

**I. Nutrition Education and Promotion\*\*\*\*\***

Wellness Policy Language	Year of Implementation Y1=Year 1 Y2=Year 2	Degree of Completion Based on a Scale: 0 = Not Started and 5 = Completed	Steps Necessary to Meet Deadline	List the Position Accountable for the Item
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**A. Standards-Based Sequential Nutrition Education**

1. Nutrition education shall be offered as part of an existing or school-developed standards-based, sequential, age-appropriate, comprehensive K-12 health education program offered each year and designed to provide students and their families with the knowledge and skills necessary to promote and protect their health. (II, IIA)				
2. The nutrition education program shall focus on students' eating behaviors, be based on theories and methods proven effective by published research, and be consistent with the state's/district's comprehensive school health education standards/guidelines/curriculum framework.				
3. Students shall be able to demonstrate competency through application of knowledge, skill development and practice.				

**B. Connecting with Existing Curriculums**

1. Nutrition education shall be integrated into comprehensive school health education, physical education, family consumer science (FACS), and other core classes such as math, science, language arts, social sciences, language arts, and in elective subjects, as appropriate. (IIG)				
2. All prekindergarten-12 instructional staff members shall be encouraged to incorporate nutritional themes into daily lessons, when appropriate, to reinforce and support health messages.				

**C. Education Links with School**

1. The nutrition education program links with school meal programs, other school foods, afterschool programs, and nutrition-related community services. (IIC)				
2. Nutrition education shall be offered in the school cafeteria and classroom, with coordination between school food service staff and teachers. (IIF)				
3. The district shall link nutrition education with other coordinated school health initiatives. (IIC)				

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<b>D. Professional Development for Teachers</b>				
1. Training in nutrition will be provided for both teachers and food service staff.(IIH)				
2. Nutrition Education is taught by certified teachers at each grade level providing skills and knowledge that is needed by students to adopt healthy eating behaviors and attitudes. Training shall include instructional techniques and strategies designed to promote healthy eating behaviors. (IIB)				
3. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with the development of skills and adequate time to practice skills in program-specific activities.				
4. Staff members providing nutrition education shall not advocate dieting behaviors or any specific eating regimen to students, other staff members or students' families.				
<b>E. Appropriateness of Nutrition Component of Comprehensive Health Education Curriculum</b>				
1. The school district shall assess all nutrition education lessons and materials for accuracy, completeness, balance and consistency with the state's/district's educational goals and curriculum standards.				
2. Materials developed by food marketing boards or food corporations shall be examined for appropriateness of commercial messages.				
<b>F. Educational Reinforcement</b>				
1. Nutrition education is communicated in consistent nutrition and healthy eating messages throughout schools, classrooms, staff lounges, and cafeterias. (IID)				
2. School instructional staff members shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families.				
<b>G. Health and Wellness Promotion</b>				
1. The school district shall conduct nutrition education activities and promotions that involve families, students and the community. (II D)				

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2. The district shall participate in programs that promote and reinforce student health, such as Team Nutrition and the HealthierUS School Challenge.				
3. The school team responsible for planning nutrition activities shall ensure interdisciplinary collaboration by including school food service, school nurses, health and physical education teachers, family and consumer sciences teachers, and other appropriate school staff members.				

**II. Physical Education and Physical Activity\*\*\*\*\***

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<b>A. Standards-Based, Sequential Physical Education</b>				
1. Physical education shall be standards-based, using national or state-developed standards, such as the National Association for Sport and Physical Education (NASPE) guidelines. (V A1)				
2. Physical education curriculum is written for every grade. It shall be sequential, and provides an opportunity for students to learn, practice, and be assessed on content, social skills, developmentally appropriate motor skill, responsible behavior, physical fitness, and benefits of physical activity. (V A4)				
<b>B. Physical Education Fullday Kindergarten to Grade 12</b>				
1. All students shall receive physical education a minimum of 150 minutes per week for elementary school students and a minimum of 225 minutes per week for middle and high school students for the entire school year or in compliance with IEPs. (V A2)				
2. Physical Education will ideally be offered daily. (V A2)				
3. Students shall spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. (V A3)				
4. Student involvement in other activities involving physical activity (e.g., interscholastic or intermural sports) shall not be substituted for meeting the physical education requirement. The district follows the state law requiring instruction in Physical Education without exception. (V A1)				
5. The district will conduct physical fitness in, and maintain a safe, adequate environment. (V)				
6. The district will establish a cap for PE class size to ensure adequate supervision and minimize injuries. (V A6)				
7. A certified physical education teacher shall teach all physical education. (V A5)				

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8. The district will provide training to certified physical education staff to educate, and other staff to promote enjoyable, lifelong physical activity among students. (V A5)				
<b>C. Daily Recess</b>				
1. All elementary school students shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools facilitate at least 10 minutes of moderate to vigorous physical activity verbally and through provision of space, and equipment. (V B1)				
2. Elementary schools shall schedule lunch to follow recess to increase student nutrient intake and reduce food waste. (III 7a)				
<b>D. Physical Activity Opportunities Before and After School</b>				
1. All schools shall offer physical activity programs, such as physical activity clubs or intramural programs that meet needs of all students (V B3a)				
2. The district shall offer interscholastic sports programs. (V B3a)				
3. Districts shall offer a range of activities that meet the needs, interests, and abilities of all students. (V B3a)				
4. After-school, child care, and enrichment programs shall provide and encourage — verbally and through the provision of adequate and safe space, equipment and activities — daily periods of moderate to vigorous physical activity for all participants. (V B3b)				
5. School shall encourage bicycling and walking to and from school. (VB3d) When appropriate, the district shall work together with local public works, public safety and/or police departments to make it safer and easier for students to walk and bike to school.				
<b>E. Physical Activity and Punishment</b>				
1. The district will not use physical activity as punishment nor withhold opportunities for physical activity (e.g., recess and physical education) as punishment. (VA7)				

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2. Recess or other opportunities for physical activity shall not be withheld as a measure to enforce the completion of academic work. Appropriate alternate strategies shall be developed as consequences for negative or undesirable behaviors.				
<b>F. Use of School Facilities Outside of School Hours</b>				
1. Schools shall work with community organizations to coordinate and enhance opportunities available to students, staff, and community for physical activity before, during, and after the school day, on weekends, and during school vacations in accordance with the District's building Rental Policy. These spaces and facilities shall also be available to community agencies and organizations offering physical activity and nutrition programs. (V B3c)				
2. School policies concerning safety shall apply at all times. (VB3c)				
<b>G. Incorporating Physical Activity into the Classroom ( Physical Activity in the Classroom -Appendix 10)</b>				
1. Students in all grades shall be provided with opportunities for physical activity in addition to physical education to enable each child to receive the recommended amount of 60 minutes of physical activity per day. (V B2)				
2. Classroom health education shall complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television and video games. (V B2a)				
3. Opportunities for physical activity shall be incorporated into other subject lessons (V B2b)				
4. Physical Activity can be used as reinforcement, reward, and celebration for achievement, positive behavior, and completion of assignments.				
5. Classroom teachers shall provide short physical activity breaks between lessons, classes, and/or standardized testing, as appropriate. (V B2c)				

**III 1. Nutrition Standards for School Foods and Beverages: \*\*\*\*\*  
Reimbursable School Breakfast and Lunch**

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<b>A. Nutrition Guidelines</b>				
1. The district food services offers affordable, nutritious, and appealing meals, and snacks and beverages( through ala carte) in compliance with or exceeding the most updated USDA guidelines and the current Dietary Guidelines for Americans or the current Institute of Medicine (IOM) standards. (I F, III)				
2. School meals shall offer a variety of colorful fruits and vegetables each week. (III A2) At least one orange and at least one dark green vegetable shall be served each week.				
3. Schools shall serve only low-fat (1%) and fat-free milk, and nutritionally equivalent nondairy alternatives with physician orders. Flavored milk, if offered, is fat-free only. (III A3)				
4. School meals shall ensure that at least half of the grains served are whole grain. (III A4)				
5. School meals strive to replace higher fat with lower fat items and eliminate deep-fried foods. (III A 6,7)				
6. The district food service will share nutrition information of meals with students, families and school staff through website and posting in cafeterias. (III A8)				
7. School meals shall use serving sizes that meet minimum requirements yet also do not exceed age appropriate sizes or maximum USDA caloric requirements by age. (III A5)				
<b>B. Menu Planning</b>				
1. Standards in meal planning focus on increasing nutrient-rich foods and beverages, (such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats, legumes, nuts, and seeds) decreasing solid fats, sodium, and added sugars, and moderating portion sizes. (III A)				

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2. Menus shall be planned to be appealing and attractive to children. School meals shall be planned to incorporate the basic menu planning principles of balance, variety, contrast, color and eye appeal. (III A1)				
<b>C. Breakfast</b>				
1. All district schools operate the School Breakfast Program. (III B4)				
2. Schools will, to the extent possible, arrange bus schedules and use methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess. (III B5)				
3. Schools will notify families and students through newsletters, handouts, or website of the availability of the School Breakfast Program. (III B4)				
<b>D. Qualifications and Training of Food Service Staff members</b>				
1. Qualified nutrition professionals shall administer the school meal programs; and all food service personnel shall have adequate pre-service training in food service operations according to their levels of responsibility.				
2. School districts will provide continuing professional development for food service director and employees. (III B 1) Staff development program shall include appropriate certification and /or training programs for food service directors, managers, and school cafeteria workers according to their levels of responsibility. Topics include strategies for promoting science-based, healthy eating behaviors and nutrition, requirements for Child Nutrition Programs, menu planning and preparation, food safety, and other appropriate topics.				
<b>E. Special Dietary Needs</b>				
1. With appropriate medical documentation, modified meals shall be prepared for students with food allergies or other special dietary needs with parent notification of which days the child will eat.				

**III 2. Nutrition Standards for School Foods and Beverages:\*\*\*\*\*  
School-Based Activities to Promote Healthy Eating and Environment**

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<b>A. Surroundings and scheduling for eating</b>				
1. Meals are served in an enjoyable, clean, safe environment where students shall have an adequate space to eat. (III A 1)				
2. Provide access to clean drinking water during the school day (III B 2) and in cafeteria area during meals.				
3. Schools will provide students access to handwashing or hand sanitizing before they eat meals and snacks. (III B 3)				
4. Schools will evaluate their open campus policy taking into consideration the food choices and other choices that students make when they are able to leave campus. (III B 8)				
5. Schools shall provide students with adequate time to eat meals (20 minutes for lunch and 10 minutes for breakfast after sitting down). (III B 6)				
6. Schedule lunch for fulltime students midday between the hours of 11am-1pm. (III B 7b)				
7. Schedule lunch for fulltime elementary students after recess to increase student nutrient intake and reduce food waste. (III B 7a)				
8. Discourage tutoring, club, or organizational meetings, or activities during mealtimes unless students may eat lunch during such activities.(III B 9)				
9. Discourage students from sharing food or beverages with one another during meal or snack times given concerns about allergies and other restrictions on some children’s diets. (III B 11)				
<b>B. Food Rewards and Punishment</b>				
1. Use no foods or beverages as a reward unless this practice is allowed by student’s Individualized Education Plan (IEP). (III B 10)				
2. Do not withhold food or beverages as a punishment. (III B 10)				
3. Alternatives to Food as Rewards, shall be promoted. (Appendix 3)				

**III 3. Nutrition Standards for School Foods and Beverages:\*\*\*\*\*  
Other Foods and Beverages That Are Not Part of the Reimbursable School Meals**

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<b>A. Competitive Foods Nutrition Standards (CFNS) Appendix 5</b>				
1. Competitive Foods Nutrition Standards (Appendix 5) focus on increasing nutrient-rich foods and beverages, (such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats, legumes, nuts, and seeds) decreasing solid fats, sodium, and added sugars, and moderating portion sizes. (III A)				
2. CFNS will meet current Institute of Medicine (IOM) standards per serving with standards allowing for ease of transition in sodium and fiber. (CFNS-Appendix 5)				
3. Budget neutrality or profit generation shall not take precedence over the nutritional needs of the students. If additional funds are needed, they shall not be from the sale of foods that have little nutritional value and/or compete nutritionally with program meals.				
<b>B. Food and Beverage Contracts</b>				
1. Agreements with food or vending companies to sell foods or beverages in schools shall ensure that contractors will follow the CFNS (Appendix 5), marketing policy, and federal regulations for school nutrition programs. (III3D 4)				
<b>C. Cafeteria Ala Carte Sales</b>				
1. Foods and beverages sold or provided through ala carte shall meet the federal regulations for school nutrition programs and meet district CFNS. (Appendix 5)				
2. Ala Carte will supply calorie, fat, sodium and sugar content for each item sold. (CFNS-Appendix 5 p 2)				
<b>D. Vending Machines</b>				
1. Foods and beverages sold in vending machines on school property shall meet the federal regulations for school nutrition programs and meet district CFNS.				
2. Elementary schools will not have vending machines. (IV A 1)				
3. Middle schools will not have access to vending machines during the school day. (IV A2)				

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4. Vending machines will display only healthy options on the machine and will not market unhealthy items (those items not meeting the CFNS) or depict products or logos or suggest consumption of vended items contribute a health or social benefit.(1 b of CFNS-Appendix 5)				
5. Vending machines will supply/display calorie, fat, sodium and sugar content for each item sold. (CFNS–Appendix 5)				
<b>E. Events on School Premises</b>				
1. Foods and beverages served or sold to students at school or at school-sponsored functions shall meet the current Institute of Medicine (IOM) standards per serving. (CFNS-Appendix 5)				
<b>F. Fundraising</b>				
1. No school will hold food or beverage fundraising activities during the school day. (IV A 1,2,3)				
2. Schools shall encourage fundraising activities that promote physical activity as described in <i>Healthy Fundraising</i> , Appendix 7				
3. Non-schoolday fundraisers shall not involve food or beverages or shall only use foods and beverages that meet the requirements of the district <i>CFNS</i> as calculated by the Fundraising Approval Form in Appendix 7.				
4. Fundraisers using processed foods will supply/display calorie, fat, sodium and sugar content for each item sold. (CFNS)				
5. The school district shall make available to students, families, teachers and school groups a list of ideas for acceptable fundraising activities, such as healthy foods and beverages or alternate nonfood fundraisers available in <i>Healthy Fundraising</i> Appendix 7.				
<b>G. School Stores</b>				
1. School stores will focus sales on nonfood items. (CFNS 3)				
2. School stores will follow CFNS and caloric standards. (CFNS 3)				
3. Schools stores will supply/display calorie, fat, sodium and sugar content for each item sold. (CFNS)				

<b>H. Classroom Snacks</b>				
1. Classroom snacks shall feature healthy choices that meet the requirements of the district's CFNS. (Appendix 5) <i>Healthy Snacks</i> ideas in Appendix 8.				
<b>I. Food Brought into School</b>				
1. Cold lunches brought from home are encouraged to meet <i>Guidelines for Nutritious Lunches</i> (Appendix 4). (III B 14) Districts shall encourage families to pack healthy lunches and snacks and to refrain from including beverages or foods that do not meet the district's CFNS (Appendix 5). <i>Healthy Snack</i> ideas (Appendix 8)				
2. Any food brought into school lunch program from outside foodservices must comply with Wellness Policy ala carte standards. Families are encouraged to call ahead and eat school lunch with child. (III B 14)				
3. Districts shall develop procedures to ensure that all food brought from home to be shared with other students is safe.				
<b>J. Celebrations</b>				
1. Nonfood celebrations shall be promoted. Ideas in <i>Healthy Celebrations</i> . (Appendix 9)				
2. Foods and beverages served at school celebrations shall feature healthy choices that meet the requirements of the district's CFNS. (Appendix 5)				
3. The district shall disseminate a list of ideas to families and teachers, including alternative activities for classroom parties (e.g., increased recess time instead of a class party) and healthy food and beverage choices as listed in <i>Healthy Celebrations</i> . (Appendix 9)				

**E. Communication and Promotion Goal\*\*\*\*\***

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<b>Engaging Families</b>				
1. The school district shall encourage family involvement to support and promote healthy eating and physical activity habits.				
2. The district will engage families ... in developing, implementing, monitoring, reviewing, and revising, as needed, the district-wide nutrition and physical activity wellness policies. (I A)				
3. Schools will encourage families to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means. (III B4)				
4. Schools shall obtain feedback from ... families about meals and new food options through activities such as taste testing, surveys, or health fairs. (III B 12)				
5. The district shall support families' efforts to provide a healthy diet and daily physical activity for their children through effective two-way communication strategies that allow sharing of information from school to home and from home to school.				
6. Schools will provide nutrition education ...designed to provide students and their families with the knowledge and skills necessary to promote and protect their health. (II introduction)				
7. The district shall offer nutrition education for families which can include providing healthy eating seminars, sending home nutrition information, postings on district website, providing nutrient analyses of school menus in language families can understand and any other appropriate methods for reaching families, including Wellness Policy Appendices.				
8. The district shall provide families with a list of foods that meet the district's nutrition standards for snacks and ideas for healthy celebrations, rewards, and fundraising activities in the Wellness Policy Appendices				

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9. The district shall provide information about physical education and other school-based physical activity opportunities before, during and after the school day, and shall support families' efforts to provide their children with opportunities to be physically active outside of school.				
<b>Engaging Students</b>				
1. Schools shall obtain feedback from students... about meals and new food options through activities such as taste testing, surveys, or health fairs. (III B 12)				
2. Districts shall encourage all children tp have a healthy breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn. ( <i>Healthy Breakfasts</i> Appendix 2)				
3. All students will have opportunities, support, and encouragement to be physically active to achieve daily recommended physical activity. (I E)				
4. Nutrition education in all schools will be offered in the school cafeteria and the classrooms with coordination between school foodservice staff and teachers.(I F) Key health messages shall be promoted through coordinating classroom and cafeteria, and through planned promotions such as health fairs, nutrition initiatives, programs and contests.				
5. The district will engage students ... in developing, implementing, monitoring, reviewing, and revising as needed, the district-wide nutrition and physical activity wellness policies. (I A)				
<b>Engaging Staff</b>				
1. The district highly values the health and well-being of every staff member and shall plan and implement activities and policies that support personal efforts by staff members to maintain a healthy lifestyle.				
2. Schools shall obtain feedback from ... staff ...about meals and new food options through activities such as taste testing, surveys, or health fairs. (III B 12)				

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3. The district will engage teachers, food service professional ... in developing, implementing, monitoring, reviewing, and revising as needed, the district-wide nutrition and physical activity wellness policies. (I A)				
4. The school district shall build awareness among teachers, food service staff, coaches, nurses and other school staff members about the importance of nutrition, physical activity and body-size acceptance to academic success and lifelong wellness.				
5. School staff members shall be encouraged to model healthy eating and physical activity behaviors. (I D)				
<b>Partnering/engaging with Community Organizations</b>				
1. Schools shall partner with community organizations (e.g., local businesses, faith-based organizations, libraries, local health departments, local colleges and their students, and local health care providers) to provide consistent health messages and support school-based activities that promote healthy eating and physical activity.				
<b>Food and Physical Activity Promotion/Marketing in Schools</b>				
1. Nutrition education and health promotion in all district schools shall be consistent in school-based marketing. (II E)				
2. Schools shall promote healthy food choices and shall not allow advertising that promotes less nutritious food and beverage choices. (II E)				
3. Schools shall be encouraged to promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.				
<b>Media</b>				
1. Schools shall work with a variety of media, such as local newspapers, radio and television stations, to spread the word to the community about healthy eating and physical activity behaviors, and a healthy school environment.				

**F. Measurement and Evaluation**\*\*\*\*\*

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<b>Monitoring</b>				
1. The superintendent or designee shall execute administrative procedures that ensure implementation of and compliance with district nutrition and physical activity wellness policy. (VI A)				
2. The district will develop and implement a communications plan which includes training to ensure understanding of the rationale for the wellness policy and the implementation plan.(VI C)				
3. In each school, the principal or designee shall ensure compliance with those policies in that school and shall annually report on the school’s compliance and evaluation of outcomes to the school district superintendent or designee. (VI A 3 b)				
4. Monitoring will be repeated annually to help review policy compliance, assess progress, and determine areas in need of improvement and/or revision. Measurable outcomes will include School Health Index, Body Mass index, School Meal Participation, youth survey data, cardiovascular fitness, and /or other outcomes determined by the school wellness councils. (VI B)				
5. School food service staff shall ensure compliance with the school’s food and nutrition program and shall report to the food service director the building principal, or the superintendent’s designee. (VI D)				
<b>Policy Review, Revision, and Reporting</b>				
1. The district will engage students, families, teachers, food service professional, health professionals, school board, and other interested community members in developing, implementing, monitoring, reviewing, and revising, as needed, the district nutrition and physical activity wellness policies. (I A)				
2. The school district food service director will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available on campus. (VI E)				

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3. The school district food service director will provide an annual report to the superintendent informing of the most recent USDA School Meal Initiative (SMI) review findings and any resulting changes. (VI E)				
4. The superintendent or designee will develop an annual summary report on compliance with the district's School Wellness Policy based on input from all district schools. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, food service director and school health services personnel in the district.(VI F)				