

# **Lesterville R-IV Public School District's Wellness Policies on Physical Activity and Nutrition**

## **Preamble**

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Lesterville R-IV Public School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Lesterville R-IV Public School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate 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.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

## **TO ACHIEVE THESE POLICY GOALS:**

### **I. School Health Councils**

The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

### **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

#### **School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;

- offer a variety of fruits and vegetables;<sup>2</sup>
- serve only low-fat (1%) and fat-free milk<sup>3</sup> and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.<sup>3,4</sup>

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, and on cafeteria menu boards.

**Breakfast.** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**Free and Reduced-priced Meals.** Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals<sup>5</sup>. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students.

**Summer Food Service Program.** Meals will be provided for all students during Summer School including those eligible for free or reduced-price school meals.

<sup>2</sup> To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

<sup>3</sup> As recommended by the *Dietary Guidelines for Americans 2005*.

<sup>4</sup> A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

<sup>5</sup> It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

## **Meal times and Scheduling.**

### **Schools:**

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

**Qualifications of School Food Service Staff.** Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.<sup>6</sup> Reynolds County Health Department provides a nutritionist to assist the Food Service Staff in menu planning.

**Sharing of Foods and Beverages.** Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)**

**Elementary Schools.** The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables. Vending machines will not be available to elementary students during the school day.

**Middle/Junior High and High Schools.** In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs

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<sup>6</sup> School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

(including, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day. Vending machines that have only health snacks and beverages (see recommended food list) will be available during meal time.

**Fundraising Activities.** To support children's health and school nutrition-education efforts, school fundraising activities will not involve only food items or will use only foods that meet nutrition and portion size standards for foods and beverages on recommended list. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

**Snacks.** Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, and parents.

**Rewards.** Schools will not use foods or beverages, especially those that do not meet the USDA nutrition standards for foods and beverages, as rewards for academic performance or good behavior,<sup>7</sup> and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations.** Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages (see recommended list). The district will disseminate a list of healthy party ideas to parents and teachers.

**School-sponsored Events** (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the USDA nutrition standards for meals or for foods and beverages sold individually.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** Lesterville R-IV Public School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;

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<sup>7</sup> Unless this practice is allowed by a student's individual education plan (IEP).

- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

**Integrating Physical Activity into the Classroom Setting.** For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Kindergarten through fourth grade are provided with two recess 20 minute am recess and a 30 minute recess after lunch. Fifth and Sixth grade are provided with a 30 minute recess after lunch at this time.

Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

**Communications with Parents.** The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

**Staff Wellness.** Lesterville R-IV Public School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each district/school should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, food service employee, health professional, and physical education teacher, (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

**Sun Safety :** "Sun Safety" describes a range of behaviors that include wearing appropriate clothing, applying sunscreen and limiting sun exposure. The sun safety program will focus on outdoor behavior and will be developmentally appropriate, active engaging and taught in lessons that emphasize the positive benefits of sun safety. Sun safety education will be designed to assist students with:

1. Knowledge about harmful effects of the sun and ways to protect skin.
2. Sun-safe skill, including the correct use of protective clothing, hats, sunglasses, sunscreen and lip balm as well as seeking shade and limiting sun exposure when possible and practical during the hours of peak sun intensity.
3. Knowledge about how to assess personal sun safety habits, set goals for improvement and achieve these goals.

**Tobacco:** Tobacco use prevention education will focus on all grades with particular emphasis on middle school and reinforcement in all later grades. Instructional activities will be participatory and developmentally appropriate. Tobacco use prevention education programs will be implemented in accordance to Board policy, relevant administrative procedures and law.

## **IV. Physical Activity Opportunities and Physical Education**

**Daily Physical Education (P.E.) K-12.** All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity

(e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

**Daily Recess.** All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage

moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School.** All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

**Physical Activity and Punishment.** Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

**Use of School Facilities Outside of School Hours.** School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

## **V. Policy Review**

**Policy Review.** The wellness program coordinators will provide policy revision recommendations to the Board of Education based on the analysis of the compliance indicators as part of the annual report. The Board will revise the wellness policy as it deems necessary. Administrative procedures will be revised accordingly.



## Nutritional and Portion sized Standards:

**Beverages: Allowed:** water or seltzer water w/o added caloric sweeteners; fruit and vegetable juices and fruit based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat fluid milk and nutritionally-equivalent nondairy beverages (USDA approved)

**Not Allowed:** soft drinks containing caloric sweeteners; sports drinks; ice teas; fruit based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine)

### Foods:

A food item sold individually:

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined.
- Will have no more than 35% of its weight from added sugars
- Will contain no more than 230mg of sodium per serving for chips, cereals, crackers French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600mg of sodium for pizza, sandwiches, and main dishes.

### Portion sizes:

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water;
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of the school meals. Fruits and non-fried vegetables are exempt from portion sizes.

# School Wellness Inventory

Missouri Coordinated School Health Coalition

Supported by the Missouri Foundation for Health

*The purpose of this project is to develop a universal school wellness tool that can be used to develop, implement, evaluate, and continuously improve School Wellness Policies and related wellness activities.*

DISTRICT NAME: Lesterville RIV Public School

COMPLETED BY: Melanie Suringin, RN

DATE COMPLETED: 03-16-18

Our district has a Wellness Policy Committee (WPC) or School Health Advisory Committee (SHAC) that oversees school health and safety policies and programs.

☒ Yes (Please specify WPC/SHAC: SHAC)

☐ No

Our committee has met the following number of times during the past 12 months.

☐ None

☒ 1 to 3 times

☐ 4 to 6 times

☐ 7 or more times

Our committee:	Yes/No/ Somewhat	Comments/Notes (N/A)
a. Has accessed and read our school district and building health and safety policies (this includes school wellness policy)	yes	
b. Works in conjunction with district-level health and safety committees	yes	
c. Has a designated committee leader. This person(s) is/are: <u>School Nurse</u>	yes	SHAC- School Nurse Safety- High School Principal
d. Includes an active representative from the following groups (*designates required by PL108-265): <ul style="list-style-type: none"> <li>School Administration (Principal, Asst. Principal, Superintendent)*</li> <li>Representative of the Local Education Agency (mark all who are represented)*:               <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Nutrition Services (Food Service Director or Manager)</li> <li><input checked="" type="checkbox"/> Physical Education Teacher</li> <li><input type="checkbox"/> Health Education (Health Teacher/Health Educator)</li> <li><input type="checkbox"/> Family and Consumer Science Teacher</li> <li><input checked="" type="checkbox"/> Classroom Teacher (Other than Physical Education or Health)</li> <li><input checked="" type="checkbox"/> School Nurse, School Health Clinic Staff, or trained professional Health Services Provider</li> <li><input type="checkbox"/> School Counselor, Psychologist, or Social Worker</li> <li><input checked="" type="checkbox"/> Others (e.g., Coach, Playground Supervisor, Resource Officer)</li> </ul> </li> <li>Family Involvement (Parent/Guardian, PTSA/PTSO Member)* -yes</li> <li>Student(s)* - No</li> <li>Community Member/Member of the Public (e.g., Health Department, Business Leader)*-yes</li> <li>School Board Member* -yes</li> <li>Other (please specify):</li> </ul>	yes	Some representatives are on the SHAC committee but have not been able to attend.  Students have no other way home but bus to stay late. (rural area)

Each group should ideally be represented by separate members. If any committee members represent more than one group (e.g., school nurse is family representative), please describe here:

## SCHOOL WELLNESS POLICY MONITORING AND EVALUATION

Our committee routinely uses a formalized method to monitor implementation of our school wellness policy, develop data-based action plans, and evaluate progress:	Yes/No/ Somewhat	Comments/Notes (N/A)
a. Our committee has a plan for measuring implementation of the School Wellness Policy (if defined at the district level, building-level committee is aware of the plan).	yes	SHI Committee
b. Our committee has designated one or more persons to ensure policy compliance.	yes	SHI
c. Our committee collects school or district-wide wellness data using a tool like the School Health Index.	yes	SHI
d. Our committee has used school-wide or district-wide wellness data to develop an action plan with specific, measurable goals.	yes	SHI
e. Our committee has collected school-wide wellness data and used that data to evaluate progress in meeting the goals in our action plan.	yes	SHI

  

Our committee tracks policy and/or environmental changes that result from School Wellness Policies (check all that apply, write in any data you have):	Yes/No/ Somewhat	Comments/Notes (N/A)
<b>Revenue of Healthy Vending:</b> <ul style="list-style-type: none"> <li>• Elementary \$ _____</li> <li>• Middle or Junior High \$ _____</li> <li>• High Schools \$ _____</li> </ul>	NO	done by individual groups
<b>Revenue of School Stores:</b> <ul style="list-style-type: none"> <li>• Elementary \$ _____</li> <li>• Middle or Junior High \$ _____</li> <li>• High Schools \$ _____</li> </ul>	NO	No School Stores
<b>Participation in the USDA School Breakfast Program (measure average daily participation):</b> <ul style="list-style-type: none"> <li>• Elementary # _____</li> <li>• Middle # _____</li> <li>• High School # _____</li> </ul> <div style="position: relative; height: 40px; margin-top: 10px;"> <span style="position: absolute; left: 200px; top: 0; font-size: 40px; line-height: 1;">}</span> <span style="position: absolute; left: 210px; top: 0;">60-65%</span> </div>	yes	depends on menu selection



Our committee tracks policy and/or environmental changes that result from School Wellness Policies (check all that apply, write in any data you have):	Yes/No/ Somewhat	Comments/Notes (N/A)
Participation in the USDA National School Lunch Program (measure average daily participation): <ul style="list-style-type: none"> <li>Elementary # <u>78/110 = 70% Avg.</u></li> <li>Middle # _____</li> <li>High School # <u>75/101 74% avg.</u></li> </ul>	yes	
Plate Waste in School Lunches (report by level if applicable):	No	not monitored
Healthier foods and beverages introduced, implemented and accepted into: <ul style="list-style-type: none"> <li>Vending</li> <li>Concession stands</li> <li>Fundraisers, classroom parties</li> </ul>	yes	
<i>These additional health and educational performance indicators can measure changes that result from School Wellness Policies (check all that apply, write in any data you have):</i> Fitness Scores: <ul style="list-style-type: none"> <li>Aerobic Capacity</li> <li>Body Composition</li> <li>Muscular Strength</li> <li>Muscular Flexibility</li> <li>Muscular Endurance</li> </ul>	yes	performed in P.E. Class. See athletic directory. Prev. used Presidential fitness Changed to Fitness gram because Pres. no longer available.
Behavior Incidences: <ul style="list-style-type: none"> <li>Office referrals</li> <li>Absenteeism</li> <li>Tardiness</li> <li>Truancy</li> <li>Risky behaviors</li> </ul>	yes	monitored by each Principal. They have Stats and referrals.
Academic performance (e.g., MAP scores):	yes	Above state avg. monitored by principals.
Other (please list any possible data sources that could be broadly related to school wellness):		

Our committee communicates and involves families in school wellness activities:	Yes/No/ Somewhat	Comments/Notes (N/A)
h. Our committee has reached or involved the community (e.g., chamber of commerce, service clubs such as Rotary, local farmers) by: <ul style="list-style-type: none"> <li>• Inviting community members to programs, activities or events related to health</li> <li>• Involving community members to plan and coordinate health-related activities</li> </ul>	No	rural Area:
i. Our committee involves parents/guardians in the following school or school-linked activities: <ul style="list-style-type: none"> <li>• PTA/PTO; PTSA/PTSO</li> <li>• Parent Center/Family Resource Center</li> <li>• After School Programs (school-based or sponsored)</li> <li>• After School Family Events (e.g., family fun nights)</li> <li>• Practical Parenting Partnerships</li> <li>• School volunteers (e.g., classroom, cafeteria, playground)</li> <li>• Mentoring</li> <li>• Booster club</li> <li>• Advisory board</li> <li>• School-community activities (e.g., neighborhood meetings, check out bags)—please specify:</li> <li>• Other (please list):</li> </ul>	Yes ? yes yes no yes no yes no No	

COMMENTS:

Funding for this project was provided in full by the Missouri Foundation for Health. The Missouri Foundation for Health is a philanthropic organization whose vision is to improve the health of the people in the communities it serves.



## FAMILY COMMUNICATION AND INVOLVEMENT

Our committee communicates and involves families in school wellness activities:	Yes/No/ Somewhat	Comments/Notes (N/A)
a. Our committee has made the School Wellness Policy accessible to families (e.g., posted on website, included in student handbook).	Yes	Website and posters
b. Our committee has <b>actively</b> informed families about the School Wellness Policy (e.g., newsletter, conferences, PTO/PTA/PTSO/PTSA meetings).	Yes	When first developed - know upon request
c. Our committee has collected information from parent to evaluate/improve: <ul style="list-style-type: none"> <li>• The PE program and other physical activity programs at school</li> <li>• School meals or foods offered in schools</li> <li>• Health education at our school</li> </ul>	No	
d. Our committee has included families in School Wellness Policy Monitoring and/or Evaluation (e.g., monitoring implementation, collecting evaluation data, revising policies; outside of committee participation).	No	Due to Covid
e. Our committee has involved families in planning wellness activities (e.g., health fairs).	No	have tried in past but no co-operation
f. Our committee has provided families with information/resources about the following topics: <ul style="list-style-type: none"> <li>• Physical activity</li> <li>• Healthy eating/Healthy weight</li> <li>• Effective parenting strategies</li> <li>• A tobacco-free lifestyle or smoking cessation</li> <li>• Other (please describe):</li> </ul>	Yes	newsletter / website
g. Our committee has offered programs, activities or events for families, related to: <ul style="list-style-type: none"> <li>• Physical activity (e.g., field day, mileage/walking clubs) - <i>Open gym night.</i></li> <li>• Health eating/Healthy weight (e.g., health fairs, food tasting)</li> <li>• Effective parenting strategies (e.g., Parenting at the Speed of Teens parent night) - <i>PTA</i></li> <li>• A tobacco-free lifestyle or smoke cessation (e.g., school anti-smoking campaigns)</li> <li>• Other (please describe):</li> </ul>	Somewhat	We did in the past with little to no participation - ex. one community member attended health fair.
		Walking program - 6 participants.