



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 | |