



2016-2017 Peace Academy Wellness Policy *Monitoring Plan*

Topic	Implementation Strategy	Person /Team responsible	Date Due	Date Implemented	Policy Compliance? Action Plan to correct	Eval. Date
Stakeholder Involvement Collaborative community team to develop, implement and review policy	The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing school nutrition and physical activity policies.	School Administration	8/15/2016	11/15/2016 (Principal, Director, Café Manager, Tr. Jinan, Tr. Lumi, Tr. Jennifer, Tr. Shahna)	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Nutrition Guidelines						
<input type="checkbox"/>	School meals (USDA guidelines, <i>scratch-made, healthy menu changes</i>)	Wellness Committee	8/9/16		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Increase availability of fruits and vegetables)	Wellness Committee	8/9/16		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Classroom/school celebrations *(No Soda and compliant foods promoted)	Wellness Committee	8/9/16		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Using non-food rewards *Treasure Chest of prizes utilized	Wellness Committee	8/9/16		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Providing sufficient lunch times	Wellness Committee	8/9/16		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Nutrition Education						
<input type="checkbox"/>	Offer nutrition education in the school cafeteria as well as in the classroom, with coordination between the food service staff and teachers. (Myplate information, "Eat the colors of the rainbow" themes)	Wellness Committee	Monthly		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Foodservice staff education (<i>scratch cooking, healthy meals</i>)	Wellness Committee	Quarterly		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Staff training (Continuing education on Nutrition	Wellness Committee	8/9/16		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Home and community (Sending information home, community education). Encourage parents to pack healthy lunches and snacks.	Wellness Committee	8/9/16		<input type="checkbox"/> Yes <input type="checkbox"/> No	
	Make nutrition education interactive and teach students the skills they need to adopt healthy eating behaviors, such as how to plan and prepare healthful meals and	Wellness Committee	Quarterly			

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	reading food labels. Emphasize the positive, appealing aspects of eating healthfully, as opposed to just the harmful effects of not eating healthfully; and give students opportunities to taste-test different healthy foods. (Through school assemblies).					
	Teach media literacy with an emphasis on food marketing	Wellness Committee	Quarterly			
Nutrition Promotion Changing the school environment to support healthy eating						
<input type="checkbox"/>	Cafeteria ambiance/education	Wellness Committee	8/9/16		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Apply USDA Fresh Fruit and Vegetable program	Wellness Committee	8/9/16		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	School garden	Wellness Committee	3/1/2016		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Staff modeling healthy eating	Wellness Committee	8/9/16		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Physical Education		Wellness Committee			<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Minutes/day or week (Minimum requirement 80 minutes per week)	Wellness Committee	8/9/16		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Include both nutrition and physical education standards in school health and physical education curricula	Wellness Committee	8/9/16		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Fitness testing	Wellness Committee	Quarterly via PE		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Physical Activity						
<input type="checkbox"/>	Recess time (Elementary Students)	Wellness Committee	8/9/16			
<input type="checkbox"/>	Access to school facilities	Wellness Committee	8/9/16		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Safe Routes to school	Wellness Committee	8/9/16		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Promoting 5k/Fun Runs/ Running clubs	Wellness Committee	8/9/16		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Public Notification	Inform and update public about content, implementation, and compliance	Wellness Committee	Quarterly		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Website, handbook, or newsletter	Wellness Committee	At beginning of the year and update periodically		<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Report to school board	Wellness Committee	Quarterly		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Implementation and Monitoring	Assess and evaluation compliance	Principal	Quarterly		<input type="checkbox"/> Yes <input type="checkbox"/> No	

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