

# Step 2

## Progress in Reaching Local Wellness Policy (LWP) Goals & Compliance with the Wellness Policy



At a minimum, wellness policies are required to include:

- Specific goals for each of the following areas:
  - Nutrition promotion and education
  - Physical activity
  - Other school based activities that promote student wellness
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

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### Instructions - Progress in Reaching LWP Goals:

Using the template below, identify the language that is currently included in the LWP for each goal area and indicate whether the goal was met, partially met, or not met. Provide a summary of the progress made towards each goal for each grade level (elementary, middle school, high school) within your school/district/Residential Child Care Institution (RCCI).

## 1. Nutrition Education Goal/Nutrition Promotion Goal (REQUIRED)

Taste Tests will be conducted quarterly for healthy food options. Nutrition information will be shared with students. Classes will incorporate cooking and nutrition information into the curriculum.

### a. Was the goal met?

- Partially** - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other grade levels

### b. Provide a summary of what was achieved across each grade group within your school/district/RCCI to meet Goal #1: Nutrition Education Goal/Nutrition Promotion Goal. If the goal was partially met or not met, explain what steps the school/district/RCCI will take to meet the goal. Type N/a for any grade level(s) not included in your school/district/RCCI.

- **Elementary School:** This goal was partially met when the previous school nurse led this program, and was discontinued upon the hiring of a different school nurse. A new goal of class snack guidelines will be implemented in the next school year
- **Middle School:** This goal was partially met when the previous school nurse led this program, and was discontinued upon the hiring of a different school nurse. A new goal of class snack guidelines will be implemented in the next school year
- **High School:** This goal was partially met when the previous school nurse led this program, and was discontinued upon the hiring of a different school nurse. A new goal of class snack guidelines will be implemented in the next school year

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## 2. Physical Activity Goal (REQUIRED)

Physical Education curriculum includes instruction on physical activity and habits for healthy living, Recess everyday for PreK through 6th with lunch free time for 7-12 and open gym and outdoor activity options for students. Just Move It walking program promoted for elementary students (Walking a designated route in the halls in the morning before school) with some junior high and high school participation. After school sports activity programs and encouragement of physical activity for all grades.

### a. Was the goal met?

- Yes** - the school/district/RCCI met this goal across all grade levels.

### b. Provide a summary of what was achieved across each grade group within your school/district/RCCI to meet Goal #2: Physical Activity Goal. If the goal was partially met or not met, explain what steps the school/district/RCCI will take to meet the goal. Type N/a for any grade level(s) not included in your school/district/RCCI.

- **Elementary School:** Recess time of a minimum of 45 minutes was provided daily, elementary walking program was done on a daily basis, elementary students were provided an average of 30 minutes of PE time daily
- **Middle School & High School:** Open gym was provided on all but competition days for students 7-12 during the lunch hour, all student in 9th grade complete a PE & Health class requirement, student 10-12 are given the opportunity to take additional Health and PE classes focused on lifetime health and fitness, high school students are encouraged to lead by example with the elementary as part of the Just Move It in the mornings before school, students 7-12 are encouraged to participate in after school sports programs

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### 3. Other Student/School Wellness Goal (REQUIRED)

EHA Wellness Plan open and encouraged for all staff. Additional staff wellness promotions included (Weight Room available for staff use, Staff walking in halls during Just Move It time and after school, a massage chair was on loan to the school for a 1 week period for staff to use)

**a. Was the goal met?**

- Yes** - the school/district/RCCI met this goal across all grade levels.
- Partially** - the school/district/RCCI met this goal for some grade levels but did not meet this goal for other grade levels
- No** - the school/district/RCCI did not meet this goal across all grade levels.

**b. Provide a summary of what was achieved across each grade group within your school/district/RCCI to meet Goal #3: Other Student/School Wellness Goal. If the goal was partially met or not met, explain what steps the school/district/RCCI will take to meet the goal. Type N/a for any of the grade level(s) not included in your school/district/RCCI.**

EHA continues to be a driving force behind staff wellness, with great staff participation in EHA programming largely due to the incentives. Elementary staff participation in Just Move It has been consistent. In place of a massage chair staff has been encouraged to participate in yoga led by a certified yoga instructor on Wednesdays after school.



## Extent of Compliance with Wellness Policy

### Instructions for Districts with Multiple School Buildings:

Districts with multiple school buildings will need to indicate the extent of compliance for each building for the following wellness policy requirements. Practices for each building should align with the district wellness policy.

If your district has an internal procedure for collecting this data (e.g., Google form, Excel spreadsheet, etc.), you may provide a link to a copy of that file in lieu of completing the section below. Alternatively, you may opt to complete the section below to indicate extent of compliance for each building; however, if multiple levels of compliance are checked (e.g., some school buildings are compliant while others are partially compliant), you will need to indicate the number of schools that fall into each category in the Notes section.

### Instructions for Single Site Schools/Districts & RCCIs:

Single site schools/districts and RCCIs - indicate your school's/district's/RCCIs extent of compliance for the following wellness policy requirements. Practices should align with written wellness policy.

#### 1. Federal/State Meal Standards (e.g., School Meals and Smart Snacks)

- Not Compliant (if checked, complete notes section below)
- Partially Compliant (if checked, complete notes section below)
- Compliant (skip to question 2)

**Notes:** Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

#### 2. Foods/Beverages Offered but Not Sold Standards (e.g., classroom/school celebrations)

- Not Compliant (if checked, complete notes section below)
- Partially Compliant (if checked, complete notes section below)
- Compliant (skip to question 3)

**Notes:** Policy is being written and will be added in full to LWP and not just hyperlinked, when this is finished it will be posted to our social media and be sent home in letter format to all families

#### 3. Food/Beverage Marketing and Advertising Standards

- Not Compliant (if checked, complete notes section below)
- Partially Compliant (if checked, complete notes section below)
- Compliant (skip to question 4)

**Notes:** Delete this text and type notes on efforts being made to bring school/district/RCCI into compliance

**4. Describe how the public (parents, community members, etc.) were included and/or invited to participate in the LWP development, implementation, review, and update.**

The committee was made up of a collection of school staff/parents/stakeholders and participated in minimum quarterly meetings. With classroom snacks being an area of upcoming revision we will be posting and holding a public forum to give opportunities of input.

**Discussion/Notes:**

(Optional) Delete this text and type any notes in this area....

