

# Post Falls School District Wellness Policy Progress Report

District Name: Post Falls School District

District Number: 273

Date of Evaluation: June 2023

Most recent review by Wellness Committee: 2023

Grades: K - 12

## I. PUBLIC INVOLVEMENT

Yes	No	Policy Requirements and Practices
Yes		We encourage the following to participate in the development, implementation, and evaluation of our wellness policy: <i>Administrators</i>
Yes		<i>School Food Service</i>
Yes		<i>PE Teachers</i>
Yes		<i>Parents</i>
Yes		<i>School Board Members</i>
Yes		<i>School Health Professionals</i>
Yes		<i>Students</i>
Yes		<i>Public</i>
Yes		We have a designee with the authority / responsibility to ensure each school is in compliance with the wellness policy.
Yes		We make our wellness policy and updates available annually. Please Describe: <i>Policies are available on the district web site under Board Policies and Nutritional Services.</i>
Yes		We communicate the results of wellness policy implementation and progress toward our policy goals to the public.
Yes		At a minimum, our district reviews policy for compliance and adherence to best practices every three years.

## II. NUTRITION EDUCATION

Yes	No	Policy Requirements and Practices
Yes		We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc.) to students in Elementary School, Middle School and High School.
Yes		We offer nutrition education to students in elementary and secondary schools.

## III. NUTRITION PROMOTION

Yes	No	Policy Requirements and Practices
Yes		We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
Yes		We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement various techniques.
Yes		We place fruits and vegetables where they are easy to access e.g. near the cafeteria cashier or near the front of the line.
Yes		We ensure students have access to hand-washing facilities prior to meals.
Yes		We annually evaluate how to market and promote our school meal program(s).

Yes	No	Policy Requirements and Practices
Yes		We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.
Yes		We offer taste testing or menu planning opportunities to our students.
Yes		We participate in Farm to School activities and/ or have a school garden.
Yes		We advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc.)
Yes		We price nutritious foods and beverages lower than less nutritious foods and beverages.
	No	We offer fruits or non-fried vegetables in: Vending Machines, School Stores, Snack Bars, Ala Carte (x)
Yes		We utilize student feedback to improve the quality of the school meal programs.
	No	We provide teachers with samples of non-food reward options.
	No	We prohibit the use of food and beverages as a reward.
Yes		We do not sell less healthy foods and beverages
	No	We provide training to staff on the importance of modeling healthy eating behaviors.

#### IV. NUTRITION GUIDELINES

Yes	No	Policy Requirements and Practices
Yes		The wellness policy includes written nutrition guidelines for all foods/beverages available during the school day.
Yes		We follow Federal nutrition regulations for all foods and beverages available for sale on campus during the school day.
Yes		We follow the district's written nutrition standards for non-sold foods/beverages available on campus during school.
Yes		We operate the School Breakfast Program: Before School
Yes		Our Food Service Staff attends professional development opportunities (e.g. program administration, nutrition, safety).
Yes		We have adopted and implemented Smart Snacks nutrition standards for All items sold during school hours, including: as a la carte offerings, in school stores, in vending machines, as fundraisers (excluding exemptions).

#### V. POLICY FOR FOOD AND BEVERAGE MARKETING

Yes	No	Policy Requirements and Practices
Yes		The wellness policy permits marketing of only those foods/ beverages that meet the competitive food requirements.
Yes		Food and beverage marketing meets Smart Snack standards, including the following advertising avenues: Signage and Scoreboards

#### VI. PHYSICAL ACTIVITY

Yes	No	Policy Requirements and Practices
Yes		We provide physical education for elementary students on a weekly basis.
Yes		We provide physical education for middle school students pre term or semester.
Yes		We require physical education classes for graduation (high schools only)
Yes		We provide recess for elementary students on a daily basis.

Yes	No	Policy Requirements and Practices
	No	We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
Yes		Teachers are allowed to offer physical activity as a reward for students.
Yes		We offer before or after school physical activity, including competitive Sports, non-competitive sports, and other clubs.

## VII. OTHER SCHOOL BASED WELLNESS ACTIVITIES

Yes	No	Policy Requirements and Practices
	No	We provide training to staff on the importance of modeling healthy behaviors.
	No	We provide annual training to all staff on: Nutrition (x) Physical Activity (x)
Yes		We have a staff wellness program at some of our schools.
Yes		We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff)
Yes		We have programs to support total wellness (e.g. drug prevention, mental health, social, and emotional health programs).
Yes		We have a recycling / environmental stewardship program.
Yes		We have a recognition / reward program for students who exhibit healthy behaviors.
Yes		We have community partnerships which support programs, projects, events or activities.

## VIII. PROGRESS REPORT: *Indicate any additional wellness practices taking place and describe progress made in attaining the goals of your wellness policy.*

The wellness committee met this this year to discuss goals and direction for the wellness of the district. This information was presented to the school board and district administrative team with recommendations for further improvement and goal setting.

## XI. CONTACT INFORMATION

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

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Position / Title:

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