

Wellness Policy Requirement: *Implementation and Monitoring Plan 2014-2016*



Requirement	Possible Actions Taken	Gaps in Mead Policy	Rank Priority	Who's Responsible?	Timeline to be completed	Policy Compliance? Action Plan to correct	Re-evaluation Date if applicable
Public Involvement (SHAC) 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	Invite parents/students (Complied in Fall 2015)		Kim (2)	15-16	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Spring 2017
Nutrition Guidelines Standards for all food available on school campus	<i>Remove obesity add vision statement</i>						
<input type="checkbox"/>	School meals (USDA guidelines, scratch-made, healthy menu changes, farm to school)	Comply				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Increase availability of fruits and vegetables (e.g. salad bar, farm stand)	Comply – Harvest of the month club, hummus daily, local fruits/veggies; Salad bar grant @ MID called “Wilson”, SH fall 2016				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Free water available during lunchtime	Comply, water stations for 16-17 at all levels by gym too				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Competitive foods ( <i>a la carte, vending, stores</i> )	Comply; non-compliant vending items pulled				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Classroom/school celebrations	Provide alternatives (list available) & store bought; added-fruit/veg, smoothies from kitchen, 1 celebration per month and 1 treat for 16-17				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Spring 2017
<input type="checkbox"/>	Using non-food rewards	Provide alternatives no food for rewards in 16-17.				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Spring 2017
<input type="checkbox"/>	Healthy fundraisers	Comply, buildings encouraged to do non-food related fundraisers				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Providing sufficient lunch times	Not compliant; WAC – kids must have sufficient time				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Fall 2016

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<b>Nutrition Education</b> Goals for nutrition education	<ul style="list-style-type: none"> <li>Standards based nutrition education</li> <li>Integrated into curricula</li> <li>Education links with school environment</li> </ul>	5 for life – comply K-12					
<input type="checkbox"/>	Classroom –based (incorporated into curriculum, cooking classes)	Five for Life, FoodSense has been amazing @ SH				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Cafeteria interventions (ie. Myplate information, “Eat the colors of the rainbow” themes)	Comply, My plate, Harvest of the Month				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Foodservice staff education ( <i>scratch cooking, healthy meals</i> )	Comply, certified				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
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<input type="checkbox"/>	Staff training (Continuing education on Nutrition)	Comply – is this PE teachers? Lunch supervision staff / staff meeting training				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<input type="checkbox"/>	Home and community (Sending information home, community education- Nutrition /Physical Activity nights)	PV Community Fitness Night w/GU students				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Nutrition Promotion</b> Changing the school environment to support healthy eating							
<input type="checkbox"/>	Become a Healthier US School	Work on 16-17 – Let’s Move				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Spring 2017
<input type="checkbox"/>	Become a Team Nutrition School	All schools now signed up				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Spring 2017
<input type="checkbox"/>	Cafeteria ambiance/education	Comply				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Apply USDA Fresh Fruit and Vegetable program	We did not qualify so not required				<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	School garden	Farwell & Boys/Girls (not required)				<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Taste of Washington/Taste testing days	comply				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Community meal events	Offered at some buildings				<input type="checkbox"/> Yes <input type="checkbox"/> No	

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<input type="checkbox"/>	Wellness newsletters	For staff				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Health Fair	One this year at PV				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Staff modeling healthy eating	Staff use of School lunch has increased; Class party changes will help with this!				<input type="checkbox"/> Yes <input type="checkbox"/> No	
Physical Education	<i>Other</i>					<input type="checkbox"/> Yes <input type="checkbox"/> No	
PE							
<input type="checkbox"/>	Minutes/day or week (Minimum requirement 100 minutes per week)	60 min elem MS/HS – 100 min met Implemented physical activity breaks				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No @ Elem	
<input type="checkbox"/>	Curriculum	Five for Life implemented K-10				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Fitness testing/Fitness Gram	K- 10 yes				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Certificated Physical Education Teachers	K-8 certificate 9-12 is Highly Qualified Update to procedure language				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Waiver/Opt Out Guidelines	Consistent guidelines in place for 16-17				<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Spring 2017
Physical Activity	<i>Other</i>						
<input type="checkbox"/>	Recess time	Only at K-6 approx 35 min per day					
<input type="checkbox"/>	Physical activity breaks in classes	Yes! 2016 Survey idea for compliance with new 6700					Fall 2016
<input type="checkbox"/>	Recess before lunch	Create model/training, sample schedules sent out to model, 6700 updated to reflect best practice					Spring 2017
<input type="checkbox"/>	Access to school facilities	Allowed at all buildings				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Safe Routes to school	Some when in place very positive					
<input type="checkbox"/>	Walk-a-thon/clubs/Fun Runs	Offered as applicable at buildings					
Public Notification	Inform and update public about content, implementation, and compliance	We don't show the compliance portion.		Kim E. to put on website in		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	

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				meeting requirements			
<input type="checkbox"/>	Website, handbook, or newsletter						
<input type="checkbox"/>	Report to school board			Kim E. To send to Jolene		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Implementation and Monitoring	Assess and evaluation compliance	Completed April 29, 2016				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
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