

Wellness Triennial Policy Progress Report

This form provides information on wellness policy requirements (indicated in bold) and practices used within your school. Complete this tool to track your progress and gather ideas on ways to create a healthier school environment.

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

Yes No I.Public Involvement

We invite the following to participate in the development, implementation, & evaluation of our wellness policy:
 Administrators School Food Service Staff P.E. Teachers Parents
 School Board Members School Health Professionals Students Public

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

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

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

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

Yes No II.Nutrition Guidelines

The wellness policy includes written nutrition guidelines for all foods/drink available during the school day. We follow Federal nutrition regulations for all food/drink available for sale on campus during the school day.
 Our School Nutrition Staff attend professional development opportunities (e.g. program administration, nutrition, safety).
 We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including:
 as À La Carte Offerings in School Stores in Vending Machines as Fundraisers (not exemptions)
 Classroom Snacks Student Rewards Classroom Parties as Fundraisers (not exemptions)

Yes No III.Policy for Food and Beverage Marketing

The wellness policy permits marketing of only those foods/beverages that meet the competitive food requirements.
 Food and beverage marketing meets Smart Snack standards, including the following advertising avenues:
 Signage Scoreboards School Stores Cups Vending Machines Food Service Equip.

Yes No IV.Nutrition Education & Promotion

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

Yes No V.Physical Activity

The wellness policy includes a specific/measurable goal(s) for physical activity using evidence-based strategies.
 We provide physical education for elementary students on a weekly basis. # of Min/Wk.
 We provide physical education for middle school students during a term or semester. # of Min/Wk.
 We require physical education classes for graduation (high schools only). # Credits to graduate
 We provide recess for elementary students on a daily basis. # of Min/day
 We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, brain breaks, etc.).

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Yes No VI. Other School Based Wellness Activity

<input checked="" type="checkbox"/>	<input type="checkbox"/>	The wellness policy includes a specific/ measurable goal(s) for other school-based wellness activities.
<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
<input type="checkbox"/>	<input checked="" type="checkbox"/>	We have a staff wellness program.
<input type="checkbox"/>	<input checked="" 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 community partnerships which support programs, projects, events, or activities.

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

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

Update on implementation and progress toward Nut. Ed & Promotion goal:

Students are provided a school lunch, which healthy options that adhere to the Wyoming Department of Education School lunch guidelines. Teachers also implement lessons related to making healthy food choices.

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

At John Paul II Catholic School we strive for all students to have a minimum of 60 minutes of physical activity on a daily basis. On the days the student have PE they will exceed our minimum set activity with recess and classroom implemented movement.

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

Update on implementation and progress toward Other-School Based Activities that Promote Student Wellness goal:

Students are encouraged to bring healthy snacks during lunch time and each student is allowed to bring a refillable water bottle that can be refilled at school water fountain. We also encourage frequent hand washing to prevent the spread of wellness.

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	Roxanne Witt	Position/Title	School Secretary
Email	r.witt@stjpiics.org	Phone number	307-686-4114