



## Review of SD 273 Wellness Committee 2023 Meetings

Presented to PFSD Board on June 19, 2023

1. Committee Members: (Stacy King- Elementary Representative, Ryan Heasty - Secondary Representative, Amy Robertson - Physical Education, Trevor Miller - Student Representative, Becky Elmore - School Nutrition, Elizabeth Costin – School Nurse)
2. Group met 3 times (March, April, May)
3. Reviewed 7 components of a local school wellness policy
  - a. Nutrition Guidelines
  - b. Policy for Food and Beverage Marketing
  - c. Nutrition Promotion
  - d. Nutrition Education
  - e. Physical Activity
  - f. Other School-Based Wellness Activities
  - g. Public Involvement
4. Reviewed each school with the “Idaho Wellness Policy Progress Report” (see attached)
5. Reviewed the current, approved policy: Policy Title: Student Nutrition and Physical Activity Series 500, Student Policy: Welfare, Policy No. 505.7.
6. Group worked to update the body of the policy to more clearly reflect the 7 components of a local wellness policy. This was done by comparing our policy to other school policies. (see attached)
7. Based on the “Progress Report” and the policy, we have some recommendations for actions to improve compliance as we move forward.
  - a. At the teacher level:
    - i. Promote healthy eating patterns
    - ii. Model healthy behaviors
    - iii. Recognition and reward programs
  - b. At the school principal level:
    - i. Appoint a site representative to annually review compliance with the progress report.
    - ii. Assure fundraisers are documented and are compliant
    - iii. Assist in training teaching staff on their role
  - c. At the district leadership level:
    - i. Assist in reviewing updated policy change recommendations
    - ii. Communicate goals and tasks with principals
    - iii. Present findings and recommendations to school board
    - iv. Post findings and policy on website

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