

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	Blaine County School District	District Number	61	Date of Evaluation	08/30/21																							
School Name	Wood River Middle School	Most recent review by Wellness Committee																										
Click All Grades	PK	<input type="checkbox"/>	K	<input type="checkbox"/>	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>	5	<input type="checkbox"/>	6	<input type="checkbox"/>	7	<input checked="" type="checkbox"/>	8	<input checked="" type="checkbox"/>	9	<input checked="" type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12	<input type="checkbox"/>

Yes No I. Public Involvement

<input checked="" type="checkbox"/>	<input type="checkbox"/>	We invite the following to participate in the development, implementation, & evaluation of our wellness policy:
	<input checked="" type="checkbox"/>	Administrators
	<input type="checkbox"/>	School Food Service Staff
	<input type="checkbox"/>	P.E. Teachers
	<input type="checkbox"/>	Parents
	<input type="checkbox"/>	School Board Members
	<input type="checkbox"/>	School Health Professionals
	<input type="checkbox"/>	Students
	<input type="checkbox"/>	Public

<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.
		Name: Mr. James Foudy Title: Superintendent

<input checked="" type="checkbox"/>	<input type="checkbox"/>	We make our wellness policy and updates available to the public annually.
		Please describe: Our Wellness Policy is located on our school website under SCHOOL BOARD - BCSD POLICIES § 500 STUDENTS, TITLE: Student Wellness, CODE: 569 and on our Foodservice Webpage

<input type="checkbox"/>	<input checked="" type="checkbox"/>	We share the results of wellness policy implementation and progress toward our policy goals with the public.
		Please describe:

<input checked="" type="checkbox"/>	<input type="checkbox"/>	Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.
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Yes No II. Nutrition Education

<input type="checkbox"/>	<input checked="" type="checkbox"/>	The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.
<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"/>	The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.
<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 type="checkbox"/>	<input checked="" type="checkbox"/>	We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement various techniques.
<input type="checkbox"/>	<input checked="" 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 type="checkbox"/>	<input checked="" type="checkbox"/>	We annually evaluate how to market and promote our school meal program(s).
<input type="checkbox"/>	<input checked="" type="checkbox"/>	We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	We offer taste testing or menu planning opportunities to our students.
<input type="checkbox"/>	<input checked="" 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 type="checkbox"/>	<input checked="" 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 type="checkbox"/> Snack Bars <input checked="" type="checkbox"/> À La Carte
<input type="checkbox"/>	<input checked="" 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 type="checkbox"/>	<input checked="" type="checkbox"/>	We prohibit the use of food and beverages as a reward.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	We do not sell less healthy foods and beverages.
<input type="checkbox"/>	<input checked="" type="checkbox"/>	We provide training to staff on the importance of modeling healthy eating behaviors.



Yes No IV. Nutrition Guidelines

X		<i>The wellness policy includes written nutrition guidelines for all foods/drink available during the school day.</i>
X		<i>We follow Federal nutrition regulations for all food/drink available for sale on campus during the school day.</i>
X		<i>We follow the district's written nutrition standards for non-sold foods/drink available on campus during school.</i>
X		We run the School Breakfast program: <input checked="" type="checkbox"/> Before School <input type="checkbox"/> In the Classroom <input type="checkbox"/> Grab & Go <input type="checkbox"/> Second Chance
X		Our Food Service Staff attends professional development opportunities (e.g. program administration, nutrition, safety).
X		We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: <input checked="" 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

na		<i>The wellness policy permits marketing of only those foods/beverages that meet the competitive food requirements.</i>
na		Food and beverage marketing meets Smart Snack standards, including the following advertising avenues: <input type="checkbox"/> Signage <input type="checkbox"/> Scoreboards <input type="checkbox"/> School Stores <input type="checkbox"/> Cups <input type="checkbox"/> Vending Machines <input type="checkbox"/> Food Service Equip.

Yes No VI. Physical Activity

X		<i>The wellness policy includes specific/measurable goals for physical activity using evidence-based strategies.</i>
	X	We provide physical education for elementary students on a weekly basis. # of Min/Wk. <input type="text"/>
X		We provide physical education for middle school students during a term or semester. # of Min/Wk. <input type="text" value="218"/>
	X	We require physical education classes for graduation (high schools only). # Credits to graduate <input type="text"/>
	X	We provide recess for elementary students on a daily basis. # of Min/day <input type="text"/>
X		We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).
	X	We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
X		Teachers are allowed to offer physical activity as a reward for students.
X		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

	X	<i>The wellness policy includes specific/ measurable goals for other school-based wellness activities.</i>
	X	We provide annual training to all staff on: <input type="checkbox"/> Nutrition <input type="checkbox"/> Physical Activity
	X	We have a staff wellness program.
X		We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
X		We have programs to support total wellness (e.g. drug prevention, mental health, social, emotional health programs).
X		We have a recycling / environmental stewardship program.
	X	We have a recognition / reward program for students who exhibit healthy behaviors.
X		We provide case management for students with chronic health conditions.
X		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.

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	Donna Pierson	Position/Title	Assistant Principal
Email	dpierson@blaineschools.org	Phone number	208-578-5032