



School Wellness Policy: Measurement of Implementation

2022-2023

	K-5 Improvement Need	K-5 In Place	K-5 Strongly In Place	6-8 Improvement Needed	6-8 In Place	6-8 Strongly In Place	9-12 Improvement Need	9-12 In Place	9-12 Strongly In Place
Nutrition Education Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.	X				X			X	
Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.	X				X			X	
Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.		X			X			X	
Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.		X		X			X		
Nutrition education posters, such as the My Plate Guide, will be displayed in the cafeteria.			X		X			X	

The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.			X		X			X	
Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.	X			X				X	
Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.			X		X			X	
Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.			X		X			X	
Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.	X				X				X
Physical Education: A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.		X				X			X
The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.		X				X			X
Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.		X				X			X
The sequential, comprehensive physical education curriculum shall		X				X			X

stress the importance of remaining physically active for life.								
The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.	X					X		X
Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks established by the State.		X				X		X
The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.		X				X		X
Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.		X			X			X
Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.			X			X		X
Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.		X				X		X
Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.			X		X		X	
Planned instruction in physical education shall include cooperative as well as competitive games.			X			X		X
Planned instruction in physical		X			X			X

education shall take into account gender and cultural differences.									
Planned instruction in physical education shall promote participation in physical activity outside the regular school day.		X			X				X
Physical Activity Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.			X			X			X
Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.			X		X			X	
The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.		X			X			X	
All students in grades 7-12 shall have the opportunity to participate in interscholastic sports programs.	NA	NA	NA		X				X
Schools shall offer a wide range of physical activities outside the regular school day that meet the needs, interests, and abilities of all students, including males, females, students with disabilities, and students with special healthcare needs.			X			X			X
School-based Activities Free drinking water shall be available to students during designated meal times and may be available throughout the school day.		X			X			X	
The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.		X			X				X

The school shall provide attractive, clean environments in which the students eat.		X			X			X
Students and staff are encouraged to stay appropriately hydrated throughout their school day.		X			X			X
Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.		X			X			X
The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.		X			X			X
The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.		X		X				X
Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.			X			X		X
Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.	X			X			X	
Nutrition Promotion Encourage students to increase their consumption of healthful foods during the school day.	X			X			X	
Create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards:			X			X		X

a. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium;			X			X			X
b. a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy;			X			X			X
c. whole grain products - half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation;			X			X			X
d. fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored);		X			X			X	
e. meals designed to meet specific calorie ranges for age/grade groups;			X			X			X
Eliminate trans-fat from school meals			X			X			X
Require students to select a fruit or vegetable as part of a complete reimbursable meal			X			X			X
Designate wellness champions at each school that will promote resources through the District's website for wellness for students, families, and the community						X			X
Provide opportunities for students to develop the knowledge and skills for consuming healthful foods.		X			X			X	
Enhancing Student Health In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but			X			X			X

<p>not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program. As set forth in Policy 8531, entitled Free and Reduced-Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).</p>			X			X			X
<p>The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.</p>		X			X			X	
<p>The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited.</p>			X			X			X
<p>All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entree items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or SBP menu), as well as food items and beverages from vending machines, from school stores, or as fund-raisers, including those operated by student clubs and organizations, parent groups, or boosters clubs.</p>			X			X			X
<p>The food service program will strive to be financially</p>			X			X			X

self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.									
The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well regardless of unpaid meal balances and without stigma.			X			X			X
All food service personnel shall receive pre-service training in food service operations.		X			X			X	
Continuing professional development shall be provided for all staff of the food service program.		X			X			X	
Classroom snacks shall comply with USDA Dietary Guidelines for Americans.				X			X		
In the future, all buildings will not sell artificially sweetened & carbonated drinks during the school day.	X					X		X	