

# Nebraska Department of Education

## Wellness Policy Requirement: *Implementation and Monitoring Plan*

School Name: McCook Public Schools

Team Members : Jeff Gross, Joel Bednar, Tyra Barger, Chris Wallace, Kreighton Barger, Kyson Barger, Kroy Barger, Heather Collicott, Erin Ruppert, Kirstie Koch, Scott Barger, Jeremy Young, Matt Wiemers, Dalton Pettera, Luke Lichty

Date: January 24th, 2023 @ 7:00am

Requirement	Implementation Strategy	Implementation Plan	Person /Team responsible	Date Due	Date Implemented	Monitoring Plan	Policy Compliance? Action Plan to correct	Eval. Date
Public Involvement Collaborative community Wellness Team to develop, implement and review policy	TriAnnual Review held 1-24-23		Gross/Barger					1-24-23
<input type="checkbox"/>	Build a Wellness Team including: parents, teachers, physical education instructors, school health professionals, school board and administration, and community members		Gross/Barger				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Wellness Team meets a minimum of 4 times/year		Barger				X Yes <input type="checkbox"/> No	1-24-23
Nutrition Guidelines Standards for all food available on school campus								
<input type="checkbox"/>	School breakfast (USDA guidelines, <i>Grab &amp; Go, Universal, Classroom</i> )		OPPA				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	School lunch (USDA guidelines, <i>scratch-made,</i>		OPPA				XYes <input type="checkbox"/> No	1-24-23

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	<i>healthy menu changes, farm to school)</i>							
<input type="checkbox"/>	Increase availability of fruits and vegetables (e.g. salad bar, farm stand)		OPPA				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Free water available during lunchtime		OPPA				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Competitive foods: A la Carte Vending Machines School Store, Concessions		OPPA Stuco				X Yes <input type="checkbox"/> No X Yes <input type="checkbox"/> No X Yes <input type="checkbox"/> No	1-24-23
Adapted from Office of Superintendent of Public Instruction-State of Washington. <a href="http://www.k12.wa.us/ChildNutrition/SchoolWellness/">http://www.k12.wa.us/ChildNutrition/SchoolWellness/</a>								
<input type="checkbox"/>	Classroom/school celebrations		Admin				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Using non-food rewards		Admin				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Healthy fundraisers		Admin				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/> <input type="checkbox"/>	Providing sufficient lunch times 10 minutes to eat breakfast after sitting down 20 minutes to eat lunch after sitting down		Admin				X Yes <input type="checkbox"/> No  X Yes <input type="checkbox"/> No	1-24-23
Nutrition Education		<ul style="list-style-type: none"> <li>Standards based nutrition education</li> </ul>						

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Goals for nutrition education		<ul style="list-style-type: none"> <li>Integrated into curricula</li> <li>Education links with school environment</li> </ul>						
<input type="checkbox"/>	Classroom –based (incorporated into curriculum, skill-based, cooking classes)		Staff				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Cafeteria interventions (Myplate information, “Eat the colors of the rainbow” themes)		Staff				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Foodservice staff education ( <i>scratch cooking, healthy meals</i> )		OPPA				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Staff training (Continuing education on Nutrition)		Staff				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Home and community (Sending information home, community education-Nutrition /Physical Activity nights)	#1 Home and community education of nutrition and physical education activities. involve parents and community and notify of events.	Wellness comm	annual review	Feb 23	review at quarterly wellness meetings	X Yes <input type="checkbox"/> No	1-24-23

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Nutrition Promotion Changing the school environment to support healthy eating	Adapted from Office of Superintendent of Public Instruction-State of Washington. <a href="http://www.k12.wa.us/ChildNutrition/SchoolWellness/">http://www.k12.wa.us/ChildNutrition/SchoolWellness/</a>							
<input type="checkbox"/>	Become a Healthier US School		staff				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Become a Team Nutrition School		staff				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Cafeteria ambiance/education (supervision, noise level, visual appealing, etc.)		oppa				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Apply USDA Fresh Fruit and Vegetable program		oppa				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	School garden		ffa				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Taste of Washington/Taste testing days						<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Community meal events						<input type="checkbox"/> Yes <input type="checkbox"/> No	
<input type="checkbox"/>	Newsletters, parent letters	Goal #1 #2 Wellness newsletters sent to parents and students.	Wellness comm	annual review	Feb 23	review at quarterly wellness meetings	X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Health Fair		BARGER				X Yes <input type="checkbox"/> No	1-24-23

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<input type="checkbox"/>	Staff models healthy eating		STAFF				X Yes <input type="checkbox"/> No	1-24-23
Physical Education Goals for physical education		<ul style="list-style-type: none"> <li>Standards based physical education</li> <li>Focus is on health and fitness</li> </ul>	PE STAFF				X Yes <input type="checkbox"/> No	1-24-23
Physical Education								
<input type="checkbox"/>	Minutes/day or week Elementary (minimum 100 minutes/week) Secondary (minimum 180 minutes/week)		PE STAFF				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>							X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Curriculum Aligned to state and/or national standards Health & wellness focus versus sports focus		PE STAFF				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>							X Yes <input type="checkbox"/> No	1-24-23
Adapted from Office of Superintendent of Public Instruction-State of Washington. <a href="http://www.k12.wa.us/ChildNutrtion/SchoolWellness/">http://www.k12.wa.us/ChildNutrtion/SchoolWellness/</a>								
<input type="checkbox"/>	Assessment (Fitness testing/Fitness Gram)		PE STAFF				<input type="checkbox"/> Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Taught by a certified PE teacher		ADMIN				X Yes <input type="checkbox"/> No	1-24-23
Physical Activity		<ul style="list-style-type: none"> <li>Integrated into classroom</li> </ul>						
<input type="checkbox"/>	Recess (minimum requirement 20 minutes/day)		STAFF				X Yes <input type="checkbox"/> No	1-24-23

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<input type="checkbox"/>	Recess before lunch		STAFF				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Physical activity breaks in classes		STAFF				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Access to school facilities		STAFF				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Safe Routes to school (supporting safe walking & biking to/from school)		COMMUNITY				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Before/After School PA program (5 K, walking program, fitness club)		ADMIN				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Staff training (Continuing education on physical activity)		ADMIN				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	PE/PA not used as punishment or withheld as punishment		PE STAFF				X Yes <input type="checkbox"/> No	1-24-23
Public Notification	Inform and update public about content, implementation, and compliance		WELLNESS COMM				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Website, handbook, or newsletter/newspaper		WELLNESS COMM				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Staff and parent letter, student assembly		WELLNESS COMM				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Report to school board		GROSS				X Yes <input type="checkbox"/> No	1-24-23

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Implementation and Assessment			GROSS/ BARGER				X YES	1-24-23
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<input type="checkbox"/>	Measure implementation of policy periodically		GROSS/ BARGER				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Inform public of progress made in attaining goals of policy		GROSS/ BARGER				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Identify one or more persons to oversee progress of policy		GROSS/ BARGER				X Yes <input type="checkbox"/> No	1-24-23
<input type="checkbox"/>	Review wellness policy annually and update as necessary		GROSS/ BARGER				X Yes <input type="checkbox"/> No	1-24-23