

Wellness Policy Requirement: *Implementation and Monitoring Plan*

Requirement	Implementation Strategy	Implementation Plan	Person /Team responsible	Date Due	Date Implemented	Monitoring Plan	Policy Compliance? Action Plan to correct	Eval. Date
Public Involvement 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	board members,community, parent days/meals admin helps serve in kitchen	parents, teachers, physical education instructors, school health professionals, school board and administration, and community members				X Yes <input type="checkbox"/> No	
Nutrition Guidelines Standards for all food available on school campus								
<input type="checkbox"/>	School meals (USDA guidelines,scratch-made, healthy menu changes, farm to school)		kitchen				X Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Increase availability of fruits and vegetables (e.g. salad bar, farm stand)		kitchen				X Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Free water available during lunchtime	water fountain adjacent to cafeteria	school admin				X Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Competitive foods (a la carte, vending, stores)		Booster club				<input type="checkbox"/> Yes X No	
<input type="checkbox"/>	Classroom/school celebrations	offer/provide healthy classroom alternatives working with teachers toward healthy choices only	teachers, parents admin				<input type="checkbox"/> Yes X No	

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<input type="checkbox"/>	Using non-food rewards		teacher, admin				X Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Healthy fundraisers						<input type="checkbox"/> Yes X No	
<input type="checkbox"/>	Providing sufficient lunch times		admin				X Yes <input type="checkbox"/> No	
Nutrition Education Goals for nutrition education		<ul style="list-style-type: none"> Standards based nutrition education Integrated into curricula Education links with school environment 						
<input type="checkbox"/>	Classroom –based (incorporated into curriculum, cooking classes)	N/A no home ec type classes offered					<input type="checkbox"/> Yes X No	
<input type="checkbox"/>	Cafeteria interventions (Myplate information, “Eat the colors of the rainbow” themes)		kitchen staff				X Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Foodservice staff education (<i>scratch cooking, healthy meals</i>)		kitchen staff				X Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Staff training (Continuing education on Nutrition)		teachers, admin, kitchen				X Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Home and community (Sending information home, community education-Nutrition /Physical Activity nights)	community involvement with school lunches	teachers, admin, kitchen				X Yes <input type="checkbox"/> No	
Nutrition Promotion Changing the school environment to support healthy eating								
<input type="checkbox"/>	Become a Healthier US School		kitchen staff				X Yes <input type="checkbox"/> No	

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<input type="checkbox"/>	Become a Team Nutrition School		kitchen staff				X Yes <input type="checkbox"/> No
<input type="checkbox"/>	Cafeteria ambiance/education	educational/nutritional posters, MY PLATE	kitchen staff				X Yes <input type="checkbox"/> No
<input type="checkbox"/>	Apply USDA Fresh Fruit and Vegetable program						<input type="checkbox"/> Yes X No
<input type="checkbox"/>	School garden	met with planning committee for Farm to Table type plan	kitchen, admin				X Yes <input type="checkbox"/> No
<input type="checkbox"/>	Taste of Washington/Taste testing days						<input type="checkbox"/> Yes X No
<input type="checkbox"/>	Community meal events	Parent/Grandparent/special guest days	kitchen				X Yes <input type="checkbox"/> No
<input type="checkbox"/>	Wellness newsletters						<input type="checkbox"/> Yes X No
<input type="checkbox"/>	Health Fair		School Nurse				X Yes <input type="checkbox"/> No
<input type="checkbox"/>	Staff modeling healthy eating		all staff/admin				X Yes <input type="checkbox"/> No
Physical Education							X Yes <input type="checkbox"/> No
PE							
<input type="checkbox"/>	Minutes/day or week (Minimum requirement 100 minutes per week)		PE teacher				X Yes <input type="checkbox"/> No
<input type="checkbox"/>	Curriculum		PE Teacher				X Yes <input type="checkbox"/> No
<input type="checkbox"/>	Fitness testing/Fitness Gram		PE Teacher				X Yes <input type="checkbox"/> No
Physical Activity							
<input type="checkbox"/>	Recess time						
<input type="checkbox"/>	Physical activity breaks in classes						X Yes <input type="checkbox"/> No
<input type="checkbox"/>	Recess before lunch						<input type="checkbox"/> Yes X No

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<input type="checkbox"/>	Access to school facilities	football field, baseball fields, open gym on weekends	AD				X Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Safe Routes to school		community				X Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Walk-a-thon/clubs	Spring Walk-a-Thon					X Yes <input type="checkbox"/> No	
Public Notification	Inform and update public about content, implementation, and compliance		School Board, Admin				X Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Website, handbook, or newsletter		Admin				Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Report to school board		Admin				X Yes <input type="checkbox"/> No	
Implementation and Monitoring	Assess and evaluation compliance		Admin				X Yes <input type="checkbox"/> No	