

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

Requirement	Implementation Strategy	Implementation Plan	Person /Team responsible	Date Due	Date Implemented	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	April 1, 2019
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	April 1, 2019
<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	April 1, 2019
<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	April 1, 2019
<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	April 1, 2019
<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	April 1, 2019

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

<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	
<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	
<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	
<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>						
<input type="checkbox"/>	Classroom –based (incorporated into curriculum, cooking classes)	Harvest of the month					<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Cafeteria interventions (My plate information, “Eat the colors of the rainbow” themes)	Yes there is promotions with more purchased	2019	2019			<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Foodservice staff education ( <i>scratch cooking, healthy meals</i> )						<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Staff training (Continuing education on Nutrition)	Professional Standard Tracker in place	J Gerdes	2/2019	Complete asap		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Home and community (Sending information home, community education-Nutrition)						<input type="checkbox"/> Yes <input type="checkbox"/> No	

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

	/Physical Activity nights)							
<b>Nutrition Promotion</b> Changing the school environment to support healthy eating								
<input type="checkbox"/>	Become a Healthier US School						<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<input type="checkbox"/>	Become a Team Nutrition School						<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<input type="checkbox"/>	Cafeteria ambiance/education						<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Apply USDA Fresh Fruit and Vegetable program						<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<input checked="" type="checkbox"/>	School garden	Snowdon and Sunset is the only school garden					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<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.					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input checked="" type="checkbox"/>	Community meal events	n/a – no known					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input checked="" type="checkbox"/>	Wellness newsletters	Sept – June monthly newsletter					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input checked="" type="checkbox"/>	Health Fair	Happen in Fall and Spring at a West Plains and a Cheney proper fair					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input checked="" type="checkbox"/>	Staff modeling healthy eating	Catering/Adult Food is the same quality and nutritionally sound items					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Physical Education</b>			Superintendent and school board decision.				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input 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 –	Superintendent and school				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	

Wellness Policy Requirement: *Implementation and Monitoring Plan*

		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 get one semester of PE per year 47 minutes daily grades 6-8.	board decision.					
<input type="checkbox"/>	Curriculum	Focused Fitness: WELNET and Five for Life K-12. Elementary Dynamic PE by Robert Pangrazi.	Superintendent and school board.				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input 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.				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<b>Physical Activity</b>								
<input type="checkbox"/>	Recess time	All elementary schools have recess.	School Site Leaders				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input 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.				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input 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				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	

