

# 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	Quarterly Advisory Group meetings/written into FSMC contact	S.P.T. Do Staff School Board	May 28th 19	June 19	Quarterly Reports	<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No	6-12-19
Nutrition Guidelines Standards for all food available on school campus								
<input checked="" type="checkbox"/>	School meals (USDA guidelines, scratch-made, healthy menu changes, farm to school)	RFP for Salatah cooking		May 28th 19	June 19	Quarterly Reports	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input checked="" type="checkbox"/>	Increase availability of fruits and vegetables (e.g. salad bar, farm stand)	Fruits + vegetable cabinet	Do ES principal	May 19	Aug 19	Quarterly Reports	<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<input checked="" type="checkbox"/>	Free water available during lunchtime	Seems silly to me on-going					<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input checked="" type="checkbox"/>	Competitive foods (a la carte, vending, stores)	Not approved Review of Healthy choices	Admin	Aug 19			<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input checked="" type="checkbox"/>	Classroom/school celebrations	State bought must follow Health choices	Admin	Aug 19			<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input checked="" type="checkbox"/>	Using non-food rewards	Approved basket of Healthy choices	Admin	Aug 19			<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Healthy fundraisers	Fitness bags	PTO				<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input checked="" type="checkbox"/>	Providing sufficient lunch times	Extended ES by 5 min	ES Principal	Aug 2017			<input type="checkbox"/> Yes <input type="checkbox"/> No	
Nutrition Education 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>						
<input checked="" type="checkbox"/>	Classroom-based (incorporated into curriculum, cooking)	WSU Teacher RTI Enrichment	Admin		Aug 2020		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	

Vegetable grant cal. piece May 19 Aug 19

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<input checked="" type="checkbox"/>	classes) Cafeteria interventions (Myplate information, "Eat the colors of the rainbow" themes)	increased line to post staff Monitor Food Selection (Menu Planner + Feedback staff)		Aug 14	ongoing		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<input checked="" type="checkbox"/>	Foodservice staff education (scratch cooking, healthy meals)	RFP, increased training + technical assistance	Sept Do staff	May 19	Aug 19	Quarterly Reports	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Staff training (Continuing education on Nutrition)						<input type="checkbox"/> Yes <input type="checkbox"/> No
<input checked="" type="checkbox"/>	Home and community (Sending information home, community education-Nutrition /Physical Activity nights)	RFP, increase Training + Technical assistance	Sept Do staff	May 19	Aug 19	Quarterly Reports	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Nutrition Promotion Changing the school environment to support healthy eating							
<input type="checkbox"/>	Become a Healthier US School						<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Become a Team Nutrition School						<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Cafeteria ambiance/education	RFP → changes in display box expansions Golden Week	DO S-PT Board	15-19	Aug 19	Quarterly Reports	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<input checked="" type="checkbox"/>	Apply USDA Fresh Fruit and Vegetable program	Subtotal Trial	DO ES staff	May 19	August 19		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<input checked="" type="checkbox"/>	School garden	Partnership ES Green House		May 19	August 19		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Taste of Washington/Taste testing days						<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Community meal events	Grainan Grampa	PTO Admin	15-19	Aug 19		<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Wellness newsletters	PTO Events					<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Health Fair						<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Staff modeling healthy eating						<input type="checkbox"/> Yes <input type="checkbox"/> No
Physical Education							<input type="checkbox"/> Yes <input type="checkbox"/> No
PE							

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<input checked="" type="checkbox"/>	Minutes/day or week (Minimum requirement 100 minutes per week)	Schedule changes ES Timely recesses	Principal	Jan 19	Jan 19		<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<input checked="" type="checkbox"/>	Curriculum	Weightlifting					<input type="checkbox"/> Yes <input type="checkbox"/> No
<input checked="" type="checkbox"/>	Fitness testing/Fitness Gram	Curriculum for HS ES/JHS Fitness grams/CBMI			on-going		<input type="checkbox"/> Yes <input type="checkbox"/> No
Physical Activity							
<input checked="" type="checkbox"/>	Recess time	ES/Teacher supervised			on-going		
<input type="checkbox"/>	Physical activity breaks in classes						<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Recess before lunch	changed for after. will expect 10-15 mins			Aug 19		<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Access to school facilities						<input type="checkbox"/> Yes <input type="checkbox"/> No
<input checked="" type="checkbox"/>	Safe Routes to school	Bental Report: Grant should do	DO		on-going		<input type="checkbox"/> Yes <input type="checkbox"/> No
<input checked="" type="checkbox"/>	Walk-a-thon/clubs	PTO event next year.			Aug 19		<input type="checkbox"/> Yes <input type="checkbox"/> No
Public Notification							
<input type="checkbox"/>	Inform and update public about content, implementation, and compliance						<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Website, handbook, or newsletter	News			on-going		<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	Report to school board						<input type="checkbox"/> Yes <input type="checkbox"/> No
Implementation and Monitoring							
<input type="checkbox"/>	Assess and evaluation compliance						<input type="checkbox"/> Yes <input type="checkbox"/> No