

Wellness Policy Requirement: Implementation and Monitoring Plan

Requirement	Implementation Strategy	Implementation Plan	Person Responsible	Due Date	Date Implemented	Monitoring Plan	Compliance? (Yes/No) Action Plan to Correct	Eval. Date
Public Involvement - Collaborative community team to develop, implement, and review wellness policy	Build a team including parents, teachers, school health professionals, school board and administration members, and community members	Will establish a Local School Wellness Team as defined.	School Administrator	4/30/18	3/1/18	Annual Review by Team	Yes	March 1
Nutrition Guidelines - Standards for all food sold on school campus	Promote high quality and well balanced food for school meals	Provide high quality and balanced foods for school meals	School Administrator	4/30/18	4/30/18	Annual Review by Team	Yes	March 1
"	School meals (USDA guidelines, scratch-made, healthy menu changes)	Will provide healthy breakfast and lunch on regular school days.	"	"	"	"	"	"
"	Increase availability of fruits and vegetables (salad option for lunch)	Will increase amount of fruits and vegetables available for students	"	"	"	"	"	"
"	Free water available during lunchtime	Will provide free water during lunch.	"	"	"	"	"	"
"	Special dietary needs	Will work with school's 504 coordinator to accommodate student special dietary needs.	"	"	"	"	"	"
"	All foods sold during school day meet USDA Smart Snacks standards	Will only sell foods that meet Smart Snacks standards	"	"	"	"	"	"
"	Healthy fundraisers	Will promote healthy fundraisers, such as Jump Rope for Heart, Game Night, and Dance Night	"	"	"	"	"	"
"	Sufficient lunch time(s)	Will provide sufficient time for students to consume their breakfast and/or lunch.	"	"	"	"	"	"
Nutrition Education - Goals for nutrition education	Promote nutrition education throughout educational environment	Provide standards-based nutrition education which is integrated into curricula and connects nutrition information/education to	School Administrator	4/30/18	4/30/18	Annual Review by Team	Yes	March 1

"	Classroom-based (incorporated into curriculum, cooking in class)	Will incorporate nutrition information into curricula (nutrition-focused Way to go Wednesdays, Heart Health, Cooking days, Myplate projects, Eat the Rainbow activities, Food and Nutrition Science kit projects, Choices magazine article reviews on nutrition updates, etc.)	"	"	"	"	"	"
"	Nutrition promotion	Will promote healthy food and beverage choices, and participation in school meal programs	"	"	"	"	"	"
"	Foodservice staff education (Scratch cooking, healthy meals)	Will support continued education for foodservice staff (i.e. professional development courses)	"	"	"	"	"	"
"	Staff training (Continued education on nutrition)	Will support continued education for staff (i.e. on-line classes)	"	"	"	"	"	"
"	Home and Community (Sending nutrition information home, sponsoring nutrition and physical activity nights)	to students' homes and interested community members nutrition information with an updated school menu. Will host community nutrition and physical activity nights, and nutrition curriculum may include homework that involves families	"	"	"	"	"	"
Nutrition Promotion - Changing the school environment to support healthy eating	Promote nutrition education throughout educational environment	Provide a flexible school environment which will adapt and modify its wellness plan as nutrition and physical education information evolves	School Administrator	4/30/18	4/30/18	Annual Review by Team	Yes	'March 1
"	K-8 Nutrition curriculum will align with Washington State Health and Physical Education Standards	Curriculum will be designed to provide students with knowledge and skills necessary to promote healthy behavior	"	"	"	"	"	"

"	Cafeteria ambiance/education	Will provide students with a safe and enjoyable cafeteria in which to consume their meals.	"	"	"	"	"	"
"	Staff modeling healthy eating habits	Will encourage staff to demonstrate smart nutritional choices and healthy eating habits.	"	"	"	"	"	"
"	Host community events that have nutrition as the focus such as community meal events, health fairs, distribution of wellness newsletters, and school/community gardens	Will, as time and circumstances permit, support and promote community nutrition efforts.	"	"	"	"	"	"
Physical Education - Support healthy exercise in school	Promote physical fitness education	Provide physical fitness information in school environment	School Administrator	4/30/18	4/30/18	Annual Review by Team	Yes	'March 1
"	PE Class (Minimum requirement of 100 minutes per week)	Will provide a minimum of 100 minutes per week of physical fitness instruction/guidance.	"	"	"	"	"	"
"	PE Curriculum	PE curriculum from the Spokane Public Schools Fitness Program will be provided.	"	"	"	"	"	"
Physical Activity - Support healthy exercise in school	Promote physical fitness activities	Provide physical fitness activities/exercise in school environment	School Administrator	4/30/18	4/30/18	Annual Review by Team	Yes	'March 1
"	Recess Time	Will provide adequate recess periods daily.	"	"	"	"	"	"
"	Physical activity breaks during class time	Will promote physical activities during break periods of class time instruction.	"	"	"	"	"	"
"	Access to school facilities	Will provide community access to school playground daily, year- round, outside normal school operation hours.	"	"	"	"	"	"

"	Host community physical fitness activities such as walk-a-thons, hiking clubs, etc.	Will host, as time and circumstances permit, physical fitness activities for the community such as Dance night, Jump Rope Night, etc.	"	"	"	"	"	"
"	Recess time as part of lunch period	Will provide students the opportunity for recess during the lunch period.	"	"	"	"	"	"
Public Notification - Support community involvement in school nutrition and physical fitness awareness	Promote the distribution of school nutrition and physical fitness programs and the implementation of those programs	Provide public with information regarding school Wellness Policy/Program	School Administrator	4/30/18	4/30/18	Annual Review by Team	Yes	'March 1
"	Inform and update public about the content of the school wellness policy and the implementation or execution of that policy	Will provide an annual letter to staff, administrative and board members, students, parents, and community members outlining school wellness policy/program.	"	"	"	"	"	"
Implementation and Monitoring - Support the execution of the school wellness policy	Promote the execution of the school wellness policy	Provide monitoring function of the school wellness policy	School Administrator	4/30/18	4/30/18	Annual Review by Team	Yes	'March 1
"	Assess and evaluate school compliance with the wellness policy	Will provide annual policy and program implementation review for compliance with WA state and/or federal requirements.	"	"	"	"	"	"