

Idaho Wellness Policy Progress Report

District Name Palouse Prairie Charter School
 School Name Palouse Prairie Charter School
 District Number 472
 Evaluation year 2016-2017
 Grades K-8

Progress report completed by PE Teachers
 School Food Service Staff Students
 Administrators Parents
 School Board Members Public
 School Health Professionals Teachers
 Wellness Board Members
 total number submitted = 17

I. PUBLIC INVOLVEMENT

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:			
	YES	NO	NA notes
Administrators	11		Jenelle Branen
School Board Members	13		noted below
School Food Service Staff	7		2 Janis and Debbie
School Health Professionals	4		2
P.E. Teachers	12		1 Dan Schaaf
Students	10		1 anonymous
Parents	11		Amanda, Colette
Public	7		2

We have a designee with the authority/responsibility to ensure each school is in compliance with the wellness policy.			
	YES	NO	UNKNOWN Name/Title
	9		2 Jenelle Branen, Director

We make our wellness policy and updates available to the public			
	YES	NO	Unknown Please describe
	9		2 posted on the website

We communicate the results of wellness policy implementation and progress toward our policy goals to the public.			
	YES	NO	Unknown Please describe
	7		4 posted on the website, and we put in our bi-weekly newsletter

At a minimum, our district reviews the wellness policy for compliance & adherence to best practices every three years.			
	YES	NO	Unknown
	10		1

II. NUTRITION EDUCATION

The wellness policy includes specific/measurable goals for nutrition education using evidence-based strategies			
	YES	NO	UNKNOWN
	10		3

We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc.)			
	YES	NO	UNKNOWN
	12	1	2

We offer nutrition education to students in:			
	YES	NO	UNKNOWN
Elementary		13	2
Middle School		12	2
High School			5

III. NUTRITION PROMOTION

The wellness policy includes specific measurable goals for nutrition promotion using evidence-based strategies			
	YES	NO	UNKNOWN
	8	2	Notes 3 evidence-based strategies?

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.			
	YES	NO	UNKNOWN
	9	2	5

We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement various techniques			
	YES	NO	UNKNOWN
	3	4	Notes what are Smarter Lunchroom techniques? 5

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line)			
	YES	NO	UNKNOWN
	9	2	4 NA 1

We ensure students have access to hand-washing facilities prior to meals			
	YES	NO	NA / notes
	17		

We annually evaluate how to market and promote our school meal programs			
	YES	NO	UNKNOWN
			NA notes

3	4	6	we don't market our school meal programs
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We regularly share school meal nutrition information (e.g. calorie, fat, and sodium content) with students and families			
YES	NO	UNKNOWN	
7	3	4	

We offer taste testing or menu planning opportunities to our students			
YES	NO	UNKNOWN	
10	2	2	

We participate in Farm to School activities and/or have a school garden			
YES	NO	UNKNOWN	notes
12	2	1	hydroponic system

We advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).			
YES	NO	UNKNOWN	NA
6	1	6	1

We price nutritious foods and beverages lower than less nutritious foods and beverages			
YES	NO	UNKNOWN	NA
1	2	8	2

We offer fruits or non-fried vegetables in:			
YES	NO	NA	notes
Vending machines		8	7
School stores		8	7
Snack bars		8	7
A La Carte		3	7 greens from hydroponics

We utilize student feedback to improve the quality of the school meal program			
YES	NO	UNKNOWN	
10	1	4	

We provide teachers with samples of non-food reward options			
YES	NO	UNKNOWN	
3	5	5	

We prohibit the use of food and beverages as a reward.

YES	NO	UNKNOWN
13	1	2

IV. NUTRITION GUIDELINES

The wellness policy includes written nutrition guidelines for all foods/beverages available during the school day.		
YES	NO	UNKNOWN
10		3

We follow Federal nutrition regulations for all foods and beverages available for sale on campus during the school day.		
YES	NO	UNKNOWN
11		1

We follow the district's written nutrition standards for non-sold food/beverages available on campus during school.		
YES	NO	UNKNOWN
7		3

We operate the School's Breakfast program:					
Before school	In the classroom	Grab & Go	Second Chance	No	Unknown
2				9	1

Our Food Service Staff attends professional development opportunities (e.g. program administration, nutrition, safety)		
YES	NO	Unknown
6		3

We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including:					
A La Carte offerings	In School Stores	In Vending Machines	as Fundraisers	no	NA
				2	8

V. POLICY FOR FOOD AND BEVERAGE MARKETING

The wellness policy permits marketing of only those foods/beverages that meet the competitive food requirements		
YES	NO	UNKNOWN
3		5 what does competitive food requirements mean?

Food and beverage marketing meets Smart Snack standards, including the following advertising avenues:					
Signage	Scoreboards	School Stores	Cups	Vending Machines	Food Service Equipment
					NA
					7

VI. PHYSICAL ACTIVITY

The wellness policy includes specific/measurable goals for physical activity using evidence-based strategies

YES	NO	UNKNOWN	notes
4	1	4	what are evidence based strategies?

We provide physical education to elementary students on a weekly basis

YES	NO	NA / notes	# of Min/week
16			200

We provide physical education for middle school students during a term or semester

YES	NO	NA / notes	# of Min/week
16	1		280

We require physical education classes for graduation (high school only)

YES	NO	NA notes	no high school
1		9	

We provide recess for elementary students on a daily basis

YES	NO	NA / notes	# of min/day
15	1		

We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers)

YES	NO	UNKNOWN	
15		1	

We prohibit staff and teachers from keeping kids in from recess for punitive reasons.

YES	NO	UNKNOWN	
12	3	2	

Teachers are allowed to offer physical activity as a reward for students

YES	NO	UNKNOWN	
10	2	3	

We offer before or after school physical activity

YES	NO	Competitive sports	Non-competitive sports	Other clubs
16	2	7	11	12

VII OTHER SCHOOL BASED WELLNESS ACTIVITIES

The wellness policy includes specific/measurable goals for other school-based wellness activities

YES	NO	UNKNOWN
3	0	6

We provide training to staff on the importance of modeling healthy behaviors		
YES	NO	UNKNOWN
4	3	6

We provide annual training to all staff on:				
YES	NO	Nutrition	Physical Activity	UNKNOWN
1	5			7

We have a staff wellness program		
YES	NO	UNKNOWN
3	5	6

We have school district staff who are CPR certified			
YES	NO	UNKNOWN	notes
13			add to the wellness policy that we should openly advertise those on the school grounds who are CPR certified

We have programs to support total wellness (e.g., drug prevention, mental health, social, and emotional health programs)		
YES	NO	UNKNOWN
10	1	3

We have a recycling / environmental stewardship program		
YES	NO	UNKNOWN
13	1	2

We have a recognition / reward program for students who exhibit healthy behaviors			
YES	NO	UNKNOWN	notes
4	6		only during events with Safe Routes to School and Run the Palouse

We have community partnerships which support programs, projects, events, or activities		
YES	NO	UNKNOWN

VIII. PROGRESS REPORT: Indicate any additional wellness practices taking place and describe progress made in attaining the goals of your wellness policy

Physical activity through our adventure program
 Hydroponics - fresh greens to supplement the school lunch program
 walking for field work in community
 walking Wednesdays - encourage students to walk to school
 MOSS - outdoor science education
 8th grade backpacking trip
 Camping trips with other grades (third grade+)
 Adventure program (hiking, skiing, biking, snowshoeing)
 Safe Routes to School (polar walk, fill-the-racks, international walk to school day)
 Kinder class focuses on nutrition of fruits and vegetables as part of their Expedition work
 Run the Palouse (use foot tokens as incentive to earn miles)
 Fun run
 Yoga club
 Climbing club
 Coordinates with Moscow Middle School for afterschool competitive sports
 Raising money for school gardens
 Small farm-to-school with greenhouse and hydroponic system
 Kindergarten garden based expedition
 7th grade expedition on farm to food

IX. CONTACT INFORMATION

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

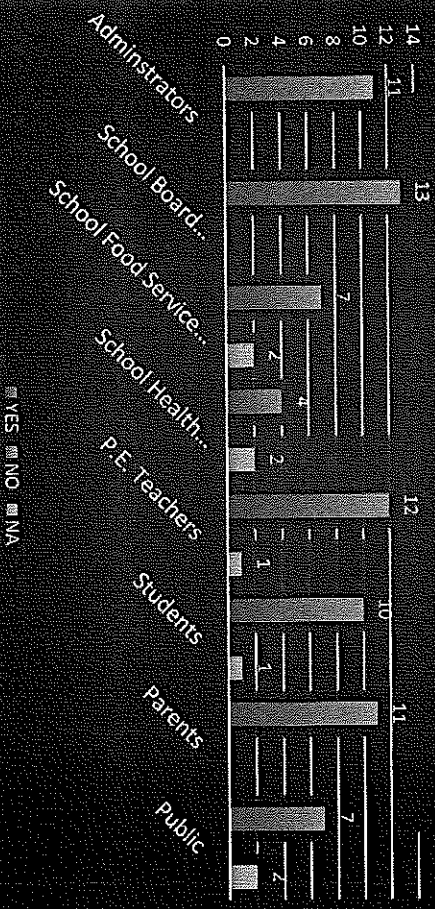
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anonymous student			
anonymous student			
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anonymous student			
anonymous student			
anonymous student			
Collette Dephels	wellness@palouseprairieschool.org	Wellness Chair	208-301-4668

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Wellness committee me 208-882-0253
Enrichment Teacher 208-892-9593
Middle School Science T 208-882-3684

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:



YES
 NO
 N/A

Palouse Prairie Charter School
 Wellness Program Assessment - Dot Poster Survey
 Gallery Night, June 1, 2017

How would you rate the school lunch program?	Total			Great	Okay	Poor	Total
	Great	Okay	Poor Responses				
Elementary Students K-5	23	23	33	79	29%	29%	42%
Middle School Students 6-8	4	14	18	36	11%	39%	50%
Parents	11	55	46	112	10%	49%	41%
Guests (grandparents, friends, etc.)	3	3	11	17	18%	18%	65%
Total Responses	41	95	108	244	17%	39%	44%

How would you rate the Health/P.E.?	Total			Great	Okay	Poor	Total
	Great	Okay	Poor Responses				
Elementary Students K-5	60	19	0	79	76%	24%	0
Middle School Students 6-8	19	16	1	36	53%	44%	3%
Parents	68	44	2	114	60%	39%	2%
Guests (grandparents, friends, etc.)	10	4	3	17	59%	24%	18%
Total Responses	157	83	6	246	64%	34%	2%

How would you rate the Adventure program?	Total			Great	Okay	Poor	Total
	Great	Okay	Poor Responses				
Elementary Students K-5	72	7	0	79	91%	9%	0%
Middle School Students 6-8	37	0	1	38	97%	0%	3%
Parents	118	1	0	119	99%	1%	0%
Guests (grandparents, friends, etc.)	15	2	0	17	88%	12%	0%
Total Responses	242	10	1	253	96%	4%	0%

Written Responses (3 received - numbers before responses indicate respondent)
 School Lunch Program: What do you appreciate about the School Lunch Program? What could be improved?