



# **ST. BONAVENTURE SCHOOL** **WELLNESS AND NUTRITION PLAN**

Approved 7/1/2022

The council's purpose should be to address health issues using a coordinated approach in order to improve student health and wellness. The Wellness Council may be an independent council or committee incorporated into an existing school council or committee. The school is encouraged to identify a school wellness policy coordinator, who will help ensure compliance with the policy. This plan outlines the schools approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day.

This plan establishes goals and procedures to ensure that:

- Students in the school have access to healthy foods throughout the school day— both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
  - Students have opportunities to be physically active before, during, and after school;
- School engages in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
  - The community is engaged in supporting the work of the school in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and the school establishes and maintains an infrastructure for management, oversight, implementation, communication, and evaluation of the policy and its established goals and objectives. This plan applies to all students, staff, and workers in the school.

## **I. Introduction and Background Information**

On June 30, 2004, President George W. Bush signed Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. This law requires that each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq) to establish a local school wellness policy by July 1, 2006.

- Child Nutrition and WIC Reauthorization Act of 2004 In June 2006, – Wellness Policy to address the requirements of the Child Nutrition and WIC Reauthorization Act of 2004.



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- Wellness Policy In December 2010, President Barack Obama signed The Healthy, Hunger-Free Kids Act (HHFKA) of 2010. This law required the establishment of national regulations for all foods sold in the breakfast and lunch programs.
- Healthy, Hunger-Free Kids Act of 2010 In July 2014, the regulations of HHFKA were expanded to cover the entire school building. This is known as the Smart Snacks Guidelines. In July 2016, the HHFKA finalized the regulations for the Local School Wellness Policy Implementation.
- Smart Snacks in School Nutrition Standards As required by law, the Schools Wellness Policy includes:
  - Goals for nutrition education and promotion, physical education and activity, and other school-based activities that are designed to promote student wellness;
  - Nutrition guidelines for all foods sold during the school day with the objectives of promoting student health;
  - Guidelines for reimbursable school meals
  - A plan for fostering community involvement and notification, including parents, students, school administrators, and the public in the development and implementation of the school wellness policy
  - A plan for monitoring and measuring implementation of the wellness policy

II. Whole School, Whole Community, Whole Child: School Level Wellness Council and/or School Level Councils Whole School, Whole Community, Whole Child (WSCC) is a ten component model created by the Centers for Disease Control and Prevention addressing the emotional and physical needs of everyone in the school setting: students, teachers and administrators.

The components include the following: Physical Education and Physical Activity; Health Education; Health Services; Counseling, Psychological & Social Services; Social and Emotional School Climate; Physical Environment; Employee Wellness; Community Involvement; Family Engagement; and Nutrition Environment and Services. Schools can modify the model to fit the needs of their schools, students and communities.



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### III. Goal Areas for School Level Wellness Plans

1. Nutrition Education and Promotion
2. Nutrition Guidelines for Foods Available During the School Day
3. Other School-Based Activities that Promote Wellness



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4. Physical Education and Physical Activity
5. Public Notification: Communication Engaging Parents, School Board/Administrative Staff and the Community
6. Implementation and Evaluation the following objectives and standards are outlined for each goal area.

St. Bonaventure School has a wellness council that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the district wellness policy.

The school allows parents, students, school nutrition staff, teachers of physical education, school health professionals, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the wellness policy. The wellness council meetings are announced to the public to receive feedback in the development, implementation, review and any updates to the wellness policy.

## **Committee members**

Nutritionist  
Menus Coordinator  
Nurse  
Principal  
Director of Athletics  
Nutrition Staff  
Teacher Representative  
Parent Representative

### 1. Nutrition Education and Promotion

The school aims to teach, model, encourage, and support healthy eating for all students throughout the school campus. Nutrition education and promotion positively influences lifelong eating behaviors by using evidenced-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Nutrition promotion includes marketing nutritious foods and beverages to students throughout the school campus.



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**Goal/Objective:** To provide nutrition education experiences that support the instructional component to improve students' eating behaviors and help develop healthy lifestyle practices. To encourage and support nutritious eating by students and adults.

**Standards:** Apply Educational Reinforcement (Public Involvement) Collaborate with other school and community groups to conduct nutrition education activities such as health fairs, career days, health/nutrition professional presentations, etc.

**Examples:**

- School wellness committee
- Parent volunteer's organizations
- Local health departments
- Nonprofit health and community organizations

**Cafeteria Based Nutrition Education and Promotions at the School**

The school supports coordinated school nutrition programs with cafeteria-based lessons and activities that promote and reinforce healthy school nutrition environments. School Nutrition staff conduct promotions and nutrition activities that include students, staff and community.

Examples:

- School Nutrition staff visit classrooms and explain how the school food service program ensures that meals meet U.S. Department of Agriculture (USDA) nutrition standards and the Dietary Guidelines for Americans.
- Classes visit the cafeteria kitchen for a tour and demonstration on how meals are prepared.
- Involve students in planning the school menus.
- Display nutrition posters in the cafeteria and distribute nutrition information.



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- Invite School Nutrition staff to conduct training sessions, presentations and/or information about the School Nutrition Program for students, staff and parents.
- Curriculum Content Areas The school supports the comprehensive health education curriculum nutrition concepts and skills in accordance with curriculum standards. Education Links with School Staff create nutrition education lessons in the school cafeteria and classroom by coordinating with the school nutrition manager and teachers. Staff integrates nutrition education with other school health initiatives. Marketing on the School Campus Complies with USDA Standards Only food items that meet USDA Smart Snacks in School nutrition standards are marketed on the school campus during the school day
- Smart Snacks in School Nutrition Standards – See attached Sheets

Describe any other Nutrition Education and/or Nutrition Promotion activities implemented at the school level

Family night where we introduce smart snacking and easy to make recipes

Student newsletters that go out with the students on a monthly basis for them to read at home

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## **2. Nutrition Guidelines for Foods Available During Day**

St. Bonaventure is committed to serving healthy meals to children, with fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving; and to meet the nutrition needs of school children within their calorie requirements.



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St. Bonaventure School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and where applicable, After School Snacks, the Fresh Fruit and Vegetable Program (FFVP) and the Summer Food Service Program (SFSP).

All school nutrition program menus are created and reviewed by Registered Dietitian. The school nutrition program will be administered by a team of child nutrition professionals. The school is committed to ensure that all food and beverages made available to students on the school campus during the school day supports healthy eating.

Food and beverages sold and served outside of the school nutrition program will meet the USDA Smart Snacks in School nutrition standards.

**Goal/Objective: To provide students with a variety of nutritious meals and snacks. To plan all menus in accordance with federal, state, and local regulations, rules, and guidelines.**

Foods available during the School Day School meals and after-school snacks adhere to federal, state, and local regulations and guidance as issued by the Secretary of Agriculture under the U.S. Department of Agriculture (USDA), New Mexico Board of Education, and St. Bonaventure School.

Local menus for breakfast, lunch and after-school snacks are followed as written with minimum menu substitutions.

**Vending/Student Stores/Concession Stands Schools follow the existing school policy.**

Sales of Food on School Premises Fundraisers Schools follow the existing schools fund raising policy/procedure. Standards do not apply during non-school hours, on weekends and at off-campus fundraising events. The standards do not apply to fundraisers in which the food or beverage is clearly not for consumption on the school campus during the school day (ex. cookie dough, pizza dough, vouchers for food).

Fund Raising Snacks Food provided, but not sold, to students during the school day should meet Smart Snacks in School nutrition standards. This includes classroom snacks/instructional use of food, snacks offered during student meetings during the school day, and student celebrations and recognition. Use of nonfood treats as a reward is encouraged. A recommended list of healthy snack choices for service and consumption by students is included as a resource for school staff, parents and administrators.



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Recommended List for Healthy Snacks, and unflavored drinking water is available to all students throughout the school day. Documentation: School maintain files to document that all items sold within the school meet the Smart Snack requirements. This includes nutrition fact labels and ingredient statements for each item.

## **The Guidelines:**

School snacks must conform to the USDA guidelines, which include calorie limits, sugar caps, and nutrient requirements.

- Calorie Limits: All snacks, including extras like butter and cream cheese, must have no more than 200 calories per serving.
- Fat Ceilings: Fat must make up no more than 35% of the total calorie count, with saturated fat content at less than 10% and trans fat content at 0.
- Sugar Caps: Only 35% (or less) of the weight in any snack food may come from sugar.
- Nutrient Requirements: In order to meet the USDA's guidelines, snacks must either be rich in whole grains, contain at least a quarter cup of fruit and/or vegetables, have a fruit, vegetable, **protein food**, or dairy product as the first ingredient, or contain 10% or more of the percent daily value of potassium, dietary fiber, vitamin D, or calcium.

## **The Guidelines and YOU:**

Technically these guidelines are only required for food items sold at the school. They do not apply to off-site fundraisers or events that take place during non-school hours. However, we encourage everyone to follow the guidelines above.

## **Snack Inspiration:**

## **Homemade Options:**

- Grapes, apples, tangerines, bananas and pears are the perfect portable fresh fruit treat.
- Frozen grapes are great for hot days.
- Kids always get a kick out of rabbit bags, which combine fresh fruit and vegetables in individual servings.





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- Sliced vegetables with spicy bean salsa are a fun and exciting snack!
- Popcorn trail bags are easy. Sweet and salty come together when you mix unflavored popcorn with dry roasted peanuts and a handful of raisins. Package each serving in a mini paper bag for personal deliveries.
- You can't go wrong with an assortment of sliced veggies and a flavorful low-fat dip! For a pretty and engaging snack, try apple butterflies!
- Fruit parfaits abide by the guidelines and are totally gorgeous. Try this recipe for a fun layered parfait.

### **Packaged Snacks:**

- 100 calorie packs are great options for certain foods. Try low-fat, whole grain crackers and whole grain pretzels. Sweets, even in 100 calorie packs, often have more than 35% of their weight as just sugar, while fried foods, like potato chips, have way more fat than is allowed. To be under 35% calories from fat a food cannot have more than 35 calories of fat per 100 calories.
- Baked tortilla chips with 100 calorie packs of guacamole dip can be fun treats.
- Baked potato chips will meet the guidelines at 120 calories and 3 grams of fat.
- Baked whole grain pita chips are a handy option.
- Fill pita pockets with veggies and a little nonfat Italian dressing for a fun snack.
- Prepared veggie and fruit trays with low-fat dips are speedy, fuss-free options.
- For a calcium-rich option, try single-serving, sugar-free pudding cups.
- Light, low-fat yogurt comes in cups and squeeze tubes. As long as it meets the sugar requirements, it is good to go.
- Whole grain cereals like shredded wheat, oatmeal "O's", and Chex are great snack options without added sugar.
- Brown rice cakes are great options. Kids can top them with nut butter and fruit.
- Boxed raisins and other dried fruits are great.
- Whole grain fig cookies like Fig Newtons will work.
- Fruit cups and individual fruit serving cans packed in juice are great packaged snacks, too.

### **3. Other School-Based Activities to Promote Wellness Schools**

St. Bonaventure promotes health and wellness to all students and staff members. School provides a clean, healthy, and safe environment.

**Goal/Objective:** To provide school-based activities that are designed to promote student and staff wellness.

**Standards:** Encourage student and staff members to improve their health and wellness through promotions and programs Examples of promotions/programs:



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- Introduce wellness programs to staff members
- Health screenings
- Physical activity and fitness
- Nutrition education
- Weight management
- Tobacco Prevention programs
- Influenza vaccinations
- Stress management in-services/activities
- Present health and wellness information at regular staff meetings
- Place health information into newsletter articles, brochures and e-mail messages through the new Wellness

Committee communication forums.

**Promote a clean, healthy, safe environment conducive to maximizing instructional focus. A healthy, clean and safe environment will promote a positive effect on students and the school staff.**

Examples:

- Environmental Services and Nutrition Services will insure that school meals are served in a clean and pleasant setting.
- Dining areas will be attractive and have sufficient space for seating.
- School staff will provide appropriate supervision in school cafeteria areas and serve as role models to students.
- Schools will provide safe, clean, and hygienic-supported restrooms. Hand-washing equipment, soap, and supplies will be placed in convenient places so that students and staff can wash their hands before eating and other appropriate times. Students will have the opportunity to wash hands or have access to hand sanitizing before they eat meals or snacks and at other appropriate times.
- Water fountains will be available for students to get water throughout the day.
- School classrooms will be kept clean and neat.
- Schools will have appropriate required safety plans.
- Schools will meet the schools policy on staff being trained in CPR and AED equipment.



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## **Schedule meal times to provide adequate time for students to enjoy eating healthy foods.**

Students are allowed a minimum of 20 minutes to eat after sitting down for lunch. Lunch should be scheduled between 10:00AM and 2:00PM daily, with the exception of lunch starting as early as 9:30AM on early release days.

School should not schedule tutoring, club, or organizational meetings or activities during meal times, unless students may eat during such activities.

## **Food Safety**

All foods not prepared by trained school nutrition staff on campus and made available to students, should be purchased from a reputable commercial establishment to ensure the safety of students. This does not pertain to an individual student's lunch from home.

School discourage students from sharing their foods or beverages with one another during meal or snack times, with respect to allergies and other dietary restrictions.

Sanitation deficiencies cited on local inspections are corrected immediately, including facility deficiencies.

## **4. Physical Education and Physical Activity**

Children and adolescents participate in 60 minutes of physical activity, daily. A substantial percentage of students' daily physical activity requirements can be met through comprehensive school-based physical activity programs. The school provides students with physical education, using age appropriate, sequential physical education curriculum consistent with national and state standards for physical education.

**Goal/Objective:** To provide students with opportunities for a quality physical education and daily physical activity. To provide these opportunities for each student in order to foster an understanding of the short and long-term benefits of a physically active and healthy lifestyle.

## **Standards:**



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Sequential, standards-based, physical education instruction to include health related fitness components are available for students in grades K-8. (Health-related fitness focuses on activities that promote a healthy lifestyle).

Elementary: St. Bonaventure K-5 provide a minimum of 90 contact hours of instruction at each grade level K-5 in health and physical education.

Middle: St. Bonaventure 6-8 makes available instruction in health and physical education.

When there are activities that make it necessary for students to be sitting for long periods of time, such as school-wide testing, students have periodic “brain breaks,” where they are encouraged to stand up and be moderately active.

St. Bonaventure offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. St. Bonaventure encourages students to be physically active before and after school.

## **5. Public Notification: Communication Engaging Parents, Administrative Staff and the Community**

St. Bonaventure School promotes to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

**Goal/Objective:** To promote clear and consistent messages that explain and reinforce healthy eating and physical activity habits. Messages will be directed to students, staff, parents, and the community.

### **Standards:**

#### **Public Notification**



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The Wellness Council is using electronics (such as email or displaying notices on the school website) and/or non-electronic (such as newsletters or presentations) to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. Promote messages in school communications that exemplify:

- Healthy foods taste good and are good for you
- Fitness is fun
- Healthier students are smarter students
- Our school provides healthy foods for our students and staff
- Our school promotes healthy lifestyles
- Healthier lifestyles enable school employees to be happier and more productive

### **Engage parents through activities that promote healthier lifestyles**

Examples:

- Walk Your Child to School days
- Parent activity nights
- School, charity and foundation fun runs, walks, fund raisers
- Healthy eating seminars/workshops for parents
- Post nutrition tips on the school website
- Send home nutrition information with children
- Share information about local active events and/or education, through the website or take-home materials.
- Assign homework that prompts family discussion on healthy habits

**Establish partnerships with community organizations and make outreach to groups that support the school's wellness goals.**

**Communicate activities to news media that promote the school's wellness initiatives**

Examples:



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- News releases promoting school sponsored wellness activities
- Photographs of activities

6. Implementation and Evaluation: The school developed and maintain a plan for implementation to manage and coordinate the execution of the wellness policy. At least **once every year**, the school will evaluate compliance with the wellness policy to assess implementation.

**Goal/Objective:** To measure implementation of the wellness policy, including the designation of one or more persons with operational responsibility for ensuring that schools are addressing the policy.

**Standards:** Established a plan for measuring, monitoring and completing the school level Wellness Plan.

### **EVALUATION OF PROGRAM**

1. Nutrition Education and Promotion Goal/Objective: To provide nutrition education experiences that support the instructional component to improve students' eating behaviors and help develop healthy lifestyle practices. To encourage and support nutritious eating by students and adults.

#### **Educational Reinforcement**

(Public Involvement) Collaborated with other school and community groups to conduct nutrition education activities such as health fairs, career days, health/nutrition professional presentations, etc.

Examples:

- School wellness committee
- PTA/PTO and other parent volunteers/organizations
- Local health departments
- Non-profit health and community organizations



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Cafeteria Based Nutrition Education and Promotions at the School Students participated in activities that promoted and reinforced healthy school nutrition environments. Staff conducted promotions and nutrition activities that included students, staff and community. Staff coordinated school nutrition programs with classroom lessons allowing students to apply critical thinking skills taught in the classroom.

Examples:

- Visited classrooms and explain how the school food service program ensures that meals meet U.S. Department of Agriculture (USDA) nutrition standards and the Dietary Guidelines for Americans.
- Invited classes to visit the cafeteria kitchen for a tour and demonstration on how meals are prepared.
- Displayed nutrition posters in the cafeteria and distributed nutrition information.
- Invited School Nutrition staff to conduct training sessions, presentations and/or information about the School Nutrition Program for students, staff and parents.

## **Curriculum Content Areas**

The school supported the comprehensive health education curriculum nutrition concepts and skills in accordance with curriculum standards.

Education Links with School Staff created nutrition education lessons in the school cafeteria and classroom by coordinating with school nutrition manager and teachers. Staff integrated nutrition education with other school health initiatives.

Marketing on the School Campus Complies with USDA Standards Only food items that meet USDA Smart Snacks in Schools nutrient standards are marketed on the school campus during the school day.

Comments: \_\_\_\_\_  
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\_\_\_\_\_

## **2. Nutrition Guidelines for Foods Available During the School Day**

**Goal/Objective:** To provide students with a variety of affordable nutritious meals and snacks.



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To plan all menus in accordance with federal, state, and local regulations, rules, and guidelines. Foods Available during the School Day School meals and after-school snacks adhered to federal, state, and local regulations and guidance. Local menus for breakfast, lunch and after-school snacks were followed as written with minimum menu substitutes.

Extra Food Sales All foods sold in school adhered to federal, state, and local regulations and guidance.

Vending/Student Stores/Concession Stands Schools followed guidelines regarding sales of food on school premises.

No food or beverage may be sold as a fund-raising activity for consumption during the school day.

Snacks served during the school day met Smart Snacks in School nutrient standards. A recommended list of healthy snack choices for service and consumption by students is included as a resource for school staff, parents, and administrators. This includes classroom snacks/instructional use of food, snacks offered during student meetings during the school day, and student celebrations and recognition.

Water - Unflavored drinking water is available to all students throughout the school day.

Documentation Schools maintained files to document that all items sold within the school meet the Smart Snacks in School nutrient standards (nutrition fact labels, ingredient statements).

### **3. Other School-Based Activities to Promote Wellness**

**Goal/Objective:** To provide school-based activities that are designed to promote student and staff wellness.

**Promotions/Programs:** Encouraged student and staff members to improve their health and wellness through promotions and programs.

Examples:

- Introduced wellness programs to staff members
- Health screenings





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- Physical activity and fitness
- Nutrition education
- Weight management
- Tobacco Prevention programs
- Influenza vaccinations
- Stress management in-services/activities
- Presented health and wellness information at regular staff meetings
- Placed health information into newsletter articles, brochures and e-mail messages through the new Wellness Committee communication forums

Environment The school promoted a clean, healthy, safe environment conducive to maximizing instructional focus.

Examples:

- School meals were served in a clean and pleasant setting.
- Dining areas were attractive and had sufficient space for seating.
- Appropriate supervision was provided in school cafeteria areas and serve as role models to students.
- Safe, clean, and hygienic-supported restrooms were available.
- Hand-washing equipment and supplies were placed in a convenient place so that student and staff could wash their hands before eating, or students will had access to hand sanitizing supplies before they ate meals or snacks.
- Drinking fountains or water stations were available for students to get water at meals and throughout the day.
- School classrooms will be kept clean and neat.
- School has appropriate required safety plans.
- School staff trained in CPR and First Aide.

Meal Time Schedule Meals were scheduled to provide adequate time for students to enjoy eating healthy foods. Students were allowed a minimum of 20 minutes to eat after sitting down for lunch. Lunch was scheduled between 10AM – 2PM daily, with the exception of lunch starting as early as



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9:30AM on early release days. Tutoring, club, or organizational meetings or activities were not scheduled during meal times, unless students could eat during such activities.

## Food Safety

- All foods not prepared by trained district school nutrition staff on campus and made available to students, were purchased from a reputable commercial establishment to ensure the safety of students. (This does not pertain to an individual student's lunch from home.)
- Schools discouraged students from sharing their foods or beverages with one another during meal or snack times, with respect to allergies and other dietary restrictions.
- Each food preparation site is represented by at least one person credentialed in food safety.
- All food handlers and foods available on campus adhered to food safety standards.
- Sanitation deficiencies cited on local inspections were corrected immediately, including facility deficiencies.

Comments: \_\_\_\_\_  
\_\_\_\_\_

## 4. Physical Education and Physical Activity

**Goal/Objective:** To provide students with opportunities for quality physical education and daily physical activity. To provide these opportunities for each student in order to foster an understanding of the short and long-term benefits of a physically active and healthy lifestyle.

Sequential, standards-based, physical education instruction to include health related fitness components were available for students in grades K-12. (Health-related fitness focuses on activities that promote a healthy lifestyle).

- Elementary-provided a minimum of 90 contact hours of instruction at each grade level in health and physical education.
- Middle- made available instruction in health and physical education.
- All – extended periods of inactivity were discouraged.

Physical Activity Opportunities were Available Before and/or After School for Students in Grades 6-8 Examples



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- Walk Your Child to School Days
- School pedometer activities
- PTA/parent activity nights
- Fun runs (school or community sponsored)
- School or Charity sponsored Fun Runs
- School sponsored physical activity events used as fundraisers
- Established a Wellness Council

Physical Activity was not used as punishment nor withheld as a punishment. Recess was available for all elementary age children for at least 15 minutes on all or most days during the school year. Recess will compliment, not replace, physical education class.

### **5. Public Notification: Communication Engaging Parents, School Board/Administrative Staff, and Community**

**Goal/Objective:** To promote clear and consistent messages that explain and reinforce healthy eating and physical activity habits. Messages will be directed to students, staff, parents, and the community Public Notification The Wellness Council used electronic (such as email or displaying notices on the school website) and/or non-electronic (such as newsletters or presentations) to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

Engaged parents through activities that promote healthier lifestyles

Examples:

- Walk Your Child to School days
- PTA/parent activity nights
- School, charity and foundation fun runs, walks, fund raisers
- Healthy eating seminars/workshops for parents
- Post nutrition tips on the school website
- Send home nutrition information with children
- Share information about local active events and/or education, through the website or take-home materials.



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- Assign homework that prompts family discussion on healthy habits.

Establish partnerships with community organizations and make outreach to groups that support the school’s wellness goals  
 Communicate activities to news media that promote the school’s wellness initiatives

Examples:

- News releases promoting school sponsored wellness activities
- Photograph of activities

## **6. Implementation and Evaluation**

**Goal/Objective:** To measure implementation of the wellness policy, including the designation of one or more persons with operational responsibility for ensuring that schools are addressing the policy.

Established a plan for measuring, monitoring and completing the school level Wellness Plan

Evaluation and Report The school’s Wellness Committee/designee reported annually on implementation of this policy by completing this Wellness Policy Evaluation Checklist and submitting to the School Nutrition Program.

Comments: \_\_\_\_\_  
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