Activity*)
- Assistance with a school-based health assessment
- Strategies for implementing the local school wellness policy
- Healthy and profitable non-food fundraisers
- Healthy school non-food celebrations
- Increasing engagement
- Grant writing support
- Local and state resources
- Other (please specify): On-site health/nutrition teacher.

Section V: Wellness Policy Recommendations

After reviewing policy 8230, students felt that District was meeting expectations. They would like to see an addition of a health/nutrition teacher at their school.

Completed by: Christine Benson

Date: 3/13/2023