

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 |
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| 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 | 4/30/2015 | 4/30/2015 | Annual Review by Team | Yes | March 1 |
| Nutrition Guidelines - Standards for all food available on school campus | Promote high quality and well balanced food for school meals | Provide high quality and balanced foods for school meals | School Administrator | 4/30/2015 | 4/30/2015 | 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. | " | " | " | " | " | " |
| " | Class/school celebrations | Will promote healthy snack options for all class and school functions. | " | " | " | " | " | " |
| " | Use of non-food rewards | Will use non-food rewards. | " | " | " | " | " | " |
| " | 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. | " | " | " | " | " | " |

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| 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 environment | School Administrator | 4/30/2015 | 4/30/2015 | 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.) | " | " | " | " | " | " |
| " | Cafeteria advertizing (posters highlighting Myplate information, "Eat the Colors of the Rainbow" themes) | Will incorporate nutrition information in the cafeteria (i.e. themed posters, menu updates) | " | " | " | " | " | " |
| " | 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) | Will annually distribute to students' homes and interested community members nutrition information with an updated school menu. Will host community nutrition and physical activity nights such as Dance Night and Jump Rope Night. | " | " | " | " | " | " |

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| 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 | 4/30/2015 | 4/30/2015 | Annual Review by Team | Yes | March 1 |
| " | Become a Healthier US School, a Team Nutrition School, or seek other national recognition for nutrition education awareness | Will, as time and circumstances permit, apply for any and all national programs and/or certifications that demonstrate nutritional education focus. | " | " | " | " | " | " |
| " | Cafeteria ambiance/education | Will provide students with a safe and enjoyable cafeteria in which to consume their meals. | " | " | " | " | " | " |
| " | Apply USDA Fresh Fruit and Vegetable Program | Will apply the USDA Fresh Fruit and Vegetable Program in the cafeteria. | " | " | " | " | " | " |
| " | Staff modeling healthy eating habits | Will encourage staff to demonstrate smart nutritional choices and healthy eating habits. | " | " | " | " | " | " |

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| " | 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 | 4/30/2015 | 4/30/2015 | 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. | " | " | " | " | " | " |
| " | Fitness Testing | Will provide the Presidential Physical Fitness Program. | " | " | " | " | " | " |
| Physical Activity - Support healthy exercise in school | Promote physical fitness activities | Provide physical fitness activities/exercise in school environment | School Administrator | 4/30/2015 | 4/30/2015 | 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. | " | " | " | " | " | " |

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| " | 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 | 4/30/2015 | 4/30/2015 | 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. | " | " | " | " | " | " |
| " | Create a website, handbook, newsletter, or flyer regarding the school wellness program | Will provide the same annual letter to all concerned by posting it to the school website. | " | " | " | " | " | " |
| " | Report to the school board | Will provide the same letter to school board and administrative members and provide verbal updates pertaining to same bi-annually. | " | " | " | " | " | " |
| 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 | 4/30/2015 | 4/30/2015 | 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. | " | " | " | " | " | " |

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