

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 **Converse County** District Number **2** Date of Evaluation **11/15/2023**

School Name **GRANT, GIS, GJHS** Most recent Policy review by Committee **2019**

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 **Coley Shadrick** Title **District superintendent**

**We make our wellness policy and updates available to the public annually.**

Please describe: **On our district website.**

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

Please describe: **We did not update the public in 2020 due to covid. We are going to update the public on our district website and at our next board meeting.**

**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 requireme.**

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 strateg**

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.).

## Wellness Triennial Policy Progress Report

Yes	No	VI. Other School Based Wellness Activity
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<p><b>The wellness policy includes a specific/ measurable goal(s) for other school-based wellness activities.</b></p> <p>We offer nutrition education to students in: <input type="checkbox"/> Elementary School <input type="checkbox"/> Middle School <input type="checkbox"/> High School</p> <p>We have a staff wellness program.</p> <p>We have programs to support total wellness (e.g. drug prevention, mental health, social, emotional health programs).</p> <p>We have community partnerships which support programs, projects, events, or activities.</p>
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	

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

N/A-Please see attached

  
  

**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:

N/A-Please see attached

  
  

**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:

N/A-Please see attached

IX. Contact Information
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For more information about this school's wellness policy/practices, or for ways to get involved, contact the Wellness Committee Leader:

Name	SarahBeth Hail	Position/Title	Kitchen Manager
Email	shail@Converse2.org	Phone number	(307)436-7418

[https://www.converse2.org/accnt\\_314368/site\\_314369/Health-and-Wellness-Plan-Converse.pdf](https://www.converse2.org/accnt_314368/site_314369/Health-and-Wellness-Plan-Converse.pdf)

## Nutrition

The Food Service Director will provide on-going professional training for foodservice staff and teachers in the area of nutrition that includes instructional strategies that promote healthy eating patterns.

- *Annually or food service staff has HACCP, Offer vs Serve, and this year we are doing our ServSafe training. We also ordered free literature from USDA for distribution, training & going over the new standards on sodium and calories.*

Staff providing nutrition education will not advocate dieting behaviors or any specific eating regiment to students, other staff members, or parents.

- *We do not advocate dieting behaviors of any kind or eating regiments to students, other staff members, or parents.*

The district will build awareness among the staff, parents, and community concerning the importance of nutrition, physical activity and body-size acceptance to academic success and lifelong wellness and encourage them to be role models for these behaviors.

- *For staff we do professional development regarding self-care, wellness, and the importance of having their own wellness plan.*
- *For the community we have a local rec center that has a free membership for working out, sports, and games. It also provides a safe environment for kids to come hang out after school hours.*
- *On testing days we serve a free hot breakfast to students to help them do better on their test.*
- *Our elementary school Principal Emily does an Insanity exercise class after school, it is open to all staff and is free.*

## Physical

State and district physical education curriculum standards and guidelines will be met or exceeded.

- *These are posted and the district has been accredited in PE standards.*

The District will provide ongoing professional training and development for staff in the area of physical activity

- *Staff had professional development training this school year on wellness and physical activity.*

Physical activity opportunities will focus on individual activities in addition to competitive and non-competitive team sports.

- *Sports teams and physical education.*

The District will work to support the community in its effort to coordinate and enhance opportunities available to students for after school physical activities.

- *We will accept any comment or input on team sports and training from the community.*

The District will ensure that adequate spaces, facilities, equipment, supplies and operational budgets are available to achieve the objectives of the physical education program.

- *We have an outdoor track, football field and Gyms. We have a PE supply account that we use to purchase equipment and supplies.*

## Other

The district will promote healthy eating and enjoyable physical activity using tools such as posters, special promotions, media events, newsletters, and health fairs throughout the school year.

- *We hold bi-annual health fairs and there are posters in all schools that promote healthy eating and physical activity.*

Teachers are discouraged from giving food as a reward or denying food or recess as a punishment.

- *Teachers do not give rewards and kids are not denied food as a punishment even if they are in detention.*

The district has been working with the insurance program to increase the wellness of staff. This leads to less absences, more productivity, and healthier outlook on life. With staff setting an example of living a healthier life style it will encourage the students to do the same.

- *The district provides free blood draws and blood pressure checks for staff and spouses that are on our insurance program.*

Safe drinking water shall be available throughout the day and convenient access to hand washing facilities.

- *There are filtered water drinking stations in all schools and there is bathroom throughout all schools for handwashing.*

Staff will maintain a safe, clean, and pleasant eating environment.

- *Staff is trained annually on how to wash, rinse, and sanitize food contact surfaces of sinks, tables, equipment, utensils, thermometers, carts and equipment to ensure a safe, clean and pleasant eating environment.*

There will be adequate time for eating, relaxing and socializing with adequate space to eat with a minimum amount of time waiting in line.

- *Grant elementary students have 25 minutes per lunch period. It takes approximately 5-10 minute to get through the lunch line.*
- *Glenrock Intermediate students have 20 minutes per lunch period. It takes approximately 5-10 minute to get through the lunch line*
- *Glenrock Jr/Sr High school students have 30 minutes per lunch period. It takes approximately 10-15 minutes to get through the lunch line.*
- *All schools open the front doors for breakfast about 30 minutes before school starts and are allowed to enjoy breakfast in that amount of time.*