

District Wellness Policy Annual Progress Report 2018-2019

School District: Rock Hill Schools - York 3

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Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Steps to implement, challenges/barriers	Data source for monitoring; Next steps for full implementation/expansion
District Wellness Committee/Coordinated District Health Advisory Council					
Policy Leadership					
1. The designated officer for ensuring district compliance with the wellness policy and oversight is identified. (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Public Involvement					
2. Meets at least once per year to establish district wellness goals for, and to oversee, school health and safety policies and programs including development, implementation, and periodic review and update of the wellness policy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
3. To the extent possible, Committee includes parents/legal guardians, students, and representatives of district nutrition services, physical education teachers, school health professionals, the school board, school administrators, and the general public. (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Food and Beverage Availability					
School Meals					
4. Pre-K to fifth graders will be provided a minimum of 20 minutes to consume lunch after they have received their food. (NS-11)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		School Master Schedules
Foods Sold Outside of School Meals Program (Competitive Foods and Beverages)					
5. Foods and beverages sold outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards (SS-1, SS-2)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
6. Standards established for foods provided but not sold (e.g., class parties, class snacks), during the school day on school campuses (SS-4)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Standards have been developed but not implemented at this time.	
Food and Beverage Marketing					
7. Any foods and beverages marketed or promoted to students on school campuses during the school day meet or exceed the USDA Smart Snacks in School nutrition standards. (PO-3)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Existing contracts in place, education related to compliant advertising	
District Goals for Health & Wellness					
Nutrition Education					
8. Schools will provide nutrition education and engage in nutrition promotion that fulfills the criteria identified in the district LWP (NS-8, NS-12, HPE-11).	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Nutrition education is currently taught in MS/HS health classes.	
Nutrition Promotion					
9. Nutrition promotion using evidence-based techniques, creating food environments that encourage healthy nutrition choices and participation in school meal programs using a comprehensive and multi-channel approach by school staff, teachers, parents/legal guardians, students, and the community. (NS-5, NS-8, NS-9)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Food service parent, student and staff surveys. Food service marketing plan.

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10. Promote healthy food and beverage choices and participation in school meal programs through use of marketing and merchandising and through adherence to 100% of foods and beverages promoted to students meeting the USDA Smart Snacks in School nutrition standards.(NS-5, SS-3)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Ensure 100% food and beverages promoted are smart snack compliant.	Roving Chef, Food Trailer, Farmer's Market, Food Service Marketing Plan
Physical Activity					
11. Schools promote and ensure varied physical activity opportunities such as before, during, and after school; staff involvement; and family and community engagement, that are in addition to, and not a substitute for, quality physical education.(PO-8, PA-4, PA-3, PA-2)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Not all schools meet requirements for PA-4	Physical activity breaks - classroom schedule, master schedules. Stakeholders involved in decision making process. Therapeutic Yoga at Alternative programat
12. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason. (PA-6, PA-7 ES)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		LWP
Physical education					
13. District will provide students with physical education using an age-appropriate, sequential PE curriculum consistent with national and state standards for PE. (HPE-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Master schedule and state PE standards
14. All students will be provided equal opportunity to participate in physical education classes. Appropriate accommodations allow for equitable participation for all students and physical education classes and equipment are adapted as necessary.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Update/Inform the Public					
15. Annually, the public is notified about the content and implementation of the wellness policy and any updates to the policy. The name and contact information of the designated officer is publicized with information on how the public can become involved with the wellness committee or obtain additional information on the wellness policy. (PO-3)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Add wellness page on district website to notify public of information required.	
16. Every three years, the district assesses compliance with the policy, how it compares to published state and federal model wellness policies and the district's progress in attaining the goals of the policy. Results and policy modifications, as needed, will be made public. (PO-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		LWP, wellness meeting agendas
17. Records will be maintained to document compliance with the requirements of the wellness policy including items 1, 2, 3, 15, and 16 above.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

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Other School Based Strategies for Wellness					
18. SFAs must include, at a minimum, one goal for Other School-Based Strategies for Wellness in the LWP. SFAs must explore the use of evidenced based strategies when identifying goals. (List and report below)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Optional Goals- School Meals					
19. Schools will not use foods or beverages as rewards for academic performance or good behavior. Additionally, schools will not withhold foods or beverages for punishment. Teachers are provided with a list of alternative ideas for behavior management. (NS-10)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Addressed in LWP, not fully implemented in all schools.	
Optional Goals- Water					
20. Free, safe, unflavored, drinking water available throughout the school day, throughout every school campus.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Optional Goals- Staff Wellness					
21. Schools will offer staff wellness programs such as weight management, health assessments. (EW-1, EW-2, EW-3)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Worksite screenings, Discounted gym memberships, school level initiatives
Optional Goals- Community Involvement					
22. School will allow community members access to the district's outdoor physical activity facilities before and after school. (PA-8)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
23. School partners with local community organizations, businesses, or local hospitals to engage students and their families in health promotion activities.(PO-9)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Other Optional Goals					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Promote Healthy Food Choices at Elementary Schools	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Farmers markets, Roving Chef, Nutrition Advisory Council at each school
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Success/Updates/Activities/Events:					