

WELLNESS

WELLNESS COMMITTEE:

The district will convene a wellness committee to establish goals for the district wellness policy and to oversee its development, implementation, periodic review and updating. The membership of the committee will represent all school levels. The committee representation may include the following:

- Parents and caregivers;
- Students;
- Representatives of the school nutrition program (e.g., school nutrition director);
- Physical education and health education teachers;
- School health professionals;
- School administrators;
- Local and community health professionals (e.g., dietitians, doctors, nurses, dentists); and
- Members of the general public.

The wellness committee is responsible for:

- Establishing committee membership and operating protocol;
- Understanding wellness policy compliance requirements;
- Recordkeeping;
- Annual public notification of the wellness policy;
- Triennial progress assessments;
- Revising the wellness policy; and
- Leading community involvement, outreach, and communications initiatives regarding the wellness policy.

WELLNESS POLICY IMPLEMENTATION PLAN

The district will develop and maintain a plan for implementation, management and coordination of the wellness policy. The district will use online tools or other resources to review and consider evidence-based strategies (e.g., Centers for Disease Control and Prevention's School Health Index) in determining goals for nutrition promotion and education, physical activity and other school-based activities (e.g., school vegetable garden) for each school.

The plan will include:

- Roles, responsibilities, actions and timelines specific to each school;
- The Superintendent and designees will oversee the wellness policy; and
- An action plan to implement all required elements of the wellness policy.

Notification

The district will notify families and the public, on the website, of the availability of the wellness policy, and provide information that would enable interested households to obtain more details.

Triennial Progress Assessments

At least once every three years, the district will evaluate its compliance with the wellness policy. The triennial assessment will consider:

- The extent to which schools under the jurisdiction of the district are in compliance with the wellness policy.
- The extent to which the district's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy.
- The extent to which progress has been made in attaining the goals of the district's wellness policy.

The assessment report will include the position/person responsible for managing the triennial assessment and their contact information.

Updates to the Policy

The wellness committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as priorities change and new federal or state guidance or standards are issued.

Community Involvement, Outreach, and Communications

The district will actively communicate ways in which members of the wellness committee and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means. The district will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, the availability of child nutrition programs and how to apply for those programs, and district compliance with Smart Snacks in School nutrition standards.

Recordkeeping

The district will maintain and make available for public inspection records documenting compliance with the wellness policy. They will be available at www.cashmere.wednet.edu.

Records will include, but will not be limited to:

- The written wellness policy.
- Documentation of the triennial assessment.

-Documentation to demonstrate compliance with the annual public notification requirements.