

Wellness Plan Implementation Status

Highlights of our Implementation and Monitoring Plan

Nutrition Guidelines

We already:

- Buy local produce in season when possible
- Comply with “[smart snacks](#)” guidelines in each school for breakfast, lunch, vending and fundraising
- Provide Child Nutrition Approved breakfast and lunch meals

We are working to:

- Encourage [Healthy Classroom Celebrations](#)
- Encourage [Non-Food Rewards](#)
- Promote wellness

Nutrition Education

We already:

- Share food service newsletters with families
- Post informative posters in cafeterias
- Provide cooking demonstrations and information to classrooms

Physical Education

We already:

- Have a curriculum and fitness testing that meet standards
- Provide physical education for grades K-12

Physical Activity

We already:

- Offer adequate recess time to Elementary and Middle school students
- Encourage extra walking and running at the Elementary School with Fitness Feet and Run for the Arts

Other

We already:

- Inform and update the public about our district’s wellness efforts.