

Wyoming Wellness Policy Progress Report



<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We do not sell less healthy foods and beverages.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We provide training to staff on the importance of modeling healthy eating behaviors.
Yes No IV. Nutrition Guidelines			
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>The wellness policy includes written nutrition guidelines for all foods/drink available during the school day.</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>We follow Federal nutrition regulations for all food/drink available for sale on campus during the school day.</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>We follow the district's written nutrition standards for non-sold foods/drink available on campus during school.</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We run the School Breakfast program: <input type="checkbox"/> Before School <input type="checkbox"/> In the Classroom <input type="checkbox"/> Grab & Go <input type="checkbox"/> Second Chance
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Our Food Service Staff attends professional development opportunities (e.g. program administration, nutrition, safety).
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> as À La Carte Offerings <input type="checkbox"/> in School Stores <input type="checkbox"/> in Vending Machines <input type="checkbox"/> as Fundraisers (not exemptions)

Yes No V. Policy for Food and Beverage Marketing			
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>The wellness policy permits marketing of only those foods/beverages that meet the competitive food requirements.</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Food and beverage marketing meets Smart Snack standards, including the following advertising avenues:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Signage <input type="checkbox"/> Scoreboards <input type="checkbox"/> School Stores <input type="checkbox"/> Cups <input type="checkbox"/> Vending Machines <input type="checkbox"/> Food Service Equip.

Yes No VI. Physical Activity			
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>The wellness policy includes specific/measurable goals for physical activity using evidence-based strategies.</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We provide physical education for elementary students on a weekly basis. <i>60 min PK</i> # of Min/Wk. <i>90 min K-6</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We provide physical education for middle school students during a term or semester. # of Min/Wk.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We require physical education classes for graduation (high schools only). # Credits to graduate
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We provide recess for elementary students on a daily basis. # of Min/day <i>20 min</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Teachers are allowed to offer physical activity as a reward for students.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We offer physical activity before/after school. <input type="checkbox"/> Competitive sports <input type="checkbox"/> Non-competitive sports <input checked="" type="checkbox"/> <i>Am Recess (15 min) Other clubs</i>

Yes No VII. Other School Based Wellness Activity			
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>The wellness policy includes specific/ measurable goals for other school-based wellness activities.</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We provide annual training to all staff on: <input checked="" type="checkbox"/> Nutrition <input checked="" type="checkbox"/> Physical Activity
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We have a staff wellness program.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We have programs to support total wellness (e.g. drug prevention, mental health, social, emotional health programs).
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We have a recycling / environmental stewardship program.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We have a recognition / reward program for students who exhibit healthy behaviors.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We provide case management for students with chronic health conditions.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	We have community partnerships which support programs, projects, events, or activities.

VIII. Progress Report: Describe the progress of wellness policy goals and track additional wellness practices.

- Need to look into staff wellness
- Provide Non-Food Reward options to teachers

**Please refer to our Wellness Policy Progress Report.*

yellow - have exceeded
green - Needs improvement

Wyoming Wellness 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 St. Mary's Catholic School District Number Date of Evaluation 8-17-23
 School Name St. Mary's Catholic School Most recent review by Wellness Committee 8-17-23
 Click All Grades PK K 1 2 3 4 5 6 7 8 9 10 11 ###

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 Jennifer Bridges Title Principal

We make our wellness policy and updates available to the public annually.
 Please describe: Posted on our website
www.stmaryswyo.org / Families / Nutrition

We share the results of wellness policy implementation and progress toward our policy goals with the public.
 Please describe: Posted on our website
www.stmaryswyo.org / Families / Nutrition

Our district reviews the wellness policy for compliance/adherence to best practices at least once every 3 years.

Yes No II. Nutrition Education

The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.
 We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, language arts).
 We offer nutrition education to students in: Elementary School Middle School High School

Yes No III. Nutrition Promotion

The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.
 We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
 P/A We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement various techniques.
 P/A We place fruits/vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
 We ensure students have access to hand-washing facilities prior to meals.
 We annually evaluate how to market and promote our school meal program(s).
 * We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.
 We offer taste testing or menu planning opportunities to our students.
 P/A We participate in Farm to School activities and/or have a school garden.
 We advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, cafeteria).
 We price nutritious foods and beverages lower than less nutritious foods and beverages.
 P/A We offer fruit and/or vegetables in: Vending Machines School Stores Snack Bars À La Carte
 We utilize student feedback to improve the quality of the school meal programs.
 * We provide teachers with samples of non-food reward options.
 * We prohibit the use of food and beverages as a reward.



Wyoming Wellness Policy Progress Report

IX. Contact Information

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

Name	Kathleen Higgins	Position/Title	Admin. Assit. / Food Service Director
Email	higgins@stmaryswyo.org	Phone number	307.638.9268



ST. MARY'S CATHOLIC SCHOOL

WELLNESS POLICY PROGRESS REPORT– 2023 2024

YELLOW MEANS WE HAVE MET OR EXCEEDED THE REQUIREMENT /
GREEN MEANS – WE HAVE ROOM TO IMPROVE



ST. MARY'S
CATHOLIC SCHOOL

*St. Mary's Catholic School educates the whole child: spiritually,
intellectually, and physically.*

Wellness Policy – Progress Report

Nutrition Education:

- Meals will feature a variety of healthy choices that are tasty, attractive, of excellent quality and served at the proper temperature. St. Mary's will promote and encourage students to choose healthy foods including fruits, vegetables, whole grains, and low-dairy products – will be encouraged.
- Teachers / Staff will teach skills to utilize research-based nutrition information such as USDA "My Plate" in "real-life" practice, such as reading nutrition fact labels, skills in purchasing and preparing healthy meals and snacks.
- Nutrition education opportunities for parents/staff will be encouraged and will include a variety of activities/topics.
- The school meal program will work with teachers/staff to create a learning environment within the school cafeteria.
- All reimbursable meals, a la carte items and beverages sold in school and advertised will meet or exceed all the nutrition standards established by the USDA.
- Yearly goals will be set along with an assessment review every 3 years based on the goals set.

Physical Education:

All students will be provided physical education a minimum of:

- 60 minutes for PK 3 & PK4, 90 minutes for grades K-6th per week.
- All students will strive to meet the current Wyoming standards.
- Promote other activities that involve physical activity at recess and lunchtime lasting 15 minutes or more each day.
- Encourage and allow faculty and staff to attend professional development training and workshops that focus on positive use of physical activity in the classroom.
- Children should participate each day in a variety of age-appropriate physical activities designed to achieve health, wellness, fitness and performance benefits.

- Staff/Teachers will provide suggested methods of incorporating movement/activity into the classroom.
- St. Mary's will encourage families and community members to support programs outside of the school that encourage physical activity.
- Physical activity will not be used or taken away as a punishment.
- St. Mary's provides an environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Physical activity programs are carried out in environments that reflect respect for body-size differences and varying skill levels.

Other School Based Activities Designed to Promote Student Wellness:

- Safe drinking water will be available throughout the school day.
- Convenient access to facilities for hand washing will be available to anybody.
- Nutrition education, healthy eating and physical activity will be actively promoted via positive modeling by staff, marketing materials (posters, flyers, websites lessons).
- St. Mary's cafeteria will have adequate seating, appropriate supervision, a clean and pleasant eating environment.
- Student adequate mealtime shall not be interrupted by other academic activities unless the meal is available during the academic activity.
- Students will be strongly encouraged to actively participate in recess.

Marketing:

- Students should receive positive, motivating, messages, both verbal and non-verbal about healthy eating and physical activity in the school. All school personnel should help reinforce these positive messages.
- Healthy eating and physical activity should be actively promoted to students, parents, teachers, administrators, and the community at registrations, PTO meetings, Open Houses, Health Fairs, teacher in-services, etc.

This institution is an equal opportunity provider.