

Local School Wellness Policy Annual Progress Report

12-8-17

Revisions to the Nutrition & Wellness Policy (#8230) were adopted on 6/19/17 and the District Nutrition and Wellness Procedures (8230P) were posted 10/6/17.

The District Wellness Council's meetings for the 2017-2018 SY are:

- November, 13th, 2017, 4-6PM
- January 17th, 2018, 4-6PM

The Wellness Council Newsletter was sent out through the Shoreline Public Schools Update e-mail that goes to all staff and families in the District on 11-30-17. The newsletter included healthy recipe ideas for Halloween and Valentine's Day parties. The newsletter also had a piece on a recent fun run, grant opportunities for school gardens, and many other health related topics.

Halloween, the first big holiday of the year that typically involves food in the classroom, brought with it many questions and clarifications, as well as many creative ideas and healthful solutions. The next big holiday where food is typically involved in the classroom will be Valentine's Day. A few ideas for healthy food options for holidays were published in the District Wellness Council Newsletter. More ideas will be generated at the January 17th Wellness Council meeting; those ideas will be published in another newsletter before Valentine's Day in order to provide more tools for teachers and parents.

This is the first school year for the revised District Wellness Policy. So far, schools are making a lot of progress providing healthier snack options when food is included in parties and eliminating food as reward. Continued efforts will be made to answer District Wellness Policy related questions from staff, students, and parents. Popular questions are posted with clarifying answers in the FAQ posted to the District Wellness webpage on the Shoreline School District website: <https://www.shorelineschools.org/Page/1265>.