



# White Pine Charter Schools

## WPCS Wellness Policy

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White Pine Charter School is committed to promoting and encouraging: good nutrition and the well-being of all students, mental and physical activity and growth, learning opportunities, and increased abilities of each student.

All students will be provided with the opportunity to fully participate in the educational process and achieve success. Therefore, the Board directs the Administrator(s) to appoint a Wellness Committee to develop and evaluate a proactive and comprehensive plan and to inform our patrons regarding its content and implementation.

## **Guidelines:**

### Wellness Promotion

To promote student health and reduce childhood obesity, WPCS shall comply with the nutrition standards established by the USDA with respect to food that is available on school grounds during the school day.

1. Evidence-based approaches in establishing goals for school-based activities to promote wellness shall be reviewed and considered.
  - a. Healthy lifestyles, good nutrition, and regular physical activity as a part of the total learning environment shall be encouraged.
  - b. Students in grades K-12 will be provided with the opportunity to participate in physical activity at least once per week for at least one semester per school year.
    - a. Students in grades K-5 will be given at least two outdoor recesses to also encourage physical activity and learning through play.

- b. Students in grades 6–12 will be provided with opportunities to participate in unstructured physical activities at least once per day.
- c. Access to nutritious food choices shall be provided, as well as the opportunity to learn and participate in positive dietary practices.

## **Wellness Evaluation**

1. The effectiveness of the Wellness Policy in promoting healthy eating shall be regularly evaluated and changes shall be made as needed to increase effectiveness.
2. The assessment of the implementation of the policy shall be conducted at least once every three years.

## **Record Retention**

The following records relating to the Wellness Policy shall be retained:

1. Documentation demonstrating community involvement in the development, implementation, and periodic review of the policy;
2. Documentation of the assessment of the policy;
3. Documentation to demonstrate notification to patrons annually.

## **Annual Notification**

Annual notification for families of school children and other members of our school community will be made available on the WPCS website. It is the responsibility of students and their families to read and become informed of the contents, requirements, and expectations for this policy.

## **USDA Nondiscrimination Statement**

In accordance with federal civil rights law and U.S Department of Agriculture civil rights, regulations, and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including



gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Person with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA'S TARGET Center at 202-720-2600 (voice or TTY) or contact the USDA through the Federal Relay Service at 800-877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/ad-3027.pdf> from any USDA office, or by calling 866-632-9992.



# 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  District Number  Date of Evaluation   
 School Name  Most recent review by Wellness 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 the results of wellness policy implementation and progress toward our policy goals with the public.**  
 Please describe:

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

## Yes No II. Nutrition Education

**The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.**  
  We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, language arts).  
  We offer nutrition education to students in:  Elementary School  Middle School  High School

## Yes No III. Nutrition Promotion

**The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.**  
  We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.  
  We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement various techniques.  
  We place fruits/vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).  
  We ensure students have access to hand-washing facilities prior to meals.  
  We annually evaluate how to market and promote our school meal program(s).  
  We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.  
  We offer taste testing or menu planning opportunities to our students.  
  We participate in Farm to School activities and/or have a school garden.  
  We advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, cafeteria).  
  We price nutritious foods and beverages lower than less nutritious foods and beverages.  
  We offer fruit and/or vegetables in:  Vending Machines  School Stores  Snack Bars  À La Carte  
  We utilize student feedback to improve the quality of the school meal programs.  
  We provide teachers with samples of non-food reward options.  
  We prohibit the use of food and beverages as a reward.  
  We do not sell less healthy foods and beverages.  
  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"/> 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"/> Signage <input type="checkbox"/> Scoreboards <input type="checkbox"/> School Stores <input type="checkbox"/> Cups <input type="checkbox"/> Vending Machines <input 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>30</td></tr></table>	30
30			
<input checked="" type="checkbox"/>	<input 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>250</td></tr></table>	250
250			
<input type="checkbox"/>	<input checked="" 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>35</td></tr></table>	35
35			
<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 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 type="checkbox"/>	<input checked="" 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.
We will continue to evaluate the wellness goals and effectiveness of our programs. We are looking at feedback from stakeholders in the areas needing improvement.

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	Geoff Stubbs
Position/Title	Principal
Email	stubbsge@wpcscougars.org
Phone number	208-522-4432