



Progress Report

Local Wellness Policy School-Level Implementation

Section I: School and Committee Information

1. School Information

| School Name | Low Grade | High Grade |
|-----------------|-----------|------------|
| Evergreen Union | PK | 8 |

| Principal's Name | Principal's Email |
|------------------|--|
| Kristen Nobles | Knobles@evergreenusd.org |

2. School Wellness Leader Contact Information

| Name | Email | Phone Number |
|------------|--|---------------|
| Camden Ray | cray@evergreenusd.org | (530)347-3411 |

3. School Wellness Committee Members

| Name | Committee Role | Title/ Position | Email Address |
|------------------------|-------------------------------|---------------------------------|------------------------------------|
| <i>Kristen Nobles</i> | <i>School Wellness Leader</i> | <i>Principal</i> | <i>knobles@evergreenusd.org</i> |
| <i>Camden Ray</i> | <i>Committee Member</i> | <i>Café Business Manager</i> | <i>cray@evergreenusd.org</i> |
| <i>Nancy Veatch</i> | <i>Committee Member</i> | <i>Assistant Superintendent</i> | <i>nveatch@evergreenusd.org</i> |
| <i>Jared DuVal</i> | <i>Committee Member</i> | <i>Teacher</i> | <i>jduval@evergreenusd.org</i> |
| <i>Kevin Gallagher</i> | <i>Committee Member</i> | <i>Principal</i> | <i>kgallagher@evergreenusd.org</i> |

| | | | |
|----------------------|--------------------------------|-----------------------|--------------------------------|
| <i>Roxane Akers</i> | <i>Committee Member</i> | <i>Teacher</i> | <i>rakers@evergreenusd.org</i> |
| <i>Mario Monroy</i> | <i>CalFresh representative</i> | <i>Representative</i> | <i>mamonroy@ucanr.edu</i> |
| <i>Aiden Moore</i> | <i>Committee Member</i> | <i>Student</i> | |
| <i>Blake Galyean</i> | <i>Committee Member</i> | <i>Student</i> | |

4. How often does your School Wellness Committee (SWC) meet per year?

****Best practice indicates that SWC should meet at least four times per year***

- Monthly
- Four times per year
- Two times per year
- Once per year
- Other: Please specify

5. Has your SWC used any of the following assessment tools to measure implementation of school wellness policies and practices

- Healthier Generation Assessment
- Centers for Disease Control and Prevention's (CDC) School Health Index
- Other: Please specify

Section II: Implementation Progress

Rating scale:

3= Always

2= Sometimes

1= Rarely

0= Never

| Rating | Local Wellness Policy Components | Implementation Activities | Resources | Challenges |
|---------------|---|---|--|---|
| 3 = Always | Age-appropriate nutrition education lessons and nutrition promotion activities are provided to students in all grade levels throughout the school year. | <ul style="list-style-type: none"> • Students receive 1-hour of nutrition education weekly • Healthy eating & physical activity posters are located throughout the school specifically in cafeteria | MyPlate USDA Team Nutrition resources | Lack of time dedicated to teaching nutrition education lessons |
| 3 = Always | All foods and beverages available on the school campus during the school day as part of the school meal program meets or exceeds with the USDA regulations for the National School Lunch and School Breakfast programs . | <ul style="list-style-type: none"> • KIT grant (trainings) • Researching scratch cooking recipes to implement 2022/23 | USDA Training Resources Keenan Trainings | Lack of resources for professional development Money for out of area trainings |
| 2 = Sometimes | All foods and beverages sold outside of the school meal program meets or exceeds with the USDA Smart Snacks in School nutrition standards . <i>(This includes vending machines, school stores and in-school fundraisers)</i> | <ul style="list-style-type: none"> • Fundraising application includes Wellness Policy mandates • Sports snack bars follow the Wellness Policy | Alliance for Healthier Generation USDA Smart Snacks in School Standards | Training staff |
| 3 = Always | Our school only markets or advertises foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the | <ul style="list-style-type: none"> • Menu on website • School Facebook | USDA Smart Snacks in School Standards | n/a |

| | | | | |
|---------------|---|--|----------------------|---|
| | school campus, during the school day. | <ul style="list-style-type: none"> USDA posters posted in the cafeteria | | |
| 3 = Always | Our school prohibits withholding activity/recess as a punishment. | n/a | EUSD Behavior Matrix | Ensure that no student is sent to Restoration Room due to classroom behavior. |
| 3 = Always | Physical activity opportunities (<i>such as recess, classroom energizers, structured and unstructured play</i>) are offered to students before, during and after school on a daily basis. | <ul style="list-style-type: none"> Games and equipment purchased for yard Classroom physical activity will be incorporated into planning throughout the school day and the extended school day. | SPARKS | Purchase SPARKS Train classroom teachers and before/after school staff with Sparks |
| 3 = Always | All students receive the required weekly minutes of physical education based on state/national standards. | <ul style="list-style-type: none"> Credentialed PE teachers PE minutes are monitored monthly by administration Resources and activities uploaded to Google Classroom and District website | SPARKS | K-3 needs more SPARKS equipment. |
| 3 = Always | Our school communicates to the public about the content and implementation of the Local School Wellness Policy. | <ul style="list-style-type: none"> Policy components are included in monthly newsletters, fundraising applications, website | n/a | n/a |
| 2 = Sometimes | The school promotes staff member participation in health promotion programs and will support programs for staff | <ul style="list-style-type: none"> Staff health and wellness journal Monthly self-care calendar | n/a | Making staff health a priority and focus for the 2022/23 school year. Investigate employee discounts at local gyms |

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|---------------|---|--|-----|---|
| | members on healthy eating and physical activity | | | Implement staff health/fitness challenges |
| 2 = Sometimes | Families have the opportunity to be involved in making decisions for school wellness policies | <ul style="list-style-type: none"> Students and parents are members of the Wellness Committee | n/a | Retaining and recruiting parents |

Section III: Action Plan Goals

List the top three health & wellness goals your school focused on this year.

| Goals | Implementation Activities | Successes | Challenges | Resources Used |
|---|---|---|---|--|
| 1. Providing 2 nd Breakfast at Middle School and Bend | Purchased carts Hired staff | Doubled the number of meals served. | Difficult time getting Grab and Go food products in a timely manner Staffing | USDA Newsletter/Facebook/website publicity |
| 2. Implemented recess before lunch | Changed Middle School schedule to accommodate the change | Fewer discipline problems transferring to class from recess | Ensuring the student use all 20 minutes to eat (EMS) | n/a |
| 3. Implemented staff health and wellness journal as well as monthly wellness calendar | Staff journal gifted in January Monthly calendar sent by email | n/a | Implementing more opportunities and activities | School counselors |

Section V: Wellness Policy Recommendations

This is space for your school to make recommendations for suggested wellness policy revisions for the district wellness council to consider.

Our local Wellness Committee will compare Healthier Generation Wellness Policy recommendations to our current EUSD Wellness Policy and update during the 2022/23 school year.

Completed by: Kristen Nobles, Camden Ray

Date: 6/15/2022

Principal's Signature:



Date: 6/15/2022

Board Approved: 06/28/22