

## Wellness Policy Requirement: *Implementation and Monitoring Plan* East Valley School District #361

Requirement	Implementation Strategy	Implementation Plan	Person /Team responsible	Date Due	Date Implemented	Monitoring Plan	Policy Compliance? Action Plan to correct	Eval. Date
<b>Public Involvement</b> 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	Team assembled 2018	Nutrition Services Director/ Wellness Committee			Annual assessments	<input type="checkbox"/> Yes <input type="checkbox"/> No	Fall 2019
<b>Nutrition Guidelines</b> 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> )		NSD			Ongoing monitoring	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input checked="" type="checkbox"/>	Increase availability of fruits and vegetables (e.g. salad bar, farm stand)	HS has a self-serve salad bar, MS and CCS offer Entrée salads to MS aged students. Other schools offer daily fruit and vegetable choices on the line.	NSD		2015		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input checked="" type="checkbox"/>	Free water available during lunchtime	Each cafeteria has either a drinking fountain or a water jug with cups. Numerous water bottle filling stations have been installed recently.	Kitchen Manager			Ongoing monitoring	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input checked="" type="checkbox"/>	Competitive foods ( <i>a la carte, vending, stores</i> )	Schools are given a Smart Snack order form to use if they wish to offer snacks during the school day. Ala Carte & vending abide by new rules.	NSD	2015		Ongoing monitoring	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Classroom/school celebrations		Principals				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<input type="checkbox"/>	Using non-food rewards		Principals				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<input type="checkbox"/>	Healthy fundraisers	All candy based fundraisers were eliminated by 2016	Principals				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<input type="checkbox"/>	Providing sufficient lunch times		Principals				<input type="checkbox"/> Yes <input type="checkbox"/> No	

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<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)		Teachers				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<input checked="" type="checkbox"/>	Cafeteria interventions (Myplate information, “Eat the colors of the rainbow” themes)		NSD				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<input type="checkbox"/>	Foodservice staff education ( <i>scratch cooking, healthy meals</i> )		NSD				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<input checked="" type="checkbox"/>	Staff training (Continuing education on Nutrition)	Staff is trained on menu pattern as well as updates annually in the fall Periotic trainings during the school year,	NSD	2015		Excel format tracking tool is used.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Home and community (Sending information home, community education- Nutrition /Physical Activity nights)		Principals				<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Nutrition Promotion</b> Changing the school environment to support healthy eating							
<input type="checkbox"/>	Become a Healthier US School	Not started yet.	NSD				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<input type="checkbox"/>	Become a Team Nutrition School	Not started yet.	NSD				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<input type="checkbox"/>	Cafeteria ambiance/education	Ongoing	KM PE Teacher				<input type="checkbox"/> Yes <input type="checkbox"/> No
<input checked="" type="checkbox"/>	Apply USDA Fresh Fruit and Vegetable program	Current grant awardee Trent Elementary	NSD				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	School garden		Comm. partner				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<input type="checkbox"/>	Taste of Washington/Taste testing days	Not started yet.	NSD				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<input type="checkbox"/>	Community meal events		NSD/ Principals				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

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<input type="checkbox"/>	Wellness newsletters	HR yes, NS no					<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<input type="checkbox"/>	Health Fair	Back to School fair, held late August					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Staff modeling healthy eating						<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Physical Education</b>							
PE							
<input type="checkbox"/>	Minutes/day or week (Minimum requirement 100 minutes per week)	Elem: 60 mins week plus 40 mins in classroom HS: 225 min a week	Teacher/ Lorri Reilly				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Curriculum	Currently using Focus Fitness	Alec Vermier/ Lorri Reilly				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Fitness testing/Fitness Gram	Within Focus Fitness	Teachers				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Physical Activity</b>							
<input checked="" type="checkbox"/>	Recess time	50 minutes a day for Elem AM, Lunch and PM	Principals				
<input type="checkbox"/>	Physical activity breaks in classes	Items done in class like Brain gym and yoga.	Teachers				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<input checked="" type="checkbox"/>	Recess before lunch	Implemented at Trent Elementary SY 19/20	Principals				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Access to school facilities		Athletic Director/ Principals				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<input checked="" type="checkbox"/>	Safe Routes to school	Safe routes have been in place for many years	L. Smith Transprt.				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Walk-a-thon/clubs	Color Run, Reindeer Run, Turkey Trot	Principals/ PTA				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Public Notification</b>							
Inform and update public about content, implementation, and compliance							
<input type="checkbox"/>	Website, handbook, or newsletter	Annually	NSD				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<input type="checkbox"/>	Report to school board	Annually	NSD				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Implementation and Monitoring</b>	Assess and evaluation compliance	Annually	NSD				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No