

WELLNESS PROGRESS REPORT

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| DISTRICT NAME | LCSD2 |
| GRADES SERVICES | K-12 |
| DATE OF REPORT | 2/24/2024 |

YES NO I. PUBLIC INVOLVEMENT

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| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We invite the following to participate in the development, implementation, and evaluation of our wellness policy. Administrators, School Board Members, School Food Service Staff, School Health Professionals, PE Teachers, Students, Parents, and the Public |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We have a designee with the authority/responsibility to ensure that each school complies with the wellness policy. Name: Amber Morgan Title: FS Director |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We make our wellness policy and updates available to the public at: https://www.laramie2.org/services/wellness |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We share the results of the wellness policy implementation and progress toward our policy goals with the public. https://www.laramie2.org/services/wellness |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Our District reviews the wellness policy for compliance/ adherence to best practices at least once every three years with the last review on: Date: 2/24/2024 |

YES NO II. NUTRITION EDUCATION

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| <input checked="" type="checkbox"/> | <input type="checkbox"/> | The wellness policy includes specific/ measurable goals for nutrition education using evidence based strategies. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We offer standards based nutrition education in a variety of subjects Science, Health, Math, Language Arts, PE |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We offer nutrition education to students at all schools; JH, HS and Elementary |

YES NO III. NUTRITION PROMOTION

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| <input checked="" type="checkbox"/> | <input type="checkbox"/> | The Wellness policy includes specific/ measurable goals for nutrition promotion using evidence based strategies |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We promote healthy eating and nutrition education with signage, use of creative menus, poster, bulletin boards, etc. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement various techniques |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We place fruits and vegetables where they are easy to access |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We ensure students have access to hand-washing facilities or hand sanitizer prior to meals. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We annually evaluate how to market our school meal program. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We have school nutrition information available to share with students and families. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We offer taste testing or menu planning opportunities to our students. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We participate in Farm to School activities and/ or have a school garden. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We advertise and promote nutritious foods and beverages on school grounds. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We price nutritious foods and beverages lower than less nutritious foods and beverages. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We offer fruit and or vegetables as an A La Carte. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We utilize student feedback to improve the quality of the school meal programs. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We provide teachers with samples of non-food reward options. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We prohibit the use of food and beverages as a reward. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We do not sell less healthy foods and beverages |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We provide training to staff on the importance of modeling healthy eating behaviors |

YES NO IV/ NUTRITION GUIDELINES

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| <input checked="" type="checkbox"/> | <input type="checkbox"/> | The wellness policy has written nutrition guidelines available for all food/drinks sold during the school day. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We follow Federal nutrition regulations for all food/drink available for sale on campus during the school day. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We follow the district's written nutrition standards for non-sold foods/ drinks available on campus during the school day. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We run the School Breakfast Program: <input checked="" type="checkbox"/> Before School <input checked="" type="checkbox"/> In the Classroom <input checked="" type="checkbox"/> Grab and Go <input checked="" type="checkbox"/> Second Chance |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Our Food Service Staff attends professional development opportunities. |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We have adopted and implemented Smart Snacks nutrition standards for ALL items sold/consumed during school hours (not including exemptions) for <input checked="" type="checkbox"/> A La Carte <input type="checkbox"/> School Stores <input type="checkbox"/> Fundraisers <input checked="" type="checkbox"/> Vending Machines |

YES NO V. POLICY FOR FOOD AND BEVERAGE MARKETING

- The wellness policy permits marketing of only those foods/beverages that meet the competitive food requirements.
- Food and beverage marketing meets Smart Snack standards during the school day. These include:
 - Signage School Stores
 - Vending Machines Food Equipment

YES NO PHYSICAL ACTIVITY

- The wellness policy includes specific/measurable goals for physical activity using evidence-based strategies
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school students during a term or semester
- We require physical education classes for graduation.
- We provide recess for elementary students on a daily basis.
- Teachers are allowed to offer physical activity as a reward for students
- We offer physical activity before/after school.
 - Competitive Sports Non Competitive Sports
 - Other Clubs

YES NO VII. OTHER SCHOOL BASED WELLNESS ACTIVITY

- The wellness policy includes specific/ measurable goals for other school based wellness activities.
- We have a staff wellness program.
- We have school district staff who are CPR certified
- We have programs to support total wellness
 - Step Challenges
- We have a recycling/ environmental stewardship program
- We have a recognition/ reward program for students who exhibit healthy behaviors
- We provide case management for students with chronic health conditions.
- We have community partnerships which supports programs, projects, events, or activities.

VIII. PROGRESS REPORT COMMENTS

IX. CONTACT INFORMATION

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

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| NAME | Heather Lerwick | POSITION | Special Services Secretary |
| EMAIL | heather.lerwick@laramie2.org | PHONE # | 307-245-4058 |