About the Local Wellness Policy Activity and Assessment Tool

LEAs are required to have a written local wellness policy (LWP), and at least once every three years, they must assess the implementation of what is written in the policy. Some written components can be easily assessed by asking the question, "Did we do this?" while others are more difficult to measure. ADE recommends using this tool to document the exact actions you expect to be completed and determine if your LEA is doing what is written in the policy. The District Wellness Committee can use this list of actions to select from when writing goals and policies in the LWP. Note, you should select at least one action from each section; selecting all actions is not required.
National School Lunch Program. ADE recommends writing each of the selected actions into your LWP. This tool is designed to be an action plan that guides your implementation and assessment of your LWP.

SCHOOL: YUMA UNION High School DISTrict

PERSON COMPLETNG ASSESSMENT: Lena Hidrett

I. WELLNESS GOALS

The LWP must include goals in the areas of Nutrition Promotion, Nutrition Education, Physical Activity, and Other Activities to Promote Student Wellness. For each section, choose the activities you'll implement and determine how many schools will work toward implementing the activities. Then, use the activities selected to write a goal in each area on the LWP Template. When monitoring implementation of the LWP at each school, record the number of schools that successfully completed the action(s) selected.

GOAL: NUTRITION PROMOTION

Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.

	24-25		25-26		26-27	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
☐ The district encourages participation in meal programs as appropriate (School Breakfast, National School Lunch, Afterschool Care Snack, Fresh Fruit and Vegetable Program etc.).				7		7
☐ **School meal program menus are posted on the district website or individual school sites.**				7		7
☐ Menus include nutrient content and ingredients.				7		7
☐ **Participation in meal programs is promoted to families.**				7		7
Farm to School Activities (best practice is to choose a minimum of 4 activities):						
☐ **Local and/or regional products are incorporated into the school meal program.**				7		7
☐ Messages about agriculture and nutrition are reinforced throughout the learning environment.			0		0	
☐ **School hosts a school garden.**			0		0	
☐ School hosts field trips to local farms.			0		0	
☐ **School utilizes promotions or special events to highlight local/regional products.**			0		0	
Smarter Lunchroom techniques are implemented in the cafeteria (best practice is to choose a minimum of 10 techniques to implement at each school):						
☐ ***Eliminate serving juice during meal periods***				7		7
☐ *Implement share tables*				7		7

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☐ *Implement self serve fresh fruit & vegetable stations during lunch*				7		7
☐ *Provide no cost suppers to all students attending after school activities on and off campus*				7		7
☐ ***Increase scratch recipe production by 15% annually***				7		7
☐ *Offer fresh made entree salads with homemade salad dressing at lunch*				7		7
☐ ***Student advisory meetings for student feedback***				7		7
☐ *Implement second chance breakfast/breakfast after the bell at all campuses*				7		7
☐ ***Get regular student feedback on menu items***				7		7
☐ *Increase student awareness on menu and allergens*			0			7

GOAL: NUTRITION EDUCATION *Nutrition education teaches behavior-focused skills and may be offered as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to safeguard their health and make positive choices regarding food and nutrition, or nutrition education can be offered as sequential individual lessons throughout the school year.*	24-25		25-26		26-27	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
☐ **Nutrition education is taught in the following grades:**						
☐K ☐1 ☐2 ☐3 ☐4 ☐5						
☐6 ☐7 ☐8						
☒9 ☐10 ☒11 ☐12			7		7	
☐ Elementary Schools: Nutrition education is offered as part of sequential, comprehensive standards-based health education curriculum.	**NOT APPLICABLE HIGH SCHOOL DISTRICT**					
☐ **Nutrition education is taught through other subjects like math, science, language arts, social sciences and electives.**			7		7	
☐ Health education teachers provide opportunities for students to practice or rehearse the skills taught through the health education curricula.			7		7	
☐ **Teachers and other staff receive training in nutrition education.**			7		7	
☐ Media literacy is taught with an emphasis on food and beverage marketing.			7		7	
☐ **Nutrition education is taught in collaboration with community partner:** ☐ *Community Partner*			7		7	

Nutrition education is included in health education lessons or physical education and the following topics are covered *(best practice is to choose a minimum of 12 topics)*: ☒ Relationship between healthy eating and personal health and disease prevention ☐ Food guidance from MyPlate ☒ Reading and using the FDA's nutrition fact labels ☒ Eating a variety of foods every day ☒ Balancing food intake and physical activity ☒ Eating more fruits and vegetables and whole grain-rich products ☒ Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat ☐ Choosing foods and beverages with little added sugar ☐ Eating more calcium rich foods ☐ Preparing healthy meals and snacks ☐ Risks of unhealthy weight control practices ☐ Accepting body size difference ☒ Food safety ☒ Importance of water consumption ☒ Importance of eating breakfast ☐ Making healthy choices when eating at restaurants ☐ Eating disorders ☒ The Dietary Guidelines for Americans ☒ Reducing sodium intake ☐ Social influences on healthy eating, including media, family, press and peers ☐ How to find valid information or services related to nutrition and dietary behavior ☐ How to develop a plan and track progress toward achieving a personal goal to eat healthfully ☐ Resisting peer pressure related to unhealthy dietary behavior ☐ Influencing, supporting, or advocating for others' healthy dietary behavior			7		7	
☐ **Lessons link with school meal programs, cafeteria nutrition promotion activities, school gardens/Farm to School, and other nutrition related community activities.**						
Nutrition education includes experiential, hands-on learning experiences						
☐ Cooking demonstrations					0	
☐ **Taste testing**			7			7
☐ Promotion of new school menu items			7			7
☐ **School gardens**					0	
☐ Farm tours					0	

GOAL: PHYSICAL ACTIVITY *Physical activity is defined by the Centers for Disease Control and Prevention (CDC) as any bodily movement produced by skeletal muscles that result in energy expenditure. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem and may improve blood pressure and cholesterol levels. Incorporating regular physical activity in your school(s) is an important contributor to student wellness.*	24-25		25-26		26-27	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
Physical Activity						
☐ **Physical activity is available for at least ____ minutes per day for all students.**			7		7	
☐ Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) is not used or withheld as punishment for any reason.			7		7	
☐ **The district provides teachers and other school staff with a list of ideas for alternative ways to discipline students.**			7		7	
☐ A comprehensive school physical activity program (CSPAP) is used to coordinate physical activity before, during and after school.			7		7	
☐ **To the extent practicable, schools ensure that their grounds and facilities are safe and that equipment is available to all students to be active.**			7		7	
☐ Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces are open to students, their families, and the community outside of school hours.			7		7	
☐ **Schools ensure that inventories of physical activity supplies and equipment are known and, when necessary, work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.**			7		7	
Before and After School Activities						
☐ Students have opportunities to participate in physical activity before school.				7		7
☐ **Students have opportunities to participate in physical activity after school.**				7		7
Physical Education						
In Arizona, LEAs are recommended to review the Arizona PE Standards. Arizona does not have PE requirement, but the national recommendation for PE minutes is 150 per week at the elementary level and 225 minutes per week at the secondary level (middle school and high school level).						
Elementary students (grades K-5) in each grade receive physical education for at least *(choose one):* ☐ 45 minutes per week ☐ 60-89 minutes per week ☐ 90-149 minutes per week ☐ 150 or more minutes per week ☐ *Other:*			Ø		Ø	

Secondary students (grades 6-12) are *(choose one)*: ☐ **Required to take one physical education credit total** ☐ **Will take more than one academic year of physical education** ☐ **Will take physical education throughout all secondary school years** ☐ ***Other:***			✓		✓	
☐ Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education.			✓		✓	
☐ **Physical education program promotes student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment).**			✓		✓	
☐ Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.			✓		✓	
☐ **Physical education teachers participate in professional development at least once per year.**			✓		✓	
☐ Physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.			✓		✓	
☐ **Waivers, exemptions, or substitutions for physical education classes are not granted.**				✓		✓
☐ Physical activity may not be substituted for any other class (e.g., dance, marching band, ROTC etc.)				✓		✓
Recess						
☐ **Elementary schools provide at least 20 minutes of recess on all days during the school year.**	NOT APPLICABLE HIGH SCHOOL DISTRICT					
☐ If recess is offered before lunch, proper hand washing measures are in place.						
☐ **Recess is offered outdoors when weather is feasible.**						
☐ Recess is a compliment to not a substitute for physical education class.						
☐ **Recess monitors encourage students to be active.**						
☐ Recess monitors serve as role models by being physically active along with students.						
Classroom Physical Activity Breaks and Active Academics						
☐ Students are offered periodic opportunities to be physically active or to stretch in the classroom throughout the day on all or most days during a typical school week.				✓		✓
☐ **Teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least 3 days per week.**			✓		✓	
☐ Teachers receive resources, tools, and technology with ideas for classroom physical activity breaks.			✓		✓	
☐ **Teachers incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible to reduce sedentary behavior during the day.**			✓		✓	

☐ Teachers serve as role models by being physically active alongside students whenever possible.			✓		✓	
Physical Activity Topics in Health Education						
☐ Health education is required in all elementary grades.	N/A	—	—	—	—	—
☐ **Middle and high school students are required to take and pass at least one health education course.**			✓		✓	
☐ At least 12 of the following essential topics on physical activity are in the health education curriculum: ☐ The physical, physiological, or social benefits of physical activity ☐ How physical activity can contribute to a healthy weight ☐ How physical activity can contribute to the academic learning process ☐ How an inactive lifestyle contributes to chronic disease ☐ Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition ☐ Differences between physical activity, exercise and fitness ☐ Phases of an exercise session including warm up, workout, and cool down ☐ Decreasing sedentary activities such as TV watching ☐ How to influence, support, or advocate for others to engage in physical activity ☐ Opportunities for physical activity in the community ☐ Preventing injury during physical activity ☐ Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active ☐ How much physical activity is enough, including determining frequency, intensity, time and type of physical activity ☐ Developing an individualized physical activity and fitness plan ☐ Monitoring progress toward reaching goals in an individualized physical activity plan ☐ Dangers of using performance-enhancing drugs such as steroids ☐ Social influences on physical activity including media, family, peers, and culture ☐ How to find valid information or services related to physical activity and fitness ☐ Overcoming barriers to physical activity ☐ How to resist peer pressure that discourages physical activity						
Active Transport (best practice is to choose a minimum of 6)						
☐ **Safe or preferred routes to school are designated.**				✓		✓
☐ Activities such as participation in international Walk to School Week are promoted.			✓		✓	
☐ **Crosswalks on streets leading to school are used.**				✓		✓
☐ Secure storage facilities for bicycles and helmet are present on school grounds.				✓		✓
☐ **Instruction on walking/bicycling safety is provided to students.**			✓		✓	
☐ Crossing guards are used.			N/A	—	—	—
☐ **Walking school buses are coordinated.**			N/A	—	—	—
☐ The number of children walking and/or biking to and from school is documented.			✓		✓	

☐ **Maps of the school environment (sidewalks, crosswalks, roads, pathways, bike racks) are distributed.**			7		7	
☐ Safe routes to school program is promoted to students, staff, parents via newsletters, websites, and local newspaper.				7		7
GOAL: OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS	24-25		25-26		26-27	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
School Sponsored Events						
☐ School-sponsored events incorporate wellness components including physical activity and healthy eating opportunities.			7		7	
Relationships with Community Partnerships						
☐ **Hospitals**				7		7
☐ Universities/colleges				7		7
☐ **Local businesses**				7		7
☐ SNAP-Ed Providers				7		7
Community Health Promotion and Family Engagement						
☐ The benefits of and approaches to healthy eating and physical activity are promoted to parents/caregivers, families, and the general community throughout the school year (e.g., the school provides information about nutrition and physical activity to parents throughout the year).				7		7
☐ **Families are informed and invited to participate in school-sponsored activities and receive information about health promotion efforts.**				7		7
☐ Electronic and non-electronic mechanisms are used to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.				7		7
Staff Wellness and Health Promotion						
☐ **The District Wellness Committee has a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. This subcommittee focuses on staff wellness in ___ schools. If yes, best practice to list subcommittee leader's name in the policy.**			7		7	
☐ Schools implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors, and 3-4 strategies are listed.			7		7	
☐ ***Provide STaff access to purchase nutritious breakfast, lunch and supper meals***				7		7
☐						
☐						

☐						
☐ **The district promotes staff member participation in health promotion programs.**			✓		✓	
☐ The district has a healthy meeting policy for all events with available food options, created by the district wellness committee to optimize healthy food options.			✓		✓	
Professional Learning						
☐ The district offers annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and schools.			✓		✓	
Other Activities to Promote Wellness						
☐ Each school has a health professional on site for at least half the school day.				✓		✓
☐ **The district supports health fairs**			✓		✓	
☐						
☐ ***Other:***						
☐ *Other:*						

II. DISTRICT POLICIES

In each of the following sections, select and/or describe the policies that will apply to all schools in the district. Some of the policies are required and thus, already selected. Then, write the selected policies in the ***LWP Template***. When you monitor implementation, you will report on how many schools comply with the district policies, or if the district as a whole is in compliance with the policy.

DISTRICT POLICY: SCHOOL MEALS STANDARDS *At a minimum, the school meal standards should meet the New Meal Pattern requirements. LEAs can establish additional standards important to the district. This section should also include standards for the meal service area, menu composition (use of local produce) and guidelines for water availability during meals.*	24-25 **% of schools in compliance**	25-26 **% of schools in compliance**	26-27 **% of schools in compliance**
National School Lunch Program			
☐ **All schools in the district participate in the National School Lunch Program.**		✓	✓
☐ Lunch meals served meet the new meal pattern requirements including minimum requirements for fruits, vegetables (and subgroups), whole grain-rich foods, meat/meat alternates and 2 varieties of milk.		✓	✓
☐ 20 percent of lunch items will be prepared from scratch or speed scratch		✓	✓
☐ Students are served lunch at a reasonable and appropriate time of the day.		✓	✓
☐ Lunch follows recess to better support learning and healthy eating.		✓	✓
☐ Students have adequate time to eat: ☐ Students have 10 minutes of seated time			

☒ Students have 20 minutes of seated time ☐ Students have 30 minutes of seated time (ADE best practice) ☐ Students have ___ minutes of seated time		✓	✓
School Breakfast Program			
☐ All schools in the district participate in the School Breakfast Program.		✓	✓
☐ Breakfast meals served meet the new meal pattern requirements including minimum requirements for fruits/vegetables, whole grain-rich foods, and 2 varieties of milk.		✓	✓
☐ The district encourages schools to provide breakfast in the classroom or via mobile grab and go carts.		✓	✓
School Meal Standards meet the following additional guidelines established by the district:			
☐ Meals are appealing and attractive to students.		✓	✓
☐ Meals are served in clean and pleasant settings.		✓	✓
☐ When available local and/or regional products are incorporated into the school		✓	✓
☐ Fresh fruits and vegetables are served __5__ times per week.		✓	✓
☐ District offers two varieties of milk: non-fat chocolate and 1% white		✓	✓
☐ Menus are created/reviewed by a Registered Dietitian or other certified nutrition professional.		✓	✓
☐ School meals are administered by a team of nutrition professionals.		✓	✓
☐ *Arizona Healthy Schools Act HB2164*		✓	✓
☐ *Recipes and Menus are in compliance with USDA meal requirements*		✓	✓
☐			
☐			
Water			
☐ Free, potable water is available to all students during the meal period.		✓	✓
☐ Water sources and containers are maintained on a regular basis to ensure good hygiene and health safety standards.		✓	✓
☐ Students are allowed to bring and carry approved water bottles with only water in them throughout the day.		✓	✓

DISTRICT POLICY: COMPETITIVE FOOD AND BEVERAGES (FOOD SOLD TO STUDENTS) *Competitive foods and beverages are those foods that are sold outside of and in competition with the federally reimbursable meal programs. At a minimum, LEAs must ensure all foods and beverages sold on campus, during the school day defined as midnight to thirty minutes after the end of the school, will meet the USDA Smart Snack guidelines for grades K-12. LEAs can establish additional standards.*	24-25 **% of schools in compliance**	25-26 **% of schools in compliance**	26-27 **% of schools in compliance**
☐ Foods and beverages sold outside the school meal programs will meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day (midnight to thirty minutes after the end of the school day). This applies to foods sold:			
☐ Not applicable, district does not sell competitive foods.			7
☐ A la Carte		7	N/A
☐ In student stores			N/A
☐ In vending machines		7	7
☐ *Other:*			
Foods and beverages sold outside of the school meal programs meet the following additional guidelines established by the district:			
☐ All foods and beverages sold outside the school meal programs will meet the USDA Smart Snacks in School nutrition standards on the school campus (midnight to midnight).		7	7
☐ *Fundraisers scheduled during normal school hours are pre-approved by ADE*		7	7
☐ *Studnt accessible vending machines are in compliance with Arizona Healthy Schools Act HB2164*		7	7

DISTRICT POLICY: CELEBRATIONS AND REWARDS (FOOD SERVED TO STUDENTS) *Arizona Law (ARS 15-242) referred to as Arizona Nutrition Standards states that all food and beverages supplied at school sponsored events to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines. The USDA's Smart Snacks in Schools and Arizona Nutrition Standards guidelines do not apply to foods brought to school in bagged lunches or for activities such as birthday parties, holidays, or other celebrations.*	24-25 **% of schools in compliance**	25-26 **% of schools in compliance**	26-27 **% of schools in compliance**
School Sponsored Events			
☐ Foods served to students in grades K-8 meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).		N/A	N/A
☐ Foods served to students in grades 9-12 meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).		7	7
Classroom Celebrations/Rewards			

☐ Foods served to students during classroom celebrations and parties (holidays and birthdays) meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).		7	7
☐ Parents and teachers receive a list of healthy party ideas, including non-food celebration ideas.		7	7
☐ Classroom snacks brought in by parents meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).		0	0
☐ Parents receive a list of foods and beverages that meet the USDA Smart Snacks nutrition standards.		0	0
☐ Food and beverage is not used as a reward.		0	7
☐ Teachers and other school staff receive a list of alternative ways to reward students.		0	7
The district has established additional guidelines for all foods and beverages served to students:			
☐			

DISTRICT POLICY: FUNDRAISING *In Arizona, all fundraisers are exempted from the Smart Snacks guidelines when an exemption request form is submitted, per HNS 04-2015. However, regulations state that no exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service. Additionally, LEAs have the authority to implement more restrictive fundraising food standards.*	24-25 **% of schools in compliance**	25-26 **% of schools in compliance**	26-27 **% of schools in compliance**
The district has adopted the following fundraising policy:			
☐ The district does not allow exempt fundraisers. All food sold on campus during the school day as part of a fundraiser must meet Smart Snacks guidelines.		7	7
☐ The district allows infrequent, exempt fundraisers, where food sold on campus during the school day does not meet Smart Snacks guidelines and complies with the following:		7	—
☐The district submits the exemption request form to ADE for all food-related fundraisers, intended for consumption on school campus during the school day, that do not meet the Smart Snacks guidelines.		7	—
☐The district defines what it considers to be 'infrequent' as it relates to exempt fundraisers as: _____		7	—
☐The district defines what it considers to be an appropriate short duration for exempt fundraisers as: _____		7	—
Notifying Public of Fundraising Policy			
☐ The district fundraising policy is distributed to all schools.		7	7
☐ The district fundraising policy is distributed to all parents/guardians.		7	7
The district has established additional guidelines for fundraising:			
☐ *Procedure @3-102.E Revenue- Student Activities*		7	7
☐ *Procedure @3-301.A Food Services- Nutrition*		7	7

New 26-27

☐ *Guideline:*			

DISTRICT POLICY: FOOD AND BEVERAGE MARKETING *LEAs that allow marketing of food and beverages to students must include plans and policies that allow the marketing of only those foods and beverages that may be sold on the school campus during the school day (i.e. that meet the USDA's Smart Snacks in Schools) LEAs have the discretion to enact broader policies that address marketing that occurs at events outside of school hours.*	24-25 **% of schools in compliance**	25-26 **% of schools in compliance**	26-27 **% of schools in compliance**
☐ All foods and beverages advertised on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition guidelines. These guidelines apply to (Check all that apply)			
☐ Vending machine exteriors		7	7
☐ School equipment such as marquees, message boards, scoreboards, busses etc.		7	7
☐ Cups used for beverage dispensing, menu boards, coolers, trach cans, and other food service equipment		7	7
☐ Posters, book covers, school supplies display, etc.		7	7
☐ Advertisements in school publications or mailings		7	7
☐ Free product samples, taste tests, or coupons of a product or free samples displaying advertising of a product		7	7
The district has established additional guidelines for all foods and beverages marketed to students:			
☐ As the district, school nutrition services, athletic director, PTO/PTA reviews existing contracts and considers new contracts, equipment and purchasing, decisions reflect applicable marketing guidelines established by the LWP.		7	7
☐ *Utilize electroic communication -Canvas for menu posting and feedback*		7	7
☐ *Menu signs in cafeteria and on grab & go carts*		7	7

III. DISTRICT WELLNESS COMMITTEE

The District is required to convene a representative district wellness committee that meets to establish goals and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

COMMITTEE ROLE AND MEMBERSHIP *The district must notify the public of their ability to participate in the LWP process. LEAs should establish details of how the LWP will be convened and how it will operate.*	24-25		25-26		26-27	
	YES	**NO**	**YES**	**NO**	**YES**	**NO**
☐ The district convenes a representative District Wellness Committee (DWC).			✓		✓	
☐ The District Wellness Committee meets 1 times per year.			✓		✓	

			Yes		✓	
☐ **The public is notified of their ability to participate in the District Wellness Committee.**			✓		✓	
The public is notified of their ability to participate in the District Wellness Committee using the following methods:						
☐ Email						
☐ Notices on district website			✓		✓	
☐ Newsletters						
☐ Presentations to parents						
☐ Sending information home via flyers						
☐ *Other:*						
☐ DWC ***actively recruits*** representation from:						
☐ **All school levels (elementary, middle, high)**			✓		✓	
☐ **Parents/Caregivers**			✓		✓	
☐ **Students**			✓		✓	
☐ **Representative from School Nutrition Programs**			✓		✓	
☐ **Physical education teacher**			✓		✗	
☐ **Health education teacher**			N/A		N/A	
☐ **School health professionals (nurses)**			✓		✓	
☐ **Mental health and social services staff (counselors, psychologists, social workers)**			✓		✓	
☐ **Administrators**			✓		✓	
☐ **School board members**			✓		✗	
☐ **Health professionals (dietitians, doctors, nurses)**			✓		✓	
☐ **The general public**			✓		✓	
☐ DWC *has* representation from:						
☐ All school levels (elementary, middle, high)			✓		✓	
☐ Parents/Caregivers			✓		✓	
☐ Students			✓		✓	
☐ Representative from School Nutrition Programs			✓		✓	
☐ Physical education teacher			✓		✗	
☐ Health education teacher			N/A		N/A	
☐ School health professionals (nurses)			✓		✓	
☐ Mental health and social services staff (counselors, psychologists, social workers)			✓		✓	

☐ Administrators			✓		✓	
☐ School board members						
☐ Health professionals (dietitians, doctors, nurses)			✓		✓	
☐ The general public			✓		✓	
☐ To the extent possible, representatives from each school in the district			✓		✓	
☐ **DWC includes representation from community partners (when feasible)**						
☐**SNAP-Ed coordinator**						
☐*Other:*						
☐ Each school within the district has an on-going school wellness committee (School Health Advisory Committee- SHAC) to review school-level, health related issues in coordination with the DWC.				✓	✓	

LEADERSHIP *The district must designate one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy. This may or may not be the same person responsible for bringing the wellness committee together and planning the meetings.*	24-25		25-26		26-27	
	YES	**NO**	**YES**	**NO**	**YES**	**NO**
☐ **There is a person designated to convene the DWC and facilitate development of and updates to the wellness policy.** ☐**Designee is** Elena Hildreth			✓		✓	
☐ There is a district-level official designated to *ensure all schools' compliance* with the policy. ☐Designee is _____				✓		✓
☐ **Each school has designated a wellness policy coordinator who will ensure compliance with the policy at the school level.** ☐**Position/Title of the designees is** Elena Hildreth Executive Director Student Nutrition			✓		✓	

IV. IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND NOTIFICATION

Convening a district wellness committee and writing the policy is the first step in the LWP process. However, districts are also responsible for implementing, monitoring, and notifying the public about the LWP. Annual reviews and updates to the policy are recommended, while a thorough assessment of compliance is required every three years.

IMPLEMENTATION PLAN

Once the wellness policy is written, the district will need to communicate to the goals and policies to all schools. Schools will then implement the policies and begin working toward the goals as appropriate. The implementation of the policies should be consistent across all schools, but the actions that work toward meeting the goals may vary from school to school.

	24-25		25-26		26-27	
	YES	NO	YES	NO	YES	NO
☐ **Schools conducted a school-level assessment prior to developing an implementation plan. The assessment used was:** ☐ **The Alliance for a Healthier Generation Healthy Schools Program;** ☐ **The School Health Index** ☐ **Action for Healthy Kids Game On program** ☐ **Other program:** _____						
☐ The district has a plan for implementation to manage and coordinate the execution of this wellness policy at each school.			✓		✓	
☐ **The plan includes roles, responsibilities, actions and timelines specific to each school and includes information about who will be responsible to make changes.**			✓		✓	

TRIENNIAL PROGRESS ASSESSMENTS

At least once every three years, the District must assess compliance with their wellness policy and assess progress toward meeting the goals of the wellness policy.

	24-25		25-26		26-27	
	YES	NO	YES	NO	YES	NO
☐ **At least once every three years, the district evaluates compliance with the wellness policy.**			✓		✓	
The evaluation includes:						
☐ The extent to which schools under the jurisdiction of the district are following the wellness policy.			✓		✓	
☐ The extent to which the district's policy compares to a model policy.			✓		✓	
☐ A description of the progress made in attaining the goals of the district's wellness policy.			✓		✓	
☐ **The district designated a person responsible for managing the triennial assessment:** **This designee is:** Lena Hildreth			✓		✓	

REVISIONS AND UPDATING THE POLICY *LEAs are required to update or modify the wellness policy as appropriate.*	24-25		25-26		26-27	
	YES	NO	YES	NO	YES	NO
☐ Policy is updated when appropriate, including when:						
☐ District priorities change			✓		✓	
☐ Community needs change						
☐ Wellness goals are met						
☐ New health science information emerges						
☐ New state or federal guidance/standards are issues			✓		✓	
☐ The DWC conducts an annual School Health Index at each school.						
☐ Updates to the policy are made based on the results of the School Health Index.			✓		✓	

NOTIFICATION OF WELLNESS POLICY, POLICY UPDATES AND TRIENNIAL ASSESSMENT *LEAs must make available to the public (1) at all times the wellness policy (2) on an annual basis, at minimum, any updates to and about the wellness policy, and (3) the Triennial Assessment which includes progress toward meeting their wellness goals and compliance with the written policy over a three year period.*	24-25		25-26		26-27	
	YES	NO	YES	NO	YES	NO
Availability of the LWP						
☐ The public has access to the LWP at all times.						
☐ The wellness policy is posted online. The URL is: YUMAUNION.org - Student Nutrition Page			✓		✓	
Notification/Availability of Revisions and Updates to the LWP						
☐ The district informs families and the public each year of basic information about the policy, including its content, updates, and implementation status. Best practice is to include last revision date on LWP.			✓		✓	
☐ The district informs families and the public each year of basic information about the policy, including its content, updates, and implementation status by:			✓		✓	
☐ Email						
☐ Notices on district website			✓		✓	
☐ Newsletters						
☐ Presentations to parents						
☐ Sending information home						
☐ Other						
☐ Communications include culturally and linguistically appropriate language.			✓		✓	
Availability of the Triennial Assessment						

☐ The district actively notifies households of the availability of the triennial progress report.						
☐ The triennial assessments are available to the public. The URL is: yumaunion.org Student Nutrition Website.	✓		✓		✓	

RECORDKEEPING *The district retains the following documents to demonstrate compliance with the wellness policy.*	24-25		25-26		26-27	
	YES	**NO**	**YES**	**NO**	**YES**	**NO**
Documentation kept on file includes:						
☐ **Written wellness policy**	✓		✓		✓	
☐ Documentation demonstrating it has been made available to the public	✓		✓		✓	
☐ **Documentation of efforts to review and update the policy, including indication of who is involved in the update and the methods the district uses to make stakeholders aware of their ability to participate**	✓		✓		✓	
☐ Documentation to demonstrate compliance with the annual public notification requirements	✓		✓		✓	
☐ **The most recent assessment on implementation of the school wellness policy**	✓		✓		✓	
☐ Documentation demonstrating the most recent assessment on the implementation of the policy has been made available to the public.	✓		✓		✓	

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mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

fax: (833) 256-1665; or (202) 690-7442

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