

LEA / District Name: Lind Ritzville School District Reporting Timeframe (month/year to month/year): _____									
Name(s) of Reviewer(s): _____					School Name (if applicable): _____				
Select grades:									
PK	K	1	2	3					
4	5	6	7	8					
9	10	11	12						
Included in the written policy?					Implemented in the school buildings?				
Yes		No			Fully in Place		Partially in Place		Not in Place

Public Involvement, Notification and Assessment									
X	We have LEA official(s)/designee(s) in charge of wellness policy compliance.							X	
X	We complete an assessment of the local school wellness policy at least every three years							X	
X	Triennial assessment results are made available to the public in an easily accessible							X	
X	At least every three years we use the results of the triennial assessment to update or modify							X	
X	The LEA informs and updates the public about the contents, updates, and implementation of								
	We retain records as required by federal regulations including:								
	The written school wellness policy								
	Documentation of making the wellness policy publicly available								
	Documentation of outreach efforts inviting stakeholders to participate in the wellness								
	Copy of triennial assessment and documentation of reporting results to the public.							X	
X	The LEA utilizes a wellness committee that includes these community stakeholders in the								
X		Administrators			Food Service Staff			X	
X		Parents			School Health Professionals			X	
X		PE Teachers			School Board Members			X	
X		Students			Public			X	
	Other stakeholders (describe):								

Notes on public involvement, notification and assessment:

Nutrition Education*									
X	Nutrition education is provided within PDE's sequential, comprehensive health education standards.							X	
X	We teach, model, encourage, and support healthy eating through nutrition education.							X	
X	We provide all students with knowledge and skills for healthy lives via nutrition education.							X	
X	We offer age-appropriate nutrition education and activities to students in:							X	
		Elementary School			Middle School			High School	
X	Our nutrition education curriculum teaches behavior-focused skills such as menu- planning, reading							X	
X	School food service and nutrition education classes work together to create a learning laboratory.							X	
X	In addition to meeting academic standards for nutrition education, we integrate nutrition education							X	
X	We reinforce lifelong lifestyle balance by linking nutrition and physical activity.							X	
X	Staff providing nutrition education receive standards-based training and professional development.							X	
X	We engage and involve families and the community in nutrition education efforts.							X	
	Other goal (describe):								

Notes on goals for nutrition education:

Nutrition Promotion*									
X	We use evidence-based techniques and nutrition messages in school and encourage participation							X	X
X	We participate in Farm to School activities such as having a school garden, taste- testing local							X	
X	We cooperate with community agencies and organizations to provide opportunities for student							X	
X	We implement behavioral economics techniques in the cafeteria to encourage consumption of							X	
X	We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias,							X	
X	Our staff model healthy eating in front of students and avoid using unhealthy foods in classroom							X	
X	We offer health and nutrition resources to parents to help them provide healthy meals for their							X	
	Other goal (describe):								

Notes on goals for nutrition promotion:					
Physical Activity*					
X		We provide a variety of developmentally appropriate opportunities for physical activity during the	X		
X		We contribute to the effort to provide students daily opportunities to accumulate at least sixty	X		
X		In addition to planned physical education, we offer activities such as indoor and outdoor recess,	X		
X		We maintain a physical and social environment that encourages safe and enjoyable activity for all	X		
X		We discourage extended periods of inactivity (two hours or more) for students. We provide physical	X		
X		We offer before and/or after-school programs that include physical activity for participating children.	X		
X		We partner with parents/guardians and community members and organizations (e.g., local youth	X		
X		We do not use physical activity as a punishment (e.g., running laps).		X	
X		We do not withhold physical activity as a punishment (e.g., taking away recess).		X	
X		We encourage walking and biking to school.	X		
X		We encourage students and families to use our physical activity facilities, such as playgrounds and	X		
		Other goal (describe):			

Notes on goals for physical activity:

Physical Education (PE)					
X		We implement a PE program consistent with state academic standards.	X		
X		All students participate in PE.	X		
X		PE instruction promotes skills and knowledge necessary for lifelong physical activity.	X		
X		PE classes provide the means for students to learn, practice, and be assessed on developmentally	X		
X		Our curriculum promotes both team and individual activities.	X		
X		We offer a comprehensive PE course of study with planned instruction time for students to meet	X		
X		We use a local assessment system to track student progress on state standards.	X		
X		Students are moderately to vigorously active as much time as possible during PE class.		X	
X		We provide safe and adequate equipment, facilities, and resources for PE class.		X	
X		Certified health and PE teachers teach our classes.	X		
X		We provide professional development for PE staff.	X		
X		PE classes have a teacher-student ratio similar to other courses for safe and effective instruction.	X		
X		We do not use or withhold physical activity as a form of punishment in PE class.	X		
		Other goal (describe):			

Notes on goals for physical education:

Other School-Based Wellness Activities*					
X		Free drinking water is available and accessible to students during meal periods and throughout the	X		
X		School nutrition staff meet local hiring criteria and in compliance with federal regulations.	X		
X		We provide continuing education to school nutrition staff as required by federal regulations.	X		
X		We provide adequate space for eating and serving school meals.	X		
X		We provide a safe and clean meal environment for students.	X		
X		We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down	X		
X		We implement alternate school breakfast service models to increase participation, such as "grab &	X		
X		Students have access to hand washing or sanitizing before meals.	X		
X		Only authorized staff have access to the food service operation.	X		
X		We provide the nutrition content of school meals to the school community.			X
X		We include students/parents in menu selections through taste-testing and surveys.		X	X
X		We utilize outside funding and programs to enhance school wellness.	X		
X		We train all staff on the components of the school wellness policy.	X		
X		School based activities are planned with wellness policy goals in mind.	X		
X		Fundraising projects submitted for approval are supportive of healthy eating and student wellness.			X
X		We encourage administrators, teachers, school nutrition professionals, students, parents/guardians,		X	
X		We communicate information to parents/guardians to support their efforts to provide a healthy diet		X	
X		Indoor air quality is in accordance with our healthy learning environment program and applicable	X		
		Other goal (describe):			

Notes on goals for other school-based activities:

Nutrition Guidelines for All Foods and Beverages at School

X		We consider promoting student health and reducing obesity when offering foods and beverages to	X	X	
X		Foods and beverages provided through the National School Lunch and School Breakfast Programs	X		
X		We offer healthy food and beverage options at school-sponsored events, such as dances and			X
X		Foods and beverages outside of the school meal, which are sold to students at school during the	X		
X		We limit the number of food fundraisers at school and have procedures in place for requesting a fundraiser			X
X		We have local standards in our written policy for foods and beverages offered for free to students at	X		
X		We provide a list of non-food ideas and healthy food/beverage alternatives to staff and		X	
		Other goal (describe):			

Notes on nutrition guidelines for foods and beverages at school:

*At least one goal for these categories <u>must</u> be included in the written policy per federal regulations.					

Report on the progress made in attaining the goals of the wellness policy (REQUIRED): The committee feels that progress is being made in