



Local School Wellness Policy Implementation Review

Child Nutrition Programs
National School Lunch Program
 Teaching and Learning Support
 801 W. 10th Street, Suite 200
 P.O. Box 110500
 Juneau, Alaska 99811-0500
 Phone: (907) 465-8719

| Local Wellness Policy Implementation Review District/RCCI Sponsor: LOWER KUSKOKWIM SCHOOL DISTRICT | |
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| Stakeholder Participation: <i>LEAs are required to involve parents, students, school administrators, teachers, representatives of the school food authority, the school board, and the public in the development, implementation, and periodic review of the LWP.</i> | |
| Goal in current wellness policy: | <p>“The school district will permit and encourage the participation of students, parents, food service personnel, School Board members, school administrators, school health professionals, physical education teachers, local SNAP-Ed coordinators, and other interested community members in the advisory group. The district will promote opportunities to participate in the advisory group through parent and stakeholder communication, which may include newsletters, public announcements, web postings, parent communication, etc.”</p> |
| Implementation Progress: | <ul style="list-style-type: none"> ● Committee members include: 3 parents, 1 food service representative, 1 student, 3 teachers, 1 LKNEA member, 1 school board member, 2 site administrators, and 4 school district office employees. ● The Food Service Director updated the School Board in September and October on the progress of the review committee. |
| Next Steps: | <ul style="list-style-type: none"> ● The committee is working on a PowerPoint presentation for parents and staff. ● The committee will be posting an update on the school website and the School District Facebook page. |



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Page | PAGE
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| LWP goals for Nutrition Education: <i>LEAs are required to include goals for Nutrition Education</i> | |
| Goal in current wellness policy: | <p>“Schools will work to provide age-appropriate nutrition education as part of the health and physical education curricula that respects the cultural practices of students, is integrated into core subjects, and provides opportunities for students to practice skills and apply knowledge both inside and outside the school setting. The District will seek to provide evidence-based nutrition education curricula that foster lifelong healthy eating behaviors integrated into comprehensive school health education. To the extent practicable: (a) Students in grades pre-K shall receive nutrition education that teaches the skills needed to adopt lifelong healthy eating behaviors. (b) Classroom nutrition education shall be reinforced in the school dining room or cafeteria setting as well as in the classroom, with coordination among the nutrition service staff, administrators, and teachers. (c) Students shall receive consistent nutrition messages from the school and the district. This includes: in classrooms, cafeterias, outreach programs, and other school-based activities. (d) Nutrition education shall be taught by a certified/licensed health education teacher. (e) Schools will strive to establish or support an instructional garden within nutrition education and the core curriculum that provides students with experiences in planting, harvesting, preparing, serving, and tasting.”</p> |
| Implementation Progress: | <p>Secondary Health has a unit on Healthy Eating in the 4th R that is taught. All Junior High students (7th/8th) are taught this every year, however, the high school classes are only offered twice within their high school years in Health 1 and Health 2 classes.</p> |
| Next Steps: | <p>Continued review of LSWP each year.</p> |
| LWP goals for Nutrition Promotion: <i>LEAs are required to include goals for Nutrition Promotion</i> | |
| Goal in current wellness policy: | <p>“All foods available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity....Schools will provide students with access</p> |



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| | <p>to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition standards of students; will accommodate, as much as possible, the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.”</p> |
| <p>Implementation Progress:</p> | <ul style="list-style-type: none"> ● The current menu meets or exceeds the Child Nutrition Programs requirements. ● Fresh Fruit has been added to the breakfast and lunch menu. ● The Fresh Fruit and Vegetable program has been started at all sites that signed up for the program thus, allowing students in grades K-6 to try new and fresh fruit and vegetable snacks in the classroom. ● The information packets for using game meat in schools was distributed in early September to all administrators. ● Several schools have used wild game including moose and reindeer in school meals. |
| <p>Next Steps:</p> | <ul style="list-style-type: none"> ● Resend information for donated game and traditional foods in schools. |
| <p>LWP goals for Marketing foods and beverages: LEAs should be marketing only foods and beverages that meet the Smart Snack requirements.</p> | |
| <p>Goal in current wellness policy:</p> | <p>“All other foods and beverages made available on school campus (including, but not limited to vending, franchise vendors, concessions, ala cart, student stores, classroom parties, and fundraising) during the school day, between the hours of 12:00 am and 30 minutes after the conclusion of the instructional day, shall meet nutritional requirements of the National School Lunch Act, Nutrition Standards for All Foods Sold in Schools, also known as Smart Snacks in school. For the purpose of this policy, the school campus is defined as all property under the jurisdiction of the school district that is accessible to students.”</p> |



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| Implementation Progress: | <ul style="list-style-type: none"> ● All site administrators are required to complete the smart snack video training from the state of Alaska. ● Information for smart snack waivers and foods that are allowed to be sold in schools was sent to all administrators at the beginning of the school year. ● Administrators are required to complete Smart Snack Waivers before holding fundraisers. ● Students are not allowed to sell food in the cafeteria during mealtimes. |
| Next Steps: | <ul style="list-style-type: none"> ● Include student advisors and student store employees in the Smart Snack training from the state of Alaska. ● We will begin an investigation into all student stores district wide and what those stores are selling. ● Publish website for Smart Snacks (USDA). |
| LWP goals for Physical Activity: <i>LEAs are required to include goals for Physical Activity</i> | |
| Goal in current wellness policy: | <p>“Elementary and middle school students will be provided with at least 30 minutes each day of physical activity, not including time spent in physical education. This time may be accumulated throughout the school day, and may include recess and before/after school-sponsored activities. Whenever possible, all students shall be given the opportunities for physical activity through a range of programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. Elementary students will be provided at least 20 minutes each day of structured, active recess. Classroom based physical activity is encouraged and counts toward the 30 minute requirement as long as it does not replace recess.</p> |



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| | <p>When practicable, recess shall be scheduled before lunch periods and take place outdoors. Indoor and outdoor facilities shall be available to the extent practicable so that physical activity is safe, and not dependent on the weather. Physical activity equipment shall be age appropriate, inviting, and available in sufficient quantities for all students to be active. Equipment shall be inspected regularly (at least weekly) for safety, and replaced when needed.</p> <p>The District/school will promote strategies/events designed to generate interest in and support active transport to school (walking school busses), ‘bicycle trains’, walk/bike to school day, safe routes to school programs.”</p> |
| Implementation Progress: | <ul style="list-style-type: none"> ● Secondary PE has a list of vendors that offer PE equipment and a list of recommended equipment. ● Grant opportunities are also listed. |
| Next Steps: | Assist sites with grant applications. |
| LWP goals for School-Based Wellness: <i>LEAs are required to include goals for School-Based Wellness.</i> | |
| Goal in current wellness policy: | “Physical education will be closely coordinated with the overall school health program, especially health education, so that students thoroughly understand the benefits of being physically active and master the self-management skills needed to stay active for a lifetime.” |
| Implementation Progress: | <ul style="list-style-type: none"> ● Secondary curriculum was written to provide an outline of what the PE class should look like. ● Follows the BP 5040 AR |
| Next Steps: | Continue to monitor implementation of elementary and secondary curriculum. |
| LWP goals for Public Notification: <i>LEAs are required to update the public (including parents, students, and others in the community) about the content and implementation of the LWP.</i> | |



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| Goal in current wellness policy: | “The District/school will regularly, at least annually, inform and update the public, including students, parents, and the community about the content, implementation of,,, and progress towards goals in this policy. Parents will be actively notified through email or other notification process and provided access to this policy and all subsequent reports and updates.” |
| Implementation Progress: | <ul style="list-style-type: none"> ● Board meetings and documents are public. The School Board has been updated and those reports are available to parents and the public. |
| Next Steps: | <ul style="list-style-type: none"> ● The committee will post an update on the school website and the School District Facebook page with an update as to what the committee is currently doing and what the committee is working towards. |
| Measuring Implementation: <i>LEAs are required to periodically measure and make available to the public an assessment on the implementation of the LWP, including the extent to which schools are in compliance with the LWP and a description of progress made in attaining goals of the LWP.</i> | |
| Goal in current wellness policy: | “The School Board will receive an annual summary report on district-wide compliance with the established nutrition and physical activity goals, based on input from the schools within the district. The report will also be distributed to advisory councils, parent/teacher organizations, school principals, and school health services personnel, and will be made available to the public.” |
| Implementation Progress: | <ul style="list-style-type: none"> ● The committee has had two meetings so far and has another scheduled in January. This is an “in progress” activity. |
| Next Steps: | <ul style="list-style-type: none"> ● In progress: A report is being compiled to post on the School District Website and to share with the School Board. ● A survey will be sent to sites to assess the food service program and nutrition in schools. |



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| Local Designation: <i>LEAs are required to designate one or more LEA official or school official to ensure that each school complies with the LWP</i> | |
| Goal in current wellness policy: | “The Superintendent or designee will designate one or more persons to be responsible for ensuring that each school within the district complies with this policy, and that school activities, including fundraisers and celebrations, and consistence with district nutrition and physical activity goals.” |
| Implementation Progress: | <ul style="list-style-type: none"> ● The Food Service Director is designated to ensure that each school within the district complies with the district nutrition goals. |
| Next Steps: | Personnel are needed to review LWP compliance with physical fitness standards. |
| Other Goals: <i>If applicable, please describe other goals specific to your district’s wellness policy that exceed the federal requirements.</i> | |
| Goal in current wellness policy: | “Traditional cultural foods may be exempted from the nutritional requirements when offered free of charge and for educational purposes. Traditional cultural foods offered for sale or as part of the school breakfast or lunch program must meet nutritional requirements. When practicable, Alaska farm and fish products will be utilized in meals and snacks.” |
| Implementation Progress: | <ul style="list-style-type: none"> ● Sites use donated game in school meals. Donation based. |
| Next Steps: | <ul style="list-style-type: none"> ● The Food Service department will work towards improving communication to parents, communities, and schools as to the process for donating wild game to schools for student meals. |