

# 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    | <input type="text" value="Nampa School District"/> | District Number                          | <input type="text" value="131"/>      | Date of Evaluation                    | <input type="text" value="3/15/2023"/> |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| School Name      | <input type="text" value="Centennial Elementary"/> | Most recent review by Wellness Committee | <input type="text" value="N/A"/>      |                                       |                                        |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| Click All Grades | PK <input 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 type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> | 10 <input type="checkbox"/> | 11 <input type="checkbox"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                |
|-------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <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 type="checkbox"/> Middle School <input type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer taste testing or menu planning opportunities to our students.                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" 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).                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# 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.

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|------------------|----------------------------------------------------|------------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|-----------------------------|-----------------------------|-----------------------------|
| District Name    | <input type="text" value="Nampa School District"/> | District Number                          | <input type="text" value="131"/>      | Date of Evaluation                    | <input type="text" value="3/9/2023"/> |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| School Name      | <input type="text" value="Central Elementary"/>    | Most recent review by Wellness Committee | <input type="text" value="N/A"/>      |                                       |                                       |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| Click All Grades | PK <input 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 type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> | 10 <input type="checkbox"/> | 11 <input type="checkbox"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                                     |                                                                                                                                                                                |
|-------------------------------------|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <input type="checkbox"/>            | <input checked="" 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 type="checkbox"/> Middle School <input type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input 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).                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We prohibit the use of food and beverages as a reward.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 checked="" 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:<br><input checked="" type="checkbox"/> as À La Carte Offerings <input type="checkbox"/> in School Stores <input checked="" 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"/> | <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:<br><input checked="" type="checkbox"/> Signage <input 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. <input type="text" value="90"/>                                                            |
| <input type="checkbox"/>            | <input checked="" 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="45"/>                                                                         |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).                                                                 |
| <input 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 type="checkbox"/>            | <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 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 type="checkbox"/> Physical Activity |
| <input type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/> | District Number                          | <input type="text" value="131"/> | Date of Evaluation         | <input type="text" value="3/6/2023"/> |                            |                            |                                       |                                       |                                       |                            |                             |                             |                             |
| School Name      | <input type="text" value="Columbia High School"/>  | Most recent review by Wellness Committee | <input type="text" value="N/A"/> |                            |                                       |                            |                            |                                       |                                       |                                       |                            |                             |                             |                             |
| Click All Grades | PK <input type="checkbox"/>                        | K <input type="checkbox"/>               | 1 <input type="checkbox"/>       | 2 <input type="checkbox"/> | 3 <input type="checkbox"/>            | 4 <input type="checkbox"/> | 5 <input 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"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
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| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                |
|-------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <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 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"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer taste testing or menu planning opportunities to our students.                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" 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).                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 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 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for elementary students on a weekly basis. # of Min/Wk. <input type="text"/>                                                                                             |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide physical education for middle school students during a term or semester. # of Min/Wk. <input type="text" value="250"/>                                                                      |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We require physical education classes for graduation (high schools only). # Credits to graduate <input type="text"/>                                                                                   |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide recess for elementary students on a daily basis. # of Min/day <input type="text"/>                                                                                                          |
| <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 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 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide annual training to all staff on: <input type="checkbox"/> Nutrition <input type="checkbox"/> Physical Activity |
| <input type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/>     | District Number                          | <input type="text" value="131"/> | Date of Evaluation         | <input type="text" value="3/16/2023"/> |                            |                            |                                       |                                       |                                       |                            |                             |                             |                             |
| School Name      | <input type="text" value="East Valley Middle School"/> | Most recent review by Wellness Committee | <input type="text" value="N/A"/> |                            |                                        |                            |                            |                                       |                                       |                                       |                            |                             |                             |                             |
| Click All Grades | PK <input type="checkbox"/>                            | K <input type="checkbox"/>               | 1 <input type="checkbox"/>       | 2 <input type="checkbox"/> | 3 <input type="checkbox"/>             | 4 <input type="checkbox"/> | 5 <input 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"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                                     |                                                                                                                                                                                |
|-------------------------------------|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <input type="checkbox"/>            | <input checked="" 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 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"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer taste testing or menu planning opportunities to our students.                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" 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).                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 checked="" 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 type="checkbox"/>            | <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"/> | <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"/> Signage <input 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for elementary students on a weekly basis. # of Min/Wk. <input type="text"/>                                                                                             |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide physical education for middle school students during a term or semester. # of Min/Wk. <input type="text" value="250"/>                                                                      |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We require physical education classes for graduation (high schools only). # Credits to graduate <input type="text"/>                                                                                   |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide recess for elementary students on a daily basis. # of Min/day <input type="text"/>                                                                                                          |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).                                                                                       |
| <input 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 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide annual training to all staff on: <input type="checkbox"/> Nutrition <input type="checkbox"/> Physical Activity |
| <input type="checkbox"/>            | <input checked="" 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We have a recycling / environmental stewardship program.                                                                  |
| <input type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |



# 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    | <input type="text" value="Nampa School District"/> | District Number                          | <input type="text" value="131"/>      | Date of Evaluation                    | <input type="text" value="3/20/2023"/> |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| School Name      | <input type="text" value="Endeavor Elementary"/>   | Most recent review by Wellness Committee | <input type="text" value="N/A"/>      |                                       |                                        |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| Click All Grades | PK <input 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 type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> | 10 <input type="checkbox"/> | 11 <input type="checkbox"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                |
|-------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <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 type="checkbox"/> Middle School <input type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input 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).                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |





# Idaho Wellness Policy Progress Report

| 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 checked="" 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 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 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. 45-90                                                                                                 |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for middle school students during a term or semester. # of Min/Wk.                                                                                            |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We require physical education classes for graduation (high schools only). # Credits to graduate                                                                                             |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide recess for elementary students on a daily basis. # of Min/day 30-50                                                                                                              |
| <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 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 type="checkbox"/> Competitive sports <input checked="" type="checkbox"/> Non-competitive sports <input 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/> | District Number                          | <input type="text" value="131"/> | Date of Evaluation                  | <input type="text" value="3/20/2023"/> |                                     |   |                                     |   |                                     |   |                                     |   |                                     |   |                                     |   |                                     |   |                                     |   |                                     |    |                                     |    |                                     |    |                                     |
| School Name      | <input type="text" value="Gateways"/>              | Most recent review by Wellness Committee |                                  |                                     |                                        |                                     |   |                                     |   |                                     |   |                                     |   |                                     |   |                                     |   |                                     |   |                                     |   |                                     |    |                                     |    |                                     |    |                                     |
|                  |                                                    | <input type="text" value="N/A"/>         |                                  |                                     |                                        |                                     |   |                                     |   |                                     |   |                                     |   |                                     |   |                                     |   |                                     |   |                                     |   |                                     |    |                                     |    |                                     |    |                                     |
| Click All Grades | PK                                                 | <input 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 checked="" type="checkbox"/> | 10 | <input checked="" type="checkbox"/> | 11 | <input checked="" type="checkbox"/> | 12 | <input checked="" type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                                      |
|-------------------------------------|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                                             |
| <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 checked="" type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer taste testing or menu planning opportunities to our students.                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" 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).                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 checked="" 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 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 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. 105                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide physical education for middle school students during a term or semester. # of Min/Wk. 250                                                                                        |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We require physical education classes for graduation (high schools only). # Credits to graduate 2                                                                                           |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide recess for elementary students on a daily basis. # of Min/day 30                                                                                                                 |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).                                                                            |
| <input 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We offer physical activity before/after school. <input type="checkbox"/> Competitive sports <input checked="" type="checkbox"/> Non-competitive sports <input 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 type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/> | District Number                          | <input type="text" value="131"/>      | Date of Evaluation                    | <input type="text" value="3/23/2023"/> |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| School Name      | <input type="text" value="Greenhurst Elementary"/> | Most recent review by Wellness Committee | <input type="text" value="N/A"/>      |                                       |                                        |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| Click All Grades | PK <input 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 type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> | 10 <input type="checkbox"/> | 11 <input type="checkbox"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                |
|-------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <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 type="checkbox"/> Middle School <input type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input 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).                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" type="checkbox"/> À La Carte |
| <input type="checkbox"/>            | <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 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 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"><tr><td>45-90</td></tr></table>                                                                           | 45-90 |
| 45-90                               |                                     |                                                                                                                                                                                                                   |       |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for middle school students during a term or semester. # of Min/Wk. <table border="1"><tr><td></td></tr></table>                                                                     |       |
|                                     |                                     |                                                                                                                                                                                                                   |       |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We require physical education classes for graduation (high schools only). # Credits to graduate <table border="1"><tr><td></td></tr></table>                                                                      |       |
|                                     |                                     |                                                                                                                                                                                                                   |       |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide recess for elementary students on a daily basis. # of Min/day <table border="1"><tr><td>40</td></tr></table>                                                                                           | 40    |
| 40                                  |                                     |                                                                                                                                                                                                                   |       |
| <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 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 type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/> | District Number                          | <input type="text" value="131"/>      | Date of Evaluation                    | <input type="text" value="3/21/2023"/> |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| School Name      | <input type="text" value="Iowa Elementary"/>       | Most recent review by Wellness Committee | <input type="text" value="N/A"/>      |                                       |                                        |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| Click All Grades | PK <input 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 type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> | 10 <input type="checkbox"/> | 11 <input type="checkbox"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                |
|-------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <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 type="checkbox"/> Middle School <input type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer taste testing or menu planning opportunities to our students.                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" 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).                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 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 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. 45-90                                                                                      |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide physical education for middle school students during a term or semester. # of Min/Wk. 45-90                                                                           |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We require physical education classes for graduation (high schools only). # Credits to graduate                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide recess for elementary students on a daily basis. # of Min/day 60                                                                                                      |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).                                                                 |
| <input 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 type="checkbox"/>            | <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 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 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 type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |



# 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    | <input type="text" value="Nampa School District"/> | District Number                          | <input type="text" value="131"/>      | Date of Evaluation                    | <input type="text" value="3/13/2023"/> |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| School Name      | <input type="text" value="Lake Ridge Elementary"/> | Most recent review by Wellness Committee | <input type="text" value="N/A"/>      |                                       |                                        |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| Click All Grades | PK <input 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 type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> | 10 <input type="checkbox"/> | 11 <input type="checkbox"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                                     |                                                                                                                                                                                |
|-------------------------------------|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, language arts).                                                             |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We offer nutrition education to students in: <input checked="" type="checkbox"/> Elementary School <input type="checkbox"/> Middle School <input type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer taste testing or menu planning opportunities to our students.                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" 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).                                                                                   |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 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 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. <input type="text" value="50"/>                                                                       |
| <input type="checkbox"/>            | <input checked="" 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="60"/>                                                                                    |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).                                                                            |
| <input 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 type="checkbox"/> Competitive sports <input checked="" type="checkbox"/> Non-competitive sports <input 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 type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/>   | District Number                          | <input type="text" value="131"/> | Date of Evaluation         | <input type="text" value="3/15/2023"/> |                            |                            |                                       |                                       |                                       |                            |                             |                             |                             |
| School Name      | <input type="text" value="Lone Star Middle School"/> | Most recent review by Wellness Committee | <input type="text" value="N/A"/> |                            |                                        |                            |                            |                                       |                                       |                                       |                            |                             |                             |                             |
| Click All Grades | PK <input type="checkbox"/>                          | K <input type="checkbox"/>               | 1 <input type="checkbox"/>       | 2 <input type="checkbox"/> | 3 <input type="checkbox"/>             | 4 <input type="checkbox"/> | 5 <input 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"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                |
|-------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <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 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"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input 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).                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for elementary students on a weekly basis. # of Min/Wk. <input type="text"/>                                                                                                        |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide physical education for middle school students during a term or semester. # of Min/Wk. <input type="text" value="250"/>                                                                                 |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We require physical education classes for graduation (high schools only). # Credits to graduate <input type="text"/>                                                                                              |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide recess for elementary students on a daily basis. # of Min/day <input type="text"/>                                                                                                                     |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).                                                                                                  |
| <input 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide annual training to all staff on: <input type="checkbox"/> Nutrition <input 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/>   | District Number                          | <input type="text" value="131"/>      | Date of Evaluation                    | <input type="text" value="3/7/2023"/> |                                       |                                       |                                       |                                       |                                       |                            |                             |                             |                             |
| School Name      | <input type="text" value="New Horizons Elementary"/> | Most recent review by Wellness Committee | <input type="text" value="N/A"/>      |                                       |                                       |                                       |                                       |                                       |                                       |                                       |                            |                             |                             |                             |
| 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"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                           |
|-------------------------------------|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                                  |
| <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"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer taste testing or menu planning opportunities to our students.                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" 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).                                                                                   |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 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 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. 45-90                                                                                      |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide physical education for middle school students during a term or semester. # of Min/Wk. 45-90                                                                           |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We require physical education classes for graduation (high schools only). # Credits to graduate                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide recess for elementary students on a daily basis. # of Min/day 60                                                                                                      |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).                                                                 |
| <input 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 type="checkbox"/>            | <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 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 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 type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/> | District Number                          | <input type="text" value="131"/> | Date of Evaluation         | <input type="text" value="3/14/2023"/> |                            |                            |                            |                            |                            |                                       |                                        |                                        |                                        |
| School Name      | <input type="text" value="Nampa High School"/>     | Most recent review by Wellness Committee | <input type="text" value="N/A"/> |                            |                                        |                            |                            |                            |                            |                            |                                       |                                        |                                        |                                        |
| Click All Grades | PK <input type="checkbox"/>                        | K <input type="checkbox"/>               | 1 <input type="checkbox"/>       | 2 <input type="checkbox"/> | 3 <input type="checkbox"/>             | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> | 6 <input type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input checked="" type="checkbox"/> | 10 <input checked="" type="checkbox"/> | 11 <input checked="" type="checkbox"/> | 12 <input checked="" type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                |
|-------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <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 type="checkbox"/> Elementary School <input type="checkbox"/> Middle School <input checked="" type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer taste testing or menu planning opportunities to our students.                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" 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).                                                                                   |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |





# Idaho Wellness Policy Progress Report

| 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 type="checkbox"/>            | <input checked="" 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 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 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for elementary students on a weekly basis. # of Min/Wk. <input type="text"/>                                                                                                        |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for middle school students during a term or semester. # of Min/Wk. <input type="text"/>                                                                                             |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We require physical education classes for graduation (high schools only). # Credits to graduate <input type="text" value="2"/>                                                                                    |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide recess for elementary students on a daily basis. # of Min/day <input type="text"/>                                                                                                                     |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).                                                                                                  |
| <input 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide annual training to all staff on: <input type="checkbox"/> Nutrition <input type="checkbox"/> Physical Activity |
| <input type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/> | District Number                          | <input type="text" value="131"/>      | Date of Evaluation                    | <input type="text" value="3/24/2023"/> |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| School Name      | <input type="text" value="Owyhee Elementary"/>     | Most recent review by Wellness Committee | <input type="text" value="N/A"/>      |                                       |                                        |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| 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 type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> | 10 <input type="checkbox"/> | 11 <input type="checkbox"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                |
|-------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <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 type="checkbox"/> Middle School <input type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer taste testing or menu planning opportunities to our students.                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" 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).                                                                                   |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We prohibit the use of food and beverages as a reward.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 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"><tr><td>45-90</td></tr></table>                                                     | 45-90 |
| 45-90                               |                                     |                                                                                                                                                                                             |       |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for middle school students during a term or semester. # of Min/Wk. <table border="1"><tr><td></td></tr></table>                                               |       |
|                                     |                                     |                                                                                                                                                                                             |       |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We require physical education classes for graduation (high schools only). # Credits to graduate <table border="1"><tr><td></td></tr></table>                                                |       |
|                                     |                                     |                                                                                                                                                                                             |       |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide recess for elementary students on a daily basis. # of Min/day <table border="1"><tr><td>50</td></tr></table>                                                                     | 50    |
| 50                                  |                                     |                                                                                                                                                                                             |       |
| <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 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 type="checkbox"/> Competitive sports <input 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 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/> | District Number                          | <input type="text" value="131"/>      | Date of Evaluation                    | <input type="text" value="3/13/2023"/> |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| School Name      | <input type="text" value="Park Ridge Elementary"/> | Most recent review by Wellness Committee | <input type="text" value="N/A"/>      |                                       |                                        |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| Click All Grades | PK <input 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 type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> | 10 <input type="checkbox"/> | 11 <input type="checkbox"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                                     |                                                                                                                                                                                |
|-------------------------------------|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, language arts).                                                             |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We offer nutrition education to students in: <input checked="" type="checkbox"/> Elementary School <input type="checkbox"/> Middle School <input type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer taste testing or menu planning opportunities to our students.                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" 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).                                                                                   |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 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 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. <input type="text" value="50"/>                                                                       |
| <input type="checkbox"/>            | <input checked="" 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="60"/>                                                                                    |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).                                                                            |
| <input 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 type="checkbox"/> Competitive sports <input checked="" type="checkbox"/> Non-competitive sports <input 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 type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/>    | District Number                          | <input type="text" value="131"/>      | Date of Evaluation                    | <input type="text" value="3/15/2023"/> |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| School Name      | <input type="text" value="Ronald Reagan Elementary"/> | Most recent review by Wellness Committee | <input type="text" value="N/A"/>      |                                       |                                        |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| Click All Grades | PK <input 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 type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> | 10 <input type="checkbox"/> | 11 <input type="checkbox"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                |
|-------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <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 type="checkbox"/> Middle School <input type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer taste testing or menu planning opportunities to our students.                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" 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).                                                                                   |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 checked="" 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:<br><input checked="" 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"/> | <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:<br><input checked="" type="checkbox"/> Signage <input 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"><tr><td>80-90</td></tr></table>                                          | 80-90 |
| 80-90                               |                                     |                                                                                                                                                                                  |       |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for middle school students during a term or semester. # of Min/Wk. <table border="1"><tr><td></td></tr></table>                                    |       |
|                                     |                                     |                                                                                                                                                                                  |       |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We require physical education classes for graduation (high schools only). # Credits to graduate <table border="1"><tr><td></td></tr></table>                                     |       |
|                                     |                                     |                                                                                                                                                                                  |       |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide recess for elementary students on a daily basis. # of Min/day <table border="1"><tr><td>60-80</td></tr></table>                                                       | 60-80 |
| 60-80                               |                                     |                                                                                                                                                                                  |       |
| <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 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 type="checkbox"/>            | <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 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 type="checkbox"/>            | <input checked="" 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 type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |



# 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    | <input type="text" value="Nampa School District"/>           | District Number                          | <input type="text" value="131"/>      | Date of Evaluation                    | <input type="text" value="3/9/2023"/> |                                       |                                       |                                       |                                       |                            |                            |                             |                             |                             |
| School Name      | <input type="text" value="Franklin D Roosevelt Elementary"/> | Most recent review by Wellness Committee | <input type="text" value="N/A"/>      |                                       |                                       |                                       |                                       |                                       |                                       |                            |                            |                             |                             |                             |
| Click All Grades | PK <input 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 type="checkbox"/> | 9 <input type="checkbox"/> | 10 <input type="checkbox"/> | 11 <input type="checkbox"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                                     |                                                                                                                                                                                           |
|-------------------------------------|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                                  |
| <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 type="checkbox"/>            | <input checked="" 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"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer taste testing or menu planning opportunities to our students.                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" 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).                                                                                   |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We prohibit the use of food and beverages as a reward.                                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 type="checkbox"/>            | <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"/> | <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"/> Signage <input 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. 60-90                                                                                                 |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We provide physical education for middle school students during a term or semester. # of Min/Wk.                                                                                            |
| <input type="checkbox"/>            | <input type="checkbox"/> | We require physical education classes for graduation (high schools only). # Credits to graduate                                                                                             |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | We provide recess for elementary students on a daily basis. # of Min/day 30-45                                                                                                              |
| <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 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 type="checkbox"/> Non-competitive sports <input 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 type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/> | District Number                          | <input type="text" value="131"/>      | Date of Evaluation                    | <input type="text" value="3/9/2023"/> |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| School Name      | <input type="text" value="Sherman Elementary"/>    | Most recent review by Wellness Committee | <input type="text" value="N/A"/>      |                                       |                                       |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| Click All Grades | PK <input 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 type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> | 10 <input type="checkbox"/> | 11 <input type="checkbox"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                |
|-------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <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 type="checkbox"/> Middle School <input type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input 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).                                                                                   |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 type="checkbox"/>            | <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"/> | <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"/> Signage <input 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. <input type="text" value="225"/>                                                           |
| <input type="checkbox"/>            | <input checked="" 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="45-60"/>                                                                      |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).                                                                 |
| <input 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 type="checkbox"/>            | <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 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 type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/> | District Number                          | <input type="text" value="131"/> | Date of Evaluation         | <input type="text" value="3/10/2023"/> |                            |                            |                            |                            |                            |                                       |                                        |                                        |                                        |
| School Name      | <input type="text" value="Skyview High School"/>   | Most recent review by Wellness Committee | <input type="text" value="N/A"/> |                            |                                        |                            |                            |                            |                            |                            |                                       |                                        |                                        |                                        |
| Click All Grades | PK <input type="checkbox"/>                        | K <input type="checkbox"/>               | 1 <input type="checkbox"/>       | 2 <input type="checkbox"/> | 3 <input type="checkbox"/>             | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> | 6 <input type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input checked="" type="checkbox"/> | 10 <input checked="" type="checkbox"/> | 11 <input checked="" type="checkbox"/> | 12 <input checked="" type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                |
|-------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <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 type="checkbox"/> Elementary School <input type="checkbox"/> Middle School <input checked="" type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer taste testing or menu planning opportunities to our students.                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" 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).                                                                                   |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We prohibit the use of food and beverages as a reward.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 checked="" type="checkbox"/> in School Stores <input checked="" 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 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for elementary students on a weekly basis. # of Min/Wk. <input type="text"/>                                                                                                        |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for middle school students during a term or semester. # of Min/Wk. <input type="text"/>                                                                                             |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We require physical education classes for graduation (high schools only). # Credits to graduate <input type="text" value="1"/>                                                                                    |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide recess for elementary students on a daily basis. # of Min/day <input type="text"/>                                                                                                                     |
| <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 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide annual training to all staff on: <input type="checkbox"/> Nutrition <input type="checkbox"/> Physical Activity |
| <input type="checkbox"/>            | <input checked="" 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We have a recycling / environmental stewardship program.                                                                  |
| <input type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/>  | District Number                          | <input type="text" value="131"/>      | Date of Evaluation                    | <input type="text" value="3/22/2023"/> |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| School Name      | <input type="text" value="Snake River Elementary"/> | Most recent review by Wellness Committee | <input type="text" value="N/A"/>      |                                       |                                        |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| 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 type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> | 10 <input type="checkbox"/> | 11 <input type="checkbox"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                |
|-------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <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 type="checkbox"/> Middle School <input type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input 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).                                                                                   |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" type="checkbox"/> À La Carte |
| <input type="checkbox"/>            | <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |





# Idaho Wellness Policy Progress Report

| 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 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 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. 45-90                                                                                                                       |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for middle school students during a term or semester. # of Min/Wk.                                                                                                                  |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We require physical education classes for graduation (high schools only). # Credits to graduate                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide recess for elementary students on a daily basis. # of Min/day 40                                                                                                                                       |
| <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 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 type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/> | District Number                          | <input type="text" value="131"/> | Date of Evaluation         | <input type="text" value="3/6/2023"/> |                            |                            |                                       |                                       |                                       |                            |                             |                             |                             |
| School Name      | <input type="text" value="South Middle School"/>   | Most recent review by Wellness Committee | <input type="text" value="N/A"/> |                            |                                       |                            |                            |                                       |                                       |                                       |                            |                             |                             |                             |
| Click All Grades | PK <input type="checkbox"/>                        | K <input type="checkbox"/>               | 1 <input type="checkbox"/>       | 2 <input type="checkbox"/> | 3 <input type="checkbox"/>            | 4 <input type="checkbox"/> | 5 <input 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"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                |
|-------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <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 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"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 type="checkbox"/>            | <input checked="" 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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer taste testing or menu planning opportunities to our students.                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We participate in Farm to School activities and/or have a school garden.                                                                                                                                 |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, cafeteria).                                                                                   |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 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 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for elementary students on a weekly basis. # of Min/Wk. <input type="text"/>                                                                                             |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide physical education for middle school students during a term or semester. # of Min/Wk. <input type="text" value="250"/>                                                                      |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We require physical education classes for graduation (high schools only). # Credits to graduate <input type="text"/>                                                                                   |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide recess for elementary students on a daily basis. # of Min/day <input type="text"/>                                                                                                          |
| <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 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 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide annual training to all staff on: <input type="checkbox"/> Nutrition <input type="checkbox"/> Physical Activity |
| <input type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/> | District Number                          | <input type="text" value="131"/> | Date of Evaluation         | <input type="text" value="3/14/2023"/> |                            |                            |                                       |                                       |                                       |                                       |                                        |                                        |                                        |
| School Name      | <input type="text" value="Union"/>                 | Most recent review by Wellness Committee | <input type="text" value="N/A"/> |                            |                                        |                            |                            |                                       |                                       |                                       |                                       |                                        |                                        |                                        |
| Click All Grades | PK <input type="checkbox"/>                        | K <input type="checkbox"/>               | 1 <input type="checkbox"/>       | 2 <input type="checkbox"/> | 3 <input type="checkbox"/>             | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> | 6 <input checked="" type="checkbox"/> | 7 <input checked="" type="checkbox"/> | 8 <input checked="" type="checkbox"/> | 9 <input checked="" type="checkbox"/> | 10 <input checked="" type="checkbox"/> | 11 <input checked="" type="checkbox"/> | 12 <input checked="" type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                           |
|-------------------------------------|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                                  |
| <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 type="checkbox"/> Elementary School <input checked="" type="checkbox"/> Middle School <input checked="" type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer taste testing or menu planning opportunities to our students.                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" 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).                                                                                   |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 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 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for elementary students on a weekly basis. # of Min/Wk. <input type="text"/>                                                                                                        |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for middle school students during a term or semester. # of Min/Wk. <input type="text"/>                                                                                             |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We require physical education classes for graduation (high schools only). # Credits to graduate <input type="text" value="2"/>                                                                                    |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide recess for elementary students on a daily basis. # of Min/day <input type="text"/>                                                                                                                     |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).                                                                                                  |
| <input 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 type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide annual training to all staff on: <input type="checkbox"/> Nutrition <input type="checkbox"/> Physical Activity |
| <input type="checkbox"/>            | <input checked="" 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# 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    | <input type="text" value="Nampa School District"/> | District Number                          | <input type="text" value="131"/>      | Date of Evaluation                    | <input type="text" value="3/24/2023"/> |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| School Name      | <input type="text" value="West Middle School"/>    | Most recent review by Wellness Committee | <input type="text" value="N/A"/>      |                                       |                                        |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| 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 type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> | 10 <input type="checkbox"/> | 11 <input type="checkbox"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                |
|-------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <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 type="checkbox"/> Middle School <input type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer taste testing or menu planning opportunities to our students.                                                                                                                                   |
| <input type="checkbox"/>            | <input checked="" 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).                                                                                   |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We prohibit the use of food and beverages as a reward.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 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"><tr><td>45-90</td></tr></table>                                                     | 45-90 |
| 45-90                               |                                     |                                                                                                                                                                                             |       |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for middle school students during a term or semester. # of Min/Wk. <table border="1"><tr><td></td></tr></table>                                               |       |
|                                     |                                     |                                                                                                                                                                                             |       |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We require physical education classes for graduation (high schools only). # Credits to graduate <table border="1"><tr><td></td></tr></table>                                                |       |
|                                     |                                     |                                                                                                                                                                                             |       |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide recess for elementary students on a daily basis. # of Min/day <table border="1"><tr><td>50</td></tr></table>                                                                     | 50    |
| 50                                  |                                     |                                                                                                                                                                                             |       |
| <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 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 type="checkbox"/> Competitive sports <input 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 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |



# 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    | <input type="text" value="Nampa School District"/>   | District Number                          | <input type="text" value="131"/>      | Date of Evaluation                    | <input type="text" value="3/17/2023"/> |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| School Name      | <input type="text" value="Willow Creek Elementary"/> | Most recent review by Wellness Committee | <input type="text" value="N/A"/>      |                                       |                                        |                                       |                                       |                            |                            |                            |                            |                             |                             |                             |
| Click All Grades | PK <input 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 type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> | 10 <input type="checkbox"/> | 11 <input type="checkbox"/> | 12 <input type="checkbox"/> |

## Yes No I. Public Involvement

|                                                    |                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|----------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------|---------------------------------|
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We invite the following to participate in the development, implementation, &amp; evaluation of our wellness policy:</b>                                                                                                                                                                                                                                                                                                                                                                                    |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <table border="0"> <tr> <td><input checked="" type="checkbox"/> Administrators</td> <td><input checked="" type="checkbox"/> School Food Service Staff</td> <td><input checked="" type="checkbox"/> P.E. Teachers</td> <td><input type="checkbox"/> Parents</td> </tr> <tr> <td><input type="checkbox"/> School Board Members</td> <td><input checked="" type="checkbox"/> School Health Professionals</td> <td><input type="checkbox"/> Students</td> <td><input type="checkbox"/> Public</td> </tr> </table> | <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input checked="" type="checkbox"/> P.E. Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Parents                   |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/> Public                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.</b>                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Name <input type="text" value="Cortney Stauffer"/> Title <input type="text" value="Director of Operations"/>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We make our wellness policy and updates available to the public annually.</b>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>We share the results of wellness policy implementation and progress toward our policy goals with the public.</b>                                                                                                                                                                                                                                                                                                                                                                                           |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
|                                                    |                                                                 | Please describe: <input type="text" value="Available on our Nampa Nutrition Services website @ mylunchboxnampa.com"/>                                                                                                                                                                                                                                                                                                                                                                                         |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |
| <input checked="" type="checkbox"/>                | <input type="checkbox"/>                                        | <b>Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.</b>                                                                                                                                                                                                                                                                                                                                                                                       |                                                    |                                                               |                                                   |                                  |                                               |                                                                 |                                   |                                 |

## Yes No II. Nutrition Education

|                                     |                          |                                                                                                                                                                                |
|-------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <b>The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.</b>                                                       |
| <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 type="checkbox"/> Middle School <input type="checkbox"/> High School |

## Yes No III. Nutrition Promotion

|                                     |                                     |                                                                                                                                                                                                          |
|-------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.</b>                                                                                   |
| <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 checked="" type="checkbox"/> | <input type="checkbox"/>            | We annually evaluate how to market and promote our school meal program(s).                                                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.                                                                                   |
| <input checked="" type="checkbox"/> | <input 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).                                                                                   |
| <input type="checkbox"/>            | <input type="checkbox"/>            | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We offer fruit and/or vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input checked="" 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.                                                                                                                                                   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We do not sell less healthy foods and beverages.                                                                                                                                                         |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide training to staff on the importance of modeling healthy eating behaviors.                                                                                                                     |



# Idaho Wellness Policy Progress Report

| 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 checked="" 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 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 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. <input type="text" value="225"/>                                                                                 |
| <input type="checkbox"/>            | <input checked="" 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="40"/>                                                                                               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).                                                                                       |
| <input 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 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. |
|----------------------------------------------------------------------------------------------------------------|
| The district is working on a new board policy, as well as forming a new wellness policy committee.             |

| 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                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |

# Idaho Wellness Policy Progress Report

| 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 checked="" 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 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 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>80-90</td></tr></table>                    | 80-90 |
| 80-90                               |                                     |                                                                                                                                                                                  |       |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> | We provide physical education for middle school students during a term or semester. # of Min/Wk. <table border="1" style="float: right;"><tr><td></td></tr></table>              |       |
|                                     |                                     |                                                                                                                                                                                  |       |
| <input 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></td></tr></table>               |       |
|                                     |                                     |                                                                                                                                                                                  |       |
| <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>60-80</td></tr></table>                                 | 60-80 |
| 60-80                               |                                     |                                                                                                                                                                                  |       |
| <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 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 type="checkbox"/>            | <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 clubs |       |

| Yes                                 | No                                  | VII. Other School Based Wellness Activity                                                                                                       |
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| <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <b>The wellness policy includes specific/ measurable goals for other school-based wellness activities.</b>                                      |
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| <input type="checkbox"/>            | <input checked="" 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 type="checkbox"/>            | <input checked="" 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.                                                         |

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| Name                                                                                                                                    | Cortney Stauffer       |
| Position/Title                                                                                                                          | Director of Operations |
| Email                                                                                                                                   | cstauffer@nsd131.org   |
| Phone number                                                                                                                            | 2084684600             |