

# Idaho Wellness Policy Progress Report

Approved by Wellness 12-5-18

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 Rolling Hills Charter School District Number 454 Date of Evaluation 11-2-18  
 School Name Rolling Hills Charter School Most recent review by Wellness Committee 12-5-18  
 Click All Grades PK  K  1  2  3  4  5  6  7  8  9  10  11  ###

## Yes No I. Public Involvement

**We invite the following to participate in the development, implementation, & evaluation of our wellness policy:**  
 Administrators  School Food Service Staff  P.E. Teachers  Parents  
 School Board Members  School Health Professionals  Students  Public

**We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.**  
 Name Shane Pratt Title Administrator

**We make our wellness policy and updates available to the public annually.**  
 Please describe: Annual Open House meeting in August/September and on the website www.rhpcs.org

**We share the results of wellness policy implementation and progress toward our policy goals with the public.**  
 Please describe: maybe at the annual meeting, but not formal. Policy #8200, #2302

**Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.**

## Yes No II. Nutrition Education

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

## Yes No III. Nutrition Promotion

**The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.**

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement various techniques.

We place fruits/vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals.

We annually evaluate how to market and promote our school meal program(s).

We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, cafeteria).

We price nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruit and/or vegetables in:  Vending Machines  School Stores  Snack Bars  A La Carte  
Healthy Choice Bar

We utilize student feedback to improve the quality of the school meal programs.

We provide teachers with samples of non-food reward options.

We prohibit the use of food and beverages as a reward.

We do not sell less healthy foods and beverages.

We provide training to staff on the importance of modeling healthy eating behaviors.



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Yes	No	IV. Nutrition Guidelines
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>The wellness policy includes written nutrition guidelines for all foods/drink available during the school day.</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>We follow Federal nutrition regulations for all food/drink available for sale on campus during the school day.</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>We follow the district's written nutrition standards for non-sold foods/drink available on campus during school.</b>
<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 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<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
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>The wellness policy permits marketing of only those foods/beverages that meet the competitive food requirements.</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Food and beverage marketing meets Smart Snack standards, including the following advertising avenues:
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Signage <input checked="" 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"/>	<b>The wellness policy includes specific/measurable goals for physical activity using evidence-based strategies.</b>	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide physical education for elementary students on a weekly basis. # of Min/Wk. <table border="1" style="float: right;"><tr><td>90</td></tr></table>	90
90			
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide physical education for middle school students during a term or <u>semester</u> . # of Min/Wk. <table border="1" style="float: right;"><tr><td>120</td></tr></table>	120
120			
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We require physical education classes for graduation (high schools only). # Credits to graduate <table border="1" style="float: right;"><tr><td>NA-</td></tr></table>	NA-
NA-			
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide recess for elementary students on a daily basis. # of Min/day <table border="1" style="float: right;"><tr><td>45</td></tr></table>	45
45			
<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"/>	<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"/>	<b>The wellness policy includes specific/ measurable goals for other school-based wellness activities.</b>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide annual training to all staff on: <input checked="" type="checkbox"/> Nutrition <input checked="" type="checkbox"/> Physical Activity
<input checked="" type="checkbox"/>	<input 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"/>	<input 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 continue to keep P.E., recess time, and Wellness time in our Master Schedule. Mr. Dea, or P.E./Wellness teacher continues to emphasize physical activity + Wellness Education. Our Breakfast + Lunch Goals have been met. Breakfast is at a 4 (Meal Program) and the lunch is at a 3. (40%) We partner w/ other organizations to help w/ fitness + nutrition.*

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	<i>Shane Pratt</i>
Position/Title	<i>Administrator</i>
Email	<i>spratt@rhps.org</i>
Phone number	<i>208-939-5400</i>