

## Wellness Policy Requirement: *Implementation and Monitoring Plan*

Requirement	Implementation Strategy	Implementation Plan	Person /Team responsible	Date Due	Date Implem ented	Monitoring Plan	Policy Compliance? Action Plan to correct	Eval. Date
Public Involvement Collaborative community team to develop, implement and review policy	Build a team including: parents, teachers, physical education instructors, school health professionals, school board and administration, and community members	<i>Implemented 2012 (previous director); 2015 I took over duties as Wellness Team Leader</i>	J Klinkenberg	Done 2011	Done prior to me 2011	Meetings in Fall and Spring with committee that includes parents, PE Educator(s), and school board leader	X <input type="checkbox"/> Yes <input type="checkbox"/> No	June 1, 2020
Nutrition Guidelines Standards for all food available on school campus								
<input checked="" type="checkbox"/>	School meals (USDA guidelines, <i>scratch-made, healthy menu changes, farm to school</i> )	2011 implemented	J Klinkenberg	2010	2011	Daily monitoring and constant communication and education of staff	<input type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<input type="checkbox"/>	Increase availability of fruits and vegetables (e.g. salad bar, farm stand)	Salad Bars and Fruit offerings are wide and always available	J Klinkenberg	2011	2015	Daily monitoring and constant communication and education of staff	<input type="checkbox"/> Yes <input type="checkbox"/> No	June 30, 2020
<input type="checkbox"/>	Free water available during lunchtime	Every school has a 30 Liter dispenser with cups and water bottle filling stations with drinking fountains	J Klinkenberg	2011	2011	Daily monitoring and constant communication and education of staff	<input type="checkbox"/> Yes <input type="checkbox"/> No	June 30, 2020
<input type="checkbox"/>	Competitive foods ( <i>a la carte, vending, stores</i> )	Smart Snack Approved Items and healthy options at all machines and cart	J Klinkenberg	2015	2015	Daily monitoring and constant communication and education of staff	<input type="checkbox"/> Yes <input type="checkbox"/> No	June 30, 2020
<input type="checkbox"/>	Classroom/school celebrations	Catering dept. offers the sale of safe snack approved items and gives guidance on line for rewards other than food	J Klinkenberg	2015	2015	Daily monitoring and constant communication and education of staff	<input type="checkbox"/> Yes <input type="checkbox"/> No	June 20, 2020

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<input checked="" type="checkbox"/>	Using non-food rewards	Dance parties, extra recess are a couple of the rewards other than food for celebration	School Site Leaders	2015	2015	Daily monitoring and constant communication and education of staff. Site leader meetings	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<input checked="" type="checkbox"/>	Healthy fundraisers	Fun Runs and Field Day replaced candy sells	School Site Leaders	2013	2015	Daily monitoring and constant communication and education of staff; Site leader meetings	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<input checked="" type="checkbox"/>	Providing sufficient lunch times	Cheney offers great time at all sites but CHS; being changed with remodel	School Site Leaders	2014	2021	Daily monitoring and constant communication and education of staff; Site leader meetings	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<b>Nutrition Education</b> Goals for nutrition education		<ul style="list-style-type: none"> <li>Standards based nutrition education</li> <li>Integrated into curricula</li> <li>Education links with school environment</li> </ul>	District and school site leaders, board, and parent groups			Daily monitoring and constant communication and education of staff		
<input checked="" type="checkbox"/>	Classroom –based (incorporated into curriculum, cooking classes)	Harvest of the month	District and school site leaders, board, and parent groups	2012	2013	Daily monitoring and constant communication and education of staff	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<input checked="" type="checkbox"/>	Cafeteria interventions (My plate information, “Eat the colors of the rainbow” themes)	Yes there is promotions with more purchased for coming school year	Director of Nutrition and cooks at site	2019	2019	Daily monitoring and constant communication and education of staff	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020

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<input checked="" type="checkbox"/>	Foodservice staff education ( <i>scratch cooking, healthy meals</i> )	Every year we meet 2 full days to cover these topics and how to best complete	Director of Nutrition	2010	2012	Daily monitoring and constant communication and education of staff	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<input checked="" type="checkbox"/>	Staff training (Continuing education on Nutrition)	Professional Standard Tracker in place	J Gerdes	2/20 19	Complete asap	Daily monitoring and constant communication and education of staff	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<input checked="" type="checkbox"/>	Home and community (Sending information home, community education-Nutrition /Physical Activity nights)	Constant messaging to the community on requirements and our scratch food program	J Gerdes	2/20 19	Every month in school	Daily monitoring and constant communication and education of staff	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<b>Nutrition Promotion</b> Changing the school environment to support healthy eating								
<input checked="" type="checkbox"/>	Become a Healthier US School	No plans	Superintendent and school board.	-	-	-	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<input checked="" type="checkbox"/>	Become a Team Nutrition School	No Plans	Superintendent and school board.	-	-	-	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<input checked="" type="checkbox"/>	Cafeteria ambiance/education	Posters and signs are hung with Discrimination Sign	2010	2015	2019	Daily monitoring and constant communication and education of staff	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<input checked="" type="checkbox"/>	Apply USDA Fresh Fruit and Vegetable program	We Dod Grant every year for Fresh Fruit and Veggies	2012	2012	2019	Daily monitoring and constant communication and	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020

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						education of staff of items and food style		
<input checked="" type="checkbox"/>	School garden	Snowdon and Sunset is the only school garden	Site leaders and teachers	2010	2010	Still in place and used for educational projects	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<input checked="" type="checkbox"/>	Taste of Washington/Taste testing days	Taste of WA in past "Crunch" - Always offer WA state apples everyday – Tasting occur in lunch line and focus groups.	Director of Nutrition	2015	2015	Will do again in the coming years	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<input checked="" type="checkbox"/>	Community meal events	Have meal ideas and healthy food booths at wellness fairs. Cooking demos	Director of Nutrition	2015	2019; continual	Will do again in the coming years	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<input checked="" type="checkbox"/>	Wellness newsletters	Sept – June monthly newsletter	Director of Nutrition	2015	2019; continual	Will do again in the coming years	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<input checked="" type="checkbox"/>	Health Fair	Happen in Fall and Spring at a West Plains and a Cheney proper fair	Director of Nutrition and site leaders	2011	2019; continual	Will do again in the coming years	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<input checked="" type="checkbox"/>	Staff modeling healthy eating	Catering/Adult Food is the same quality and nutritionally sound items	Director of Nutrition and staff	2015	2019; continual	Will do again in the coming years	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
Physical Education							<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input checked="" type="checkbox"/>	Minutes/day or week (Minimum requirement 100 minutes per week)	No elementary school meets the 1 <sup>st</sup> -8 <sup>th</sup> grade RCW of 100 minutes weekly average of PE – elementary receives two classes of 35 minutes a week. Most middle school students get an average of 100 minutes a week unless they have a waiver – they	Superintendent and school board decision.	current	current	2019; continual	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	June, 30 2020

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		get one semester of PE per year 47 minutes daily grades 6-8.						
<input checked="" type="checkbox"/>	Curriculum	Focused Fitness: WELNET and Five for Life K-12. Elementary Dynamic PE by Robert Pangrazi.	Superintendent and school board.	current	current		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<input checked="" type="checkbox"/>	Fitness testing/Fitness Gram	Elementary and MS are implementing 4-12 <sup>th</sup> grade fitness tests as originally agreed upon.	K-12 PE teachers with site leader oversight.	current	current		<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	June, 30 2020
Physical Activity								
<input checked="" type="checkbox"/>	Recess time	All elementary schools have recess.	School Site Leaders	current	current		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<input checked="" type="checkbox"/>	Physical activity breaks in classes	Teachers have been provided training to implement brain energizers. Activity breaks are administered dependent upon individual teachers.	Classroom teachers and site leader oversight.	current	current		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020
<input checked="" type="checkbox"/>	Recess before lunch	Only one elementary school has all kids eating lunch after recess - Windsor. Three schools some kids have lunch after recess - Salnave (grades 3-5 only), Sunset (grades 3-5 only), Betz (only grades 3-4). No students at Snowdon have lunch after recess.	School Site Leaders and Site Scheduling Committee	current	current		<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	June, 30 2020
<input checked="" type="checkbox"/>	Access to school facilities	School facilities are available through our district facilities coordinator.	School Site Leaders and District	current	current		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June, 30 2020

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			Coordinator.					
<input checked="" type="checkbox"/>	Safe Routes to school	No schools have Safe Routes to School programs.	School Site Leaders	current	current		<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<input checked="" type="checkbox"/>	Walk-a-thon/clubs	Some elementary schools do Fit for Bloomsday Training or recess walking/jogging program. A stipend is available to elementary schools to run FFBT. Windsor, Betz, and Salnave are doing programs this year.	School Site Leaders	current	current		<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
Public Notification	Inform and update public about content, implementation, and compliance						<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input checked="" type="checkbox"/>	Website, handbook, or newsletter	Every month and update on web site as needed	Daily monitoring and constant communication and education of staff	current	current	Daily monitoring and constant communication and education of staff	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June 30. 2020
<input checked="" type="checkbox"/>	Report to school board	As needed present to board and board members working on wellness committee and messaging	Director of Nutrition	current	current		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June 30. 2020
Implementation and Monitoring	Assess and evaluation compliance	July 2019 will be the first of required self-audits of wellness	Daily monitoring and constant communication and education of staff	current	current	Daily monitoring and constant communication and education of staff will be done prior to end of school year each year	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	June 30. 2020

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