

Wellness Triennial 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 District Number Date of Evaluation
 School Name Most recent Policy review by Committee
 Click All Grades PK K 1 2 3 4 5 6 7 8 9 10 11 12

Yes No I. Public Involvement

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 checked="" type="checkbox"/> School Health Professionals	<input checked="" type="checkbox"/> Students	<input type="checkbox"/> Public

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

We make our wellness policy and updates available to the public annually.
 Please describe:

We share policy implementation and progress toward our policy goals with the public once every 3 years.
 Please describe:

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

Yes No II. Nutrition Guidelines

The wellness policy includes written nutrition guidelines for all foods/drink available during the school day.
 We follow Federal nutrition regulations for all food/drink available for sale on campus during the school day.
 Our School Nutrition Staff attend professional development opportunities (e.g. program administration, nutrition, safety).
 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)
<input type="checkbox"/> Classroom Snacks	<input type="checkbox"/> Student Rewards	<input type="checkbox"/> Classroom Parties	<input type="checkbox"/> as Fundraisers (not exemptions)

Yes No III. Policy for Food and Beverage Marketing

The wellness policy permits marketing of only those foods/beverages that meet the competitive food requirements.
 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.
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Yes No IV. Nutrition Education & Promotion

The wellness policy includes a specific / measurable goal(s) for nutrition education using evidence-based strategies.
 We offer nutrition education to students in: Elementary School Middle School High School

Yes No V. Physical Activity

The wellness policy includes a specific/measurable goal(s) for physical activity using evidence-based strategies.

<input checked="" type="checkbox"/> <input type="checkbox"/> We provide physical education for elementary students on a weekly basis.	# of Min/Wk.	<input type="text" value="60 min/wk"/>
<input type="checkbox"/> <input type="checkbox"/> We provide physical education for middle school students during a term or semester.	# of Min/Wk.	<input type="text"/>
<input type="checkbox"/> <input type="checkbox"/> We require physical education classes for graduation (high schools only).	# Credits to graduate	<input type="text"/>
<input checked="" type="checkbox"/> <input type="checkbox"/> We provide recess for elementary students on a daily basis.	# of Min/day	<input type="text" value="45min/day"/>
<input checked="" type="checkbox"/> <input type="checkbox"/> We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, brain breaks, etc.).		

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Yes No VI. Other School Based Wellness Activity

X		The wellness policy includes a specific/ measurable goal(s) for other school-based wellness activities.
X		We offer nutrition education to students in: <input checked="" type="checkbox"/> Elementary School <input type="checkbox"/> Middle School <input type="checkbox"/> High School
	X	We have a staff wellness program.
X		We have programs to support total wellness (e.g. drug prevention, mental health, social, emotional health programs).
X		We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Describe the progress of wellness policy goals and track additional wellness practices.

Nutrition Education & Promotion Goal: All students K-12 shall receive nutrition education that teaches the knowledge, skills and values necessary to make healthy eating choices and is aligned with the Wyoming Health Education Content and Performance Standards.

Update on implementation and progress toward Nut. Ed & Promotion goal:
 K-2 students receive nutrition education on proper food and hydration selections to promote healthy choices. This instruction and assessment is consistent with the following Wyoming Health Education Content and Performance Standards: HLK2.3.3. and HLK2.4.2.

Physical Activity Goal: All students K-12 shall receive physical education that teaches the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity and is aligned with the Wyoming Physical Education Content and Performance Standards. Update on implementation and progress toward Physical Activity goal:

K-2 Students receive and participate in physical education that corresponds with our Wyoming Health Education Content and Performance Standards. Teaching and assessments provide multiple opportunities to learn and demonstrate proficiency in skills, strategy, fitness, rules and etiquette, and personal and social responsibility.
 Standards PEK2.1 PEK2.2 PEK2.3 PEK2.4 PEK2.5

Other School-Based Activities that Promote Student Wellness Goal: All students K-12 shall receive health education that provides the foundation for leading healthy, productive lives and is aligned with the Wyoming Health Education Content and Performance Standards.

Update on implementation and progress toward Other-School Based Activities that Promote Student Wellness goal:
 K-2 Students receive additional education providing introductory health skills and knowledge as related to the following Wyoming Health Education Content and Performance Standards: HLK2.1,HLK 2.2, HLK 2.3, and HLK2.4.

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	Lana Swingholm	Position/Title	Principal - Lincoln Elementary
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