

# Idaho Wellness Policy Progress Report

This form provides information on wellness policy requirements (indicated in bold) and practices used within your school. Complete this tool to track your progress and gather ideas on ways to create a healthier school environment.

District Name	Jefferson School District	District Number	251	Date of Evaluation	10/7/2022									
School Name	Rigby Middle	Most recent review by Wellness Committee												
Click All Grades	PK	K	1	2	3	4	5	6	7	8	9	10	11	12

## Yes No I. Public Involvement

<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>
		<input checked="" type="checkbox"/> Administrators <input checked="" type="checkbox"/> School Food Service Staff <input type="checkbox"/> P.E. Teachers <input checked="" type="checkbox"/> Parents <input checked="" type="checkbox"/> School Board Members <input type="checkbox"/> School Health Professionals <input checked="" type="checkbox"/> Students <input type="checkbox"/> Public
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>
		Name: Jozlyn Thompson      Title: Student Services Director
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>We make our wellness policy and updates available to the public annually.</b>
		Please describe: Available on our School Website Annually
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>
		Please describe: Available on our School Website Annually
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>

## Yes No II. Nutrition Education

<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, language arts).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We offer nutrition education to students in: <input type="checkbox"/> Elementary School <input checked="" type="checkbox"/> Middle School <input type="checkbox"/> High School

## Yes No III. Nutrition Promotion

<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement various techniques.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We place fruits/vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We ensure students have access to hand-washing facilities prior to meals.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We annually evaluate how to market and promote our school meal program(s).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We offer taste testing or menu planning opportunities to our students.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We participate in Farm to School activities and/or have a school garden.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, cafeteria).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We price nutritious foods and beverages lower than less nutritious foods and beverages.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input checked="" type="checkbox"/> Snack Bars <input type="checkbox"/> À La Carte
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We utilize student feedback to improve the quality of the school meal programs.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide teachers with samples of non-food reward options.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We prohibit the use of food and beverages as a reward.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We do not sell less healthy foods and beverages.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide training to staff on the importance of modeling healthy eating behaviors.



Yes	No	IV. Nutrition Guidelines
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>The wellness policy includes written nutrition guidelines for all foods/drink available during the school day.</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>We follow Federal nutrition regulations for all food/drink available for sale on campus during the school day.</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>We follow the district's written nutrition standards for non-sold foods/drink available on campus during school.</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We run the School Breakfast program: <input checked="" type="checkbox"/> Before School <input type="checkbox"/> In the Classroom <input type="checkbox"/> Grab & Go <input checked="" type="checkbox"/> Second Chance
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Our Food Service Staff attends professional development opportunities (e.g. program administration, nutrition, safety).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including:
		<input type="checkbox"/> as À La Carte Offerings <input type="checkbox"/> in School Stores <input type="checkbox"/> in Vending Machines <input checked="" type="checkbox"/> as Fundraisers (not exemptions)

Yes	No	V. Policy for Food and Beverage Marketing
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>The wellness policy permits marketing of only those foods/beverages that meet the competitive food requirements.</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Food and beverage marketing meets Smart Snack standards, including the following advertising avenues:
		<input checked="" type="checkbox"/> Signage <input type="checkbox"/> Scoreboards <input type="checkbox"/> School Stores <input type="checkbox"/> Cups <input type="checkbox"/> Vending Machines <input checked="" type="checkbox"/> Food Service Equip.

Yes	No	VI. Physical Activity
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>The wellness policy includes specific/measurable goals for physical activity using evidence-based strategies.</i>
		We provide physical education for elementary students on a weekly basis. # of Min/Wk.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide physical education for middle school students during a term or semester. # of Min/Wk. ##
		We require physical education classes for graduation (high schools only). # Credits to graduate
		We provide recess for elementary students on a daily basis. # of Min/day
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).
	<input checked="" type="checkbox"/>	We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Teachers are allowed to offer physical activity as a reward for students.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We offer physical activity before/after school. <input checked="" type="checkbox"/> Competitive sports <input checked="" type="checkbox"/> Non-competitive sports <input checked="" type="checkbox"/> Other clubs

Yes	No	VII. Other School Based Wellness Activity
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>The wellness policy includes specific/measurable goals for other school-based wellness activities.</i>
	<input checked="" type="checkbox"/>	We provide annual training to all staff on: <input type="checkbox"/> Nutrition <input type="checkbox"/> Physical Activity
	<input checked="" type="checkbox"/>	We have a staff wellness program.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have programs to support total wellness (e.g. drug prevention, mental health, social, emotional health programs).
	<input checked="" type="checkbox"/>	We have a recycling / environmental stewardship program.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have a recognition / reward program for students who exhibit healthy behaviors.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide case management for students with chronic health conditions.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have community partnerships which support programs, projects, events, or activities.

**VIII. Progress Report:** Describe the progress of wellness policy goals and track additional wellness practices.

We are working to increase awareness for our staff on nutrition and helping them include this to students during their class periods.

**IX. Contact Information**

For more information about this school's wellness policy/practices, or for ways to get involved, contact the Wellness Committee Leader:

Name	Richard Howard	Position/Title	Principal
Email	rhoward@sd251.org	Phone number	208-745-6674