

Idaho Wellness Policy Progress Report

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	Diocese of Boise	District Number	700	Date of Evaluation	6/7/2023																					
School Name	Holy Family Catholic School	Most recent review by Wellness Committee	6/7/2023																							
Click All Grades	PK	<input checked="" type="checkbox"/>	K	<input checked="" type="checkbox"/>	1	<input checked="" type="checkbox"/>	2	<input checked="" type="checkbox"/>	3	<input checked="" type="checkbox"/>	4	<input checked="" type="checkbox"/>	5	<input checked="" type="checkbox"/>	6	<input checked="" type="checkbox"/>	7	<input checked="" type="checkbox"/>	8	<input checked="" type="checkbox"/>	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<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 checked="" type="checkbox"/> School Food Service Staff <input checked="" type="checkbox"/> P.E. Teachers <input checked="" type="checkbox"/> Parents
		<input checked="" 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: <input type="text" value="Jana Holter"/> Title: <input type="text" value="Vice Principal/MTSS Dir."/>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	We make our wellness policy and updates available to the public annually.
		Please describe: <input type="text" value="The most recent policy has been posted on the website since 2018."/>
<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 type="text" value="Due to Covid, many restrictions with regards to meeting, food service etc. were in place. Now that the situation is under control for the moment plans are in place to more vigorously meet this goal/expectations."/>
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.

Yes No II. Nutrition Education

<input checked="" type="checkbox"/>	<input 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 checked="" 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 checked="" type="checkbox"/>	<input type="checkbox"/>	We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement various techniques.
<input checked="" type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input 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).
N/A	N/A	We price nutritious foods and beverages lower than less nutritious foods and beverages.
N/A	N/A	We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input type="checkbox"/> À La Carte
<input checked="" type="checkbox"/>	<input 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.

We highly recommend NON-Food rewards and provide a list of alternatives to staff as well as review at staff meetings:



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<input checked="" type="checkbox"/>		We do not sell less healthy foods and beverages.
<input checked="" type="checkbox"/>		We provide training to staff on the importance of modeling healthy eating behaviors.

Yes No IV. Nutrition Guidelines

<input checked="" type="checkbox"/>		<i>The wellness policy includes written nutrition guidelines for all foods/drink available during the school day.</i>
<input checked="" type="checkbox"/>		<i>We follow Federal nutrition regulations for all food/drink available for sale on campus during the school day.</i>
<input checked="" type="checkbox"/>		<i>We follow the district's written nutrition standards for non-sold foods/drink available on campus during school.</i>
	<input checked="" type="checkbox"/>	We run the School Breakfast program: <input type="checkbox"/> Before School <input type="checkbox"/> In the Classroom <input type="checkbox"/> Grab & Go <input type="checkbox"/> Second (
<input checked="" type="checkbox"/>		Our Food Service Staff attends professional development opportunities (e.g. program administration, nutrition, safety).
	<input checked="" type="checkbox"/>	We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including:
		<input type="checkbox"/> as À La Carte Offerings <input type="checkbox"/> in School Stores <input type="checkbox"/> in Vending Machines <input type="checkbox"/> as Fundraisers (not exemptions

Yes No V. Policy for Food and Beverage Marketing

<input checked="" type="checkbox"/>		<i>The wellness policy permits marketing of only those foods/beverages that meet the competitive food requirement:</i>
<input checked="" type="checkbox"/>		Food and beverage marketing meets Smart Snack standards, including the following advertising avenues:
		<input checked="" 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

Yes No VI. Physical Activity

<input checked="" type="checkbox"/>		<i>The wellness policy includes specific/measurable goals for physical activity using evidence-based strategies.</i>
<input checked="" type="checkbox"/>		We provide physical education for elementary students on a weekly basis. # of Min/Wk. 90
<input checked="" type="checkbox"/>		We provide physical education for middle school students during a term or semester. # of Min/Wk. 90
		We require physical education classes for graduation (high schools only). # Credits to graduate
<input checked="" type="checkbox"/>		We provide recess for elementary students on a daily basis. # of Min/day 45
<input checked="" type="checkbox"/>		We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).
<input checked="" type="checkbox"/>		We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
<input checked="" type="checkbox"/>		Teachers are allowed to offer physical activity as a reward for students.
<input checked="" type="checkbox"/>		We offer physical activity before/after school. <input type="checkbox"/> Competitive sports <input type="checkbox"/> Non-competitive sports <input type="checkbox"/> Other cl

Yes No VII. Other School Based Wellness Activity

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

While COVID and multiple staff turnover has hindered our Wellness Program, in the recent past, these last two years we have reformed the committee and have made progress towards school-wide implementation. Training staff has taken a priority with administration. The committee and staff are enthusiastic about growing the program to encompass greater education opportunities and participation by students, families, staff, and faculty in mind, body, and spirit.

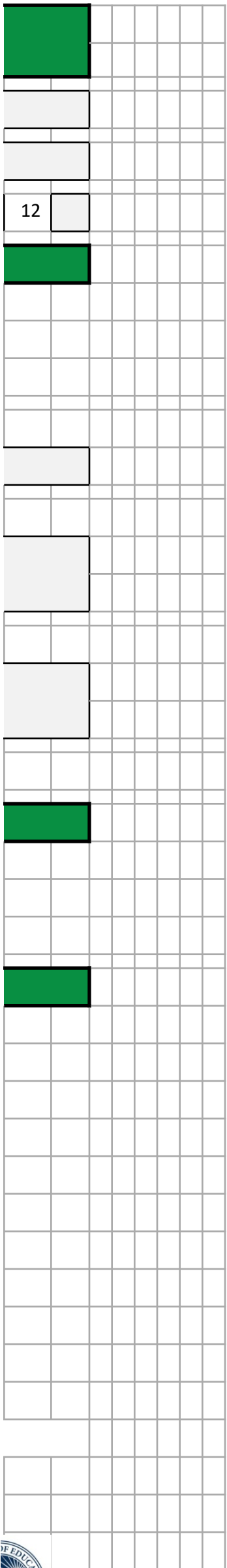
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IX. Contact Information

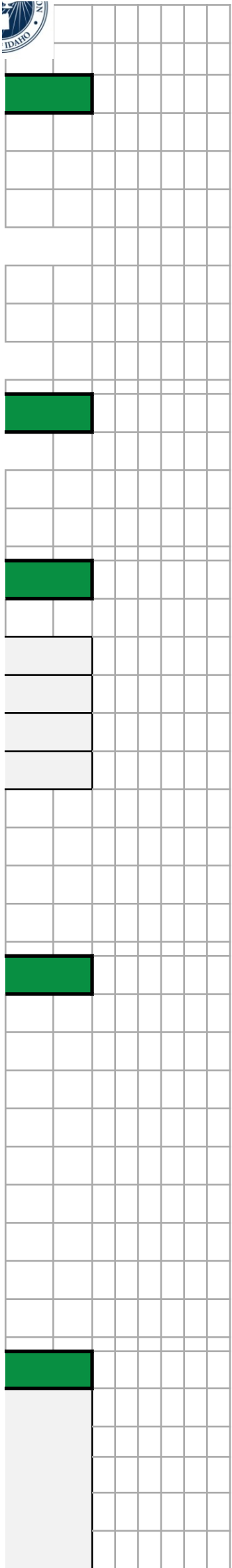
For more information about this school's wellness policy/practices, or for ways to get involved, contact the Wellness Committee Leader:

Name		Position/Title	
Email		Phone number	

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