# Wellness Triennial Policy Progress Report

This form provides information on wellness policy requirements (indicated in bold) and practices used within your school. Complete this tool to track your progress and gather ideas on ways to create a healthier school environment.

District Name: GOSHEN COUNTY SCHOOL DISTRICT | District Number: 1 | Date of Evaluation: 01/05/2024

School Name: Lagrange | Most recent Policy review by Committee: 12/07/2023

Click All Grades: PK [ ] K [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7 [ ] 8 [ ] 9 [ ] 10 [ ] 11 [ ] 12 [ ]

| Yes | No | I. Public Involvement |
|---|---|---|
| X | | **We invite the following to participate in the development, implementation, & evaluation of our wellness policy:** |

[✔] Administrators [✔] School Food Service Staff [✔] P.E. Teachers [✔] Parents
[✔] School Board Members [✔] School Health Professionals [✔] Students [ ] Public

| | | |
|---|---|---|
| X | | **We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.** |

Name: Matt Daily | Title: Principal

| | | |
|---|---|---|
| X | | **We make our wellness policy and updates available to the public annually.** |

Please describe: District Website

| | | |
|---|---|---|
| X | | **We share policy implementation and progress toward our policy goals with the public once every 3 years.** |

Please describe: District Website

| | | |
|---|---|---|
| X | | **Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.** |

| Yes | No | II. Nutrition Guidelines |
|---|---|---|
| x | | ***The wellness policy includes written nutrition guidelines for all foods/drink available during the school day.*** |
| x | | ***We follow Federal nutrition regulations for all food/drink available for sale on campus during the school day.*** |
| x | | Our School Nutrition Staff attend professional development opportunities (e.g. program administration, nutrition, safety). |
| x | | We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: |

[✔] as À La Carte Offerings [ ] in School Stores [ ] in Vending Machines [ ] as Fundraisers (not exemptions)
[✔] Classroom Snacks [ ] Student Rewards [ ] Classroom Parties [ ] as Fundraisers (not exemptions)

| Yes | No | III. Policy for Food and Beverage Marketing |
|---|---|---|
| x | | ***The wellness policy permits marketing of only those foods/beverages that meet the competitive food requireme*** |
| x | | Food and beverage marketing meets Smart Snack standards, including the following advertising avenues: |

[ ] Signage [ ] Scoreboards [ ] School Stores [ ] Cups [ ] Vending Machines [ ] Food Service Equip.

| Yes | No | IV. Nutrition Education & Promotion |
|---|---|---|
| x | | ***The wellness policy includes a specific / measurable goal(s) for nutrition education using evidence-based strateg*** |
| x | | We offer nutrition education to students in: [x] Elementary School [ ] Middle School [ ] High School |

| Yes | No | V. Physical Activity | | |
|---|---|---|---|---|
| | | ***The wellness policy includes a specific/measurable goal(s) for physical activity using evidence-based strategies.*** | | |
| x | | We provide physical education for elementary students on a weekly basis. | # of Min/Wk. | 90 |
| | | We provide physical education for middle school students during a term or semester. | # of Min/Wk. | |
| | | We require physical education classes for graduation (high schools only). | # Credits to graduate | |
| x | | We provide recess for elementary students on a daily basis. | # of Min/day | 50 |
| x | | We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, brain breaks, etc.). | | |

| Yes | No | VI. Other School Based Wellness Activity |
|---|---|---|
| X | | ***The wellness policy includes a specific/ measurable goal(s) for other school-based wellness activities.*** |
| X | | We offer nutrition education to students in: [X] Elementary School [ ] Middle School [ ] High School |
| | X | We have a staff wellness program. |
| X | | We have programs to support total wellness (e.g. drug prevention, mental health, social, emotional health programs). |
| X | | We have community partnerships which support programs, projects, events, or activities. |

## VII. Progress Report: Describe the progress of wellness policy goals and track additional wellness practices.

**Nutrition Education & Promotion Goal:** All students K-12 shall receive nutrition education that teaches the knowledge, skills and values necessary to make healthy eating choices and is aligned with the Wyoming Health Education Content and Performance Standards.

Update on implementation and progress toward Nut. Ed & Promotion goal:

Students receive quarterly education on "My Plate".

**Physical Activity Goal:** All students K-12 shall receive physical education that teaches the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity and is aligned with the Wyoming Physical Education Content and Performance Standards. Update on implementation and progress toward Physical Activity goal:

See K-6 PE Standards

**Other School-Based Activities that Promote Student Wellness Goal:** All students K-12 shall receive health education that provides the foundation for leading healthy, productive lives and is aligned with the Wyoming Health Education Content and Performance Standards.

Update on implementation and progress toward Other-School Based Actvities that Promote Student Wellness goal:

Every year, our school participates in the "Jump Rope for Heart" challenge

## IX. Contact Information

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

| | | | |
|---|---|---|---|
| Name | Matt Daily | Position/Title | Principal |
| Email | mdaily@goshen1.org | Phone number | 307-834-2311 |