

Wellness Policy Requirement: *Implementation and Monitoring Plan 2019-2020*



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	Built a team including: parents, teachers, physical education instructors, school health professionals, school board and administration, and community members			Nutrition/ Learning Services		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Nutrition Guidelines Standards for all food available on school campus	<i>Remove obesity add vision statement</i>				Completed		
<input type="checkbox"/>	School meals (USDA guidelines, scratch-made, healthy menu changes, farm to school)			Nutrition Director		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Increase availability of fruits and vegetables (e.g. salad bar, farm stand)	Increase fruit/veggie bars to all schools		Nutrition Director	Completed at all elem schools 2018	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Free water available during lunchtime			Nutrition Director		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Competitive foods (<i>a la carte, vending, stores</i>)			Principal	Ongoing monitor	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Classroom/school celebrations			Principal/ Teachers		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Using non-food rewards			Principal/ Teachers		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Healthy fundraisers	Encourage non-food fundraisers		Principal		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Providing sufficient lunch times	Not compliant; WAC – kids must have sufficient time		District wide impact	1 school piloting 20 minutes seat time	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Spring 2020
<input type="checkbox"/>	Marketing/Advertising meet Smart Snack regulations					<input checked="" type="checkbox"/> 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 			Learning Services			

Wellness Policy Requirement: *Implementation and Monitoring Plan 2019-2020*

<input type="checkbox"/>	Classroom –based (incorporated into curriculum, cooking classes)			Food Sense / Learning Services		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Cafeteria interventions (ie. Myplate information, “Eat the colors of the rainbow” themes)			Nutrition Director		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Foodservice staff education (<i>scratch cooking, healthy meals</i>)			Nutrition Director		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Home and community (Sending information home, community education- Nutrition /Physical Activity nights)			Nutrition Services / Principals		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Nutrition Promotion Changing the school environment to support healthy eating							
	Become a Healthier US School					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Complete Fall 2017
	Become a Team Nutrition School					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Cafeteria ambiance/education					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
	Apply USDA Fresh Fruit and Vegetable program	We did not qualify - not required				<input type="checkbox"/> Yes <input type="checkbox"/> No	
	School garden Farwell (not required)					<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Taste of Washington/Taste testing days					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
	Community meal events	Offered at some buildings as well district wide events				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
	Wellness newsletters	For staff-now use Smart Health				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
	Health Fair					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Staff modeling healthy eating	Staff use of School lunch has increased				<input type="checkbox"/> Yes <input type="checkbox"/> No	

Wellness Policy Requirement: *Implementation and Monitoring Plan 2019-2020*

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
Physical Education							
<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					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Fitness testing/Fitness Gram					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Certificated Physical Education Teachers					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Waiver/Opt Out Guidelines					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Physical Activity	<i>Other</i>						
<input type="checkbox"/>	Recess time	Only at K-6 approx 35 min per day				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Physical activity breaks in classes					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Recess before lunch Create model/training, sample schedules sent out to model, 6700 updated to reflect best practice					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
	Access to school facilities	Allowed at all buildings				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
	Safe Routes to school					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
	Walk-a-thon/clubs/Fun Runs	Offered as applicable at buildings					
Public Notification	Inform and update public about content, implementation, and compliance					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Website, handbook, or newsletter					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Report to school board					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Implementation and Monitoring	Assess and evaluation compliance					<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	yearly