

SCHOOL	Year	1. Student Wellness	2. Nutrition Promotion	4A. PE core taught k-12	4B. Encourage PE activities	4C. Elementary PE certified	4D. Secondary PE certified	4E. Secondary PE class size	4F. PE supplies and equipment	4G. PE time meets national standards	4H. Elem daily recess provided	5A. After-school health activity	5B. Wellness school-based	5C. Pursue family health services	6. USDA SMART Snack standards
Backman Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Beacon Heights Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Bonneville Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Dilworth Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	SOMETIMES	ALWAYS
Edison Elementary School	2022	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Emerson Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	N/A
Ensign Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Escalante Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	N/A	N/A
Franklin Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	N/A
Hawthorne Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Highland Park Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	SOMETIMES	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	SOMETIMES	N/A
Indian Hills Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Liberty Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	SOMETIMES	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
M. Lynn Bennion Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Mary W. Jackson Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer
Meadowlark Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS

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Mountain View Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	N/A	No Answer	No Answer	ALWAYS	N/A	ALWAYS	ALWAYS	ALWAYS	ALWAYS	N/A
Newman Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	N/A
Nibley Park School	2023	ALWAYS	ALWAYS	ALWAYS	No Answer	ALWAYS	No Answer	No Answer	ALWAYS	NEVER	ALWAYS	ALWAYS	ALWAYS	SOMETIMES	ALWAYS
North Star Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Open Classroom	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Parkview Elementary School	2023	ALWAYS	ALWAYS	SOMETIMES	SOMETIMES	N/A	No Answer	No Answer	SOMETIMES	ALWAYS	ALWAYS	ALWAYS	SOMETIMES	SOMETIMES	SOMETIMES
Riley Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	N/A
Rose Park Elementary School	2023	ALWAYS	SOMETIMES	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Uintah Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	N/A
Wasatch Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	SOMETIMES	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	N/A
Washington Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Whittier Elementary School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Clayton Middle School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	ALWAYS	ALWAYS	SOMETIMES	ALWAYS
Glendale Middle School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	ALWAYS	ALWAYS	ALWAYS	SOMETIMES	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Hillside Middle School	2023	ALWAYS	SOMETIMES	ALWAYS	SOMETIMES	No Answer	ALWAYS	ALWAYS	ALWAYS	SOMETIMES	No Answer	SOMETIMES	ALWAYS	SOMETIMES	ALWAYS
Northwest Middle School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	ALWAYS	ALWAYS	SOMETIMES	ALWAYS
SLCSE - Bryant	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS
East High School	2022	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Highland High School	2022	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Horizonte Instruction and Training Center	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	ALWAYS	ALWAYS	ALWAYS	N/A	No Answer	SOMETIMES	ALWAYS	SOMETIMES	ALWAYS
Innovations Early College High School	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	N/A	ALWAYS	ALWAYS	ALWAYS
Salt Lake Center for Science Education	2023	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS	No Answer	ALWAYS	ALWAYS	ALWAYS	ALWAYS
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SUMMARY DATA - POSITIVE RESPONSE															
Elementary Schools	96%	100%	96%	96%	85%	89%	0%	0%	96%	93%	100%	100%	96%	85%	59%
Middle Schools	100%	100%	80%	100%	80%	0%	100%	100%	100%	60%	0%	80%	100%	40%	100%
High Schools	67%	100%	100%	100%	100%	0%	100%	100%	100%	83%	0%	67%	100%	83%	100%

SCHOOL	6A3d. Access to school meals	7. Celebration and reward	8. Fund raising activities	9A. Breakfast encouraged	9B. Adequate Time to eat	9C. Middle of day lunch	9D. Elem recess before lunch	9E. Limit wait in serving line	9F. Non-food rewards	9G. Bus routes timely	9H. Students clean tables	12. Food safety and security	13B1. School oversite	13B3. Annual site evaluation
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Highland High School	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Horizonte Instruction and Training Center	SOMETIMES	SOMETIMES	N/A	ALWAYS	ALWAYS	ALWAYS	N/A	ALWAYS	SOMETIMES	N/A	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Innovations Early College High School	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	N/A	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
Salt Lake Center for Science Education	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	N/A	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS
West High School	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS	ALWAYS

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SUMMARY DATA - POSITIVE RES														
Elementary Schools	100%	67%	89%	100%	100%	96%	89%	96%	96%	81%	93%	100%	100%	100%
Middle Schools	100%	100%	100%	100%	100%	100%	20%	40%	80%	100%	80%	100%	100%	100%
High Schools	83%	67%	83%	100%	100%	100%	50%	100%	83%	83%	100%	100%	100%	100%

SCHOOL	REPORT PROGRESS ON WELLNESS PLAN
Backman Elementary School	Every student in every classroom has access to at least one 40-45 minute period of physical education taught by a state-certified physical education teacher per week. Every lunch period is prefaced with a 10-minute recess period. Teachers are to provide at least one 15-minute recess period per day, either in the morning or the afternoon. A second period of recess is optional. The after-school program Running Forward will be offered to and implemented for all interested students. Every element of this year's Wellness Plan has been implemented with fidelity.
Beacon Heights Elementary School	Effective wellness plans and procedures were in place last year and also continue this year. All teachers have provided mindfulness experiences and activities in the classrooms throughout the day. We have had an SEL goal of 40 minutes per week in every classroom, and we have maintained this throughout the school year. Our school counselor has had a wellness and refocus corner in her classroom for any students needing a break or a positive mental health moment. This has been utilized regularly. Our school counselor also has had an envelope on her door where students can place their name and request to visit with her. This has been well received by students and many productive counselor visits have come from this. Restorative circles have been used, as needed, both in individual classrooms and in the counselor's classroom.
Bonneville Elementary School	Bonneville was able to adapt and comply with all wellness plans during the 2022-23 school year.
Dilworth Elementary School	Dilworth Elementary supports students in making healthy food choices through advertising in the cafeteria as well as many healthy food choices in the lunch lines. The head lunch worker also ensures students are taking at least two fruits or vegetables as they come through the lunch line. All class celebrations and parties are conducted in the afternoons, encourages students to select healthy foods for lunch as they are not filled on simple carbs. All students are scheduled 20 minutes to eat before they can leave the lunchroom. There is no early excusal. This promotes students eating their lunches. Each class has 45 minutes each week in structured PE time with a PE Para. Games are taught and many are then played daily on the playground during recess times. Each week starts out with a mindfulness minute done school wide. Each classroom engages in 40 minutes weekly of SEL instruction. Move Your World is a great resource that is used in the classrooms as well. Our Counselor is in classrooms twice a month to teach lessons to students to promote our SEL as well.
Edison Elementary School	Will continue to implement the District Wellness policy. We taught the importance of healthy eating and exercise. We partnered with Ballet West for our fifth grade students. Our Second and Third grade students participate in Tanner Dance. Parents and students are reminded of our Wellness policy when bringing birthday and holiday treats from home.
Emerson Elementary School	Emerson students are encouraged to make healthy food and lifestyle choices. The Emerson Community Garden and outdoor classroom continues to be used to teach sustainable garden practices to students. The garden educator collaborated with teachers to plan and teach activities in the garden that are aligned with state science SEED standards. Emerson students experienced how to cultivate a garden through planting, maintaining, and harvesting produce. Students participated in tasting parties with produce harvested from the garden. Students were encouraged to include fruits and vegetables in a healthy eating plan. Emerson provided rigorous physical education classes by a district certified physical education teacher. Playworks recess structures were implemented to provide structured, active, inclusive, and emotionally safe recess experience for students. Emerson teachers provided daily mindfulness and community classroom meetings to promote community building and emotional regulation. Emerson students, staff, and teachers were trained on Zones of Regulation by our school counselor to create a common language across our school and support students in managing their emotions.
Ensign Elementary School	We continued our work with our schoolwide SEL program. We have expanded our after-school offerings that include physical activity with Girls on the Run and Scrimmage Club. We have added a para pro to support game playing and movement during recess. Students have designated time to eat before they may go outside for lunch recess. They are held in the cafeteria to eat until this time has passed. Students are encouraged to eat healthy meals during morning announcements.
Escalante Elementary School	Wellness Plan achieved. Mel Lutali was able to receive a grant to purchase steps and a speaker for the after-school fitness class. Classes were held every Monday, Wednesday, and Friday during the 2022-2023 school year. The participants also received healthy snacks after classes.
Franklin Elementary School	The counselor delivered SEL lessons weekly to Kindergarten and 1st grade. She alternated with art and delivered SEL lessons to 2nd thru 6th grade each week, every other month. It worked so well for the lower grades that she will be doing weekly lessons for Kindergarten - 3rd grade next year. The PE teacher has lessons and activities that focus on all aspects of wellness including fitness for life, nutrition, hygiene and sportsmanship. Additionally she created afterschool teams, and organized a league with other schools, for older students to have the opportunity to participate in a team sport. She did this with basketball in the fall, and soccer in the spring. During the winter she had a dance club that learned different culture dances.
Hawthorne Elementary School	
Highland Park Elementary School	Highland Park will promote wellness by: • Teaching the grade level core for health-done in grade-level classrooms has been done • Reinforce the expectation that all students stay in the cafeteria for the required 20 minutes. This we are consistently doing. • Create a Wellness Parent Committee to contribute to the school newsletter once per month which will include a challenge for students, parents, and staff. This has not been implemented. • School employees, student government, and community members will be encouraged to reward student behavior with non-food items instead of food items. We are encouraging this with our rewards during our quarterly reward assemblies and our BUG slip rewards.
Indian Hills Elementary School	The efficiency of the lunch crew ensured students never waited longer than a minute or two to get their lunches. Recess times continue to let us exceed the minimum amount of time required. Further, our Phys Ed. class was well supported by our well trained PE instructor.
Liberty Elementary School	School schedule was set for students to have a structured lunch/recess and PE time. Students were not served more than 200 calories for a snack/birthday treat and were encouraged to participate in activities to stay healthy, including recess rich activities.
M. Lynn Bennion Elementary School	The outdoor education classes have been a big success and have positively impacted students' connection to their local community and themselves as learners in science.
Mary W. Jackson Elementary School	We have worked on providing healthy snacks. Mary W. Jackson elementary also participates in the fresh fruit and vegetable program: students get a fresh fruit or a vegetable daily.
Meadowlark Elementary School	All students were offered breakfast and at least 10 minutes to eat. All students will be offered lunch and adequate time to eat it- We're continuing to adjust this timeframe in our master schedule to assure 20 min. from time seated. All students have at least 15 min. of recess time daily. All students had a minimum of 150 minutes of physical activity time per week.

SCHOOL	REPORT PROGRESS ON WELLNESS PLAN
Mountain View Elementary School	A wellness committee has been created with a monthly focus on Healthy Eating of Healthy Snacks. Additionally, after school opportunities have been implemented for students and teachers allowing for opportunities to engage in health and fitness. Currently, we have three clubs focused on fitness and running. Running Forward, Girls On The Run, and The Eagle Running Club have been implemented as well as weekly After school PE classes on Fridays and a parent fitness/aerobics class. There are over 100 students and teachers involved in the school running clubs and after school PE classes.
Newman Elementary School	Newman encouraged physical education activities in other content areas and in the broader community.
Nibley Park School	The Fresh Fruits Program was implemented throughout the school year. 2. We collaborated with the Mobile Food Pantry and distributed bags of food once a month. 3. Physical Education was provided for all students at least once a week. 4. Recess/Breaks were provided for all students. 5. Our counselor and social worker worked with students, as needed, to address social emotional needs. This included individually small groups and collaboration with community organizations. 6. Implemented Move This World.
North Star Elementary School	
Open Classroom	We were successful in meeting our wellness plans in 2022-2023. If snacks are offered they must be healthy, sugar free, preferably fresh fruits and veggies. Food is not offered as a reward. Non-fat chocolate milk is sometimes offered with school lunch. Kids are trained using the myplate.gov model to fill their trays with a variety of nutritious food. All classes participate in PE, and a majority of classes have a daily structured physical/ movement time.
Parkview Elementary School	Schoolwide efforts were made to narrow the lunch schedule in order to allow for exactly 10 minutes between each grade level thus minimizing downtime in line distribution and ensuring all students can eat as near the middle of the schooldays as possible.
Riley Elementary School	School cafeteria areas will provide enough serving lines to ensure that students spend no more than seven minutes waiting in line for a school meal. We were able to accomplish this goal with the support of admin serving lunches when cafeteria was short staff.
Rose Park Elementary School	1. Host one family night event specifically focused on wellness. This event happened in partnership with Intermountain Health and the topic was pre-diabetes. 2. Host three Walk-N-Roll Schoolbus events during the school year. We hosted 2/3. 3. Continue to work with our long-time partner, the Intermountain Health team who run our onsite clinic to promote regular well-child visits for kids ages 3-12. This project is being piloted in May, 2023 with full roll out in the 23-24 school year.
Uintah Elementary School	We did our best to encourage students and families to eat healthy, stay active, wash their hands a lot, and stay home when sick as there are a lot of other germs going around other than just COVID.
Wasatch Elementary School	We have seen a decrease in the number of food related treats being sent for school celebrations. Many of the food treats being shared are in line with smart snack guidelines.
Washington Elementary School	We followed the expectations for last year's district wellness plan and believe that it was very successful.
Whittier Elementary School	We continue to implement the Wellness plans per district policy through PE, lunch program, and FFVP.
Clayton Middle School	We meet all the requirements for the wellness plan each year. We are still working on getting food to students in under 7 minutes. We will reach that goal once we are fully staffed.
Glendale Middle School	We exceeded our goal of the number of students enrolled in sports programs.
Hillside Middle School	"Students will not be offered snacks, treats, or other food outside of the district nutrition policy during the regular school day." Students are only offered snacks, treats, or other food outside the district nutrition policy during the regular school day on a very limited basis and for very specific reasons, such as an incentive specific to that student.
Northwest Middle School	Our efforts to create a positive school environment which is supportive of student's physical and mental health have been largely successful. The refinement and expansion of the Wellness Plan into the 2023-24 school year will yield greater results as we focus on the target areas identified below.
SLCSE - Bryant	We have been working with the Yale Center for Emotional Intelligence since the Fall of 2021. During the 2021-22 school year, 4 staff members were trained by the center related to their R.U.L.E.R. (Recognizing, Understanding, Labeling, Expressing, and Regulating emotion) method. The 4 staff members became our implementation team and we have been training our entire faculty on R.U.L.E.R.
East High School	We feel good about the way we have implemented all parts of the wellness plan.
Highland High School	
Horizonte Instruction and Training Center	Healthy breakfast and lunches served daily. Students learned how to prepare healthy meals in health class. Mindfulness daily. Physical fitness in the fitness room and wellness room. Use of Peloton bikes and workouts by adults and youth. Rented church gymnasium for PE. Outdoor fitness at the park when weather permits. Dental and medical info at parent night.
Innovations Early College High School	Staff and Students have been progressing in their understanding of wellness policies and requirements.
Salt Lake Center for Science Education	SLCSE works to ensure healthy lifestyles (physical well-being, nutritional knowledge, and mental health) is a strong part of students' experiences. They have many opportunities throughout the year to engage in non-traditional healthy lifestyle
West High School	Goals for 2022-2023 were met (as of March, 2023)

SCHOOL	REPORT PROGRESS ON WELLNESS PLAN
SUMMARY DATA - POSITIVE RES	
Elementary Schools	
Middle Schools	
High Schools	

SCHOOL	WELLNESS GOAL FOR NEXT YEAR
Backman Elementary School	Every student in every classroom has access to at least one 40-45 minute period of physical education taught by a state-certified physical education teacher per week. Every lunch period is prefaced with a 10-minute recess period. Teachers are to provide at least one 15-minute recess period per day, either in the morning or the afternoon. A second period of recess is optional. The after-school program Running Forward will be offered to and implemented for all interested students. Other athletic activities/programs are being considered for the upcoming year.
Beacon Heights Elementary School	Health-based and wellness plans will continue to be in place and practiced. Beacon Heights is a health-minded school community. 1. All teachers will continue to provide mindfulness experiences and activities in the classrooms throughout the day. 2. We will continue to have had an SEL goal of 40 minutes per week in every classroom. 3. Our school counselor will have a wellness and refocus corner in her classroom for any students needing a break or a positive mental health moment. This will continue to be available to students throughout the day. Our school counselor will also have an envelope on her door where students can place their name and request to visit with her. This has been well received by students this year, and many productive counselor visits have come from this. 4. Restorative circles will be used, as needed, both in individual classrooms and in the counselor's classroom. 5. Our PBIS and MTSS teams will continue to discuss Wellness Plans and the need to make adjustments or add additional components.
Bonneville Elementary School	Bonneville will adapt and comply with all wellness plans during the 2023-24 school year.
Dilworth Elementary School	Health-based plans are in place and practiced. Dilworth is a health-minded school community. We will continue to follow the plan in place as outlined. Dilworth Elementary supports students in making healthy food choices through advertising in the cafeteria as well as many healthy food choices in the lunch lines. The head lunch worker also ensures students are taking at least two fruits or vegetables as they come through the lunch line. All class celebrations and parties are conducted in the afternoons, encourages students to select healthy foods for lunch as they are not filled on simple carbs. All students are scheduled 20 minutes to eat before they can leave the lunchroom. There is no early excusal. This promotes students eating their lunches. Each class has 45 minutes each week in structured PE time with a PE Para. Games are taught and many are then played daily on the playground during recess times. Each week starts out with a mindfulness minute done school wide. Each classroom engages in 40 minutes weekly of SEL instruction. Move Your World is a great resource that is used in the classrooms as well. Our Counselor is in classrooms twice a month to teach lessons to students to promote our SEL as well.
Edison Elementary School	Will continued to implement the District Wellness policy. We taught the importance of healthy eating and exercise. We partnered with Ballet West for our fifth grade students. Our Second and Third grade students participate in Tanner Dance. Parents and students are reminded of our Wellness policy when bringing birthday and holiday treats from home.
Emerson Elementary School	Emerson students are encouraged to make healthy food and lifestyle choices. The Emerson Community Garden and outdoor classroom will be used to teach sustainable garden practices to students. The garden educator will collaborate with teachers to plan and teach activities in the garden that are aligned with state science SEED standards. Hydroponic machines will be used in classrooms to grow indoor herbs and seedlings to plant in the garden. The plants grown in the hydroponic machines will be used to teach core science concepts. Emerson students will learn how to cultivate a garden through planting, maintaining, harvesting produce, and participate in tasting parties with produce harvested from the garden. Emerson will provide rigorous physical education classes by a district certified physical education teacher. Playworks recess structures will be used to provide structured, active, inclusive, and emotionally safe recess experience for students during morning and lunch recess. Emerson teachers will provide daily mindfulness, community classroom meetings to promote community building, and use Zones of Regulation strategies in their classrooms to support students with emotional regulation.
Ensign Elementary School	We continued our work with our schoolwide SEL program. We have expanded our after-school offerings that include physical activity with Girls on the Run and Scrimmage Club in the next year we hope to continue to expand these offerings. We have added a para pro to support game playing and movement during recess. Students have designated time to eat before they may go outside for lunch recess. They are held in the cafeteria to eat until this time has passed. Students are encouraged to eat healthy meals during morning announcements.
Escalante Elementary School	Escalante staff and faculty shall consistently promote healthy nutrition messages in the cafeteria, classrooms, and other appropriate settings during the 2023-2024 school year. We'll post on our website the school menu for breakfast and lunch with nutritional facts at the beginning of each quarter. Email the teachers with information regarding the fruit snacks offered by the Child Nutrition Department. Provide snacks for students that are tardy or hungry.
Franklin Elementary School	Our school counselor will provide SEL lessons for 30-45 minutes weekly for grades K thru 3. She will provide SEL lessons for grades 4-6 one time per month. Our PE teacher will create instructional units that involve teaching movement, physical fitness, nutrition and sportsmanship throughout the year.
Hawthorne Elementary School	
Highland Park Elementary School	Highland Park will promote wellness by: • Continue teaching the grade level core for health done in grade-level classrooms. • Reinforce the expectation that all students stay in the cafeteria for the required 20 minutes. The master schedule supports this goal. • Create a Wellness Parent Committee to contribute to the school newsletter once per month which will include a wellness challenge for students, parents, and staff. We will bring this to the community council to help. • School employees, student government, and community members will be encouraged to reward student behavior with non-food items instead of food items.
Indian Hills Elementary School	Recess and PE guidelines are always followed. Our cafeteria runs really well with lunch lines and service, and we follow all nutrition guidelines. Our explicit SEL lessons further instruct on healthy lifestyles, making healthy choices, and emotional regulation.
Liberty Elementary School	Students and parents will be encouraged to bring alternatives to birthday treats. If a treat is brought in, it will not be more than 200 calories and will be served following lunch. Additionally, students are encouraged to engage in recess rich activities during recess and class game time.
M. Lynn Bennion Elementary School	The plan for 2023-2024 is to provide students' hands-on experiences in growing plants including vegetables and fruits both in classrooms and outside in the outdoor spaces. Implement a more structured plan for having student help with clean up in the cafeteria on a rotation.
Mary W. Jackson Elementary School	Participate in the fresh fruit and vegetable program. Work toward diminishing and by the end of the year completely eliminating food items used as daily rewards for behavior, work completion etc.
Meadowlark Elementary School	All students will be offered breakfast and at least 10 min. to eat. All students will be offered lunch and we will continue to adjust our master schedule to assure each grade level has 20 min. to eat from time seated. All students will have at least 15 min. of recess each day. All students will have a minimum of 150 minutes of physical activity time per week. Our Physical Ed. instructor will become district certified and the physical Ed. K-6th grade core will be taught.

SCHOOL	WELLNESS GOAL FOR NEXT YEAR
Mountain View Elementary School	The following items will continue: wellness committee and monthly focus on Healthy Eating of Healthy Snacks, after school opportunities for students and families to engage in health and fitness. The after school opportunities for students are: Running Forward, Girls On The Run, and The Eagle Running Club, and the after school PE classes on Fridays. The parent/family opportunities are running club and aerobics class.
Newman Elementary School	Newman will work to improve our compliance with USDA Smart Snack nutrition standards during classroom parties.
Nibley Park School	1. Continue with the Fresh Fruits Program. 2. Continue with the monthly Mobile Food Pantry and distribute bags of food monthly. 3. Physical Education will be scheduled for each grade level. 4. Recess/Breaks will be provided for students daily. 5. Our counselor and social worker will support students to address social emotional needed. This will include continuing to support student individually and during groups. We will continue to implement the Move This World Program which includes 40 minutes per week that focus on social emotional needs of students. Additionally, our counselor and administrators will be working with local agencies to support students and implement programs that help promote healthy lifestyles, academic success, maintain good citizenship for all students and be contributing members in our society.
North Star Elementary School	
Open Classroom	If snacks are offered they must be healthy, sugar free, preferably fresh fruits and veggies. Whole class treats or snacks from parents, must be pre-packaged and must be offered after, not before lunch. Food is not offered as a reward. Students are trained using the myplate.gov model to fill their trays with a variety of nutritious food. All classes participate in PE, and a majority of classes have a daily structured physical/ movement time.
Parkview Elementary School	Emphasis on encouraging active lifestyles and healthy habits. Classwide incentives for meeting expectations focused on building community, healthy competition, and motion.
Riley Elementary School	School cafeteria support will excuse students to recess only after the 20 minute of eating time has been met.
Rose Park Elementary School	1. Host a minimum of one family night event in partnership with Intermountain Health, one school-based family night centered on wellness, and other clinics or events with community partners, as available. 2. Host a vaping awareness event in the fall of 2023 in partnership with the County Health Department. 3. Implement the well-child check up promotion.
Uintah Elementary School	We are planning on encouraging students and families to eat healthy, stay active, wash their hands a lot, and stay home when sick as there are a lot of other germs going around other than just COVID. This will be accomplished at our Back-to-School night and in our monthly SWAY messages which go out to families. Teachers also send out this information regularly in their classroom newsletters.
Wasatch Elementary School	We plan to continue messaging to our community encouraging non-food treats for classroom and school celebrations. Messaging will be delivered by administration in SIC, SCC, and PTA meetings. Teachers will also message our plan out to their individual classes. Food treats that are provided by the school will follow smart snack guidelines. We are also providing healthy snacks for students that are late for school and have missed breakfast in the cafeteria. Incentives provided by the school will be activity based, rather than food based at least 50 percent of the time.
Washington Elementary School	Washington partners with the FFVP, Running Forward, Tanner Dance, and Ballet West to provide our students with healthy snacks and opportunities for organized physical activity both during and after the school day.
Whittier Elementary School	Whittier Elementary Schools' wellness plan focuses on maintaining high standards of nutrition and physical activity among students that align with SLCSO's G-3 Administrative Wellness Procedures. We are committed to provide a learning environment that supports developing and practicing positive health behaviors that contribute to students' wellness, academic performance and lifelong health therefore students will participate in PE and the FFVP.
Clayton Middle School	Goal - Serve lunch to all students under 7 minutes.
Glendale Middle School	We will increase the use of our new track by offering a walking club during recess.
Hillside Middle School	Students will not be offered snacks, treats, or other food outside of the district nutrition policy during the regular school day.
Northwest Middle School	Wellness Plan 2023-24 Focus: - The development and initial implementation of a schoolwide SEL program specifically suited to our school population. - Supporting food safety and security with our NW Community Pantry, SLCSO policies and relationships with relevant community agencies. - Advocating for the continued implementation of UTA-SLCSO Foundation sponsored transit services for students and community members. - Continuing to develop partnerships with donors and community organizations to support the ongoing economic and social-emotional needs of our school community.
SLCSE - Bryant	We will continue to support physical activity and fitness through our P.E. program and active learning in all classrooms. Now that our faculty are trained in R.U.L.E.R., we will be implementing the program's core competencies with all students and staff members during the 2023-24 school year.
East High School	We will continue to ensure that lunch schedules are near the middle of the day, even on days with assemblies. We have our TVs working now with positive nutritional messages that will help send healthy messages to students every day.
Highland High School	
Horizonte Instruction and Training Center	Continued healthy meals. New fitness center with extensive cardio and weights. New sports court for basketball, pickle ball and volley ball. Daily mindfulness Yoga classes. Hiking and other activities in nature on Flex Fridays. Addiction workshops.
Innovations Early College High School	Student Leadership will continue to support wellness policies including implementation of USDA SmartSnack guidelines. More physical activity will be included in school-wide social activities.
Salt Lake Center for Science Education	We will continue with our current plans and we are working to build a long term plan to grade level align our PE/Health courses in order to foster more cross-curricular integration opportunities.
West High School	Encourage fundraising to encourage healthy options if food is included as part of the fundraiser. Dedicate PD time, faculty meetings, and SCC time to review board policy S-14.

SCHOOL	WELLNESS GOAL FOR NEXT YEAR
SUMMARY DATA - POSITIVE RES	
Elementary Schools	
Middle Schools	
High Schools	