

South Milwaukee Student Wellness Policy Requirement: *Implementation and Monitoring Plan*

Requirement	Implementation Strategy	Implementation Plan	Person Responsible	Timeline	Monitoring Plan	Policy Compliance? Action Plan to correct	Evaluation Date
Public Involvement Collaborative community team to develop, implement and review policy	Build a team including: students, teachers, physical education instructors, school health professionals, school board and administration, and community members	Maintain an active student wellness committee which will meet 2 times per year.	School Nutrition Director	November 2015	Yearly review of student wellness committee members so that the team is multidisciplinary with approx. 8-10 members.	Yes	3/28/18
Nutrition Guidelines Standards for all food available on school campus							
	School meals (USDA guidelines, <i>healthy menu changes, farm to school</i>)	Established USDA standards will be followed for each meal at each school.	School Nutrition Director	Ongoing throughout the year	Quarterly review/reporting of fruits, vegetables, grains, meats, milk, calories, fat, and sodium.	Yes	3/28/18
	Increase availability of fruits and vegetables	Create menus that incorporate more fresh fruits and vegetables.	School Nutrition Director	Ongoing throughout the year	Monthly review of menus.	Yes	3/28/18
	Free water available during lunchtime	Offer chilled water to students during lunchtime.	School Nutrition Director	Ongoing throughout the year	Quarterly onsite reviews of schools to make sure potable water is available.	Yes	3/28/18
	Competitive foods (<i>a la carte, stores</i>)	A la carte items will meet the USDA standards. Orbit (school store) must adhere to the Smart Snack Guidelines.	School Nutrition Director	Ongoing throughout the year	Ongoing use of the Alliance Product Calculator for Smart Snacks to make sure products meet the USDA guidelines.	Yes	3/28/18
	Classroom/school celebrations	Healthy snacks for students at classroom parties will be encouraged. A classroom catering menu will be provided for parents.	Principals/ Teachers	Ongoing throughout the year	Quarterly review of snacks provided for classrooms and school	Yes	3/28/18

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		Students will not be allowed to bring in homemade treats.			celebrations during school staff meetings.		
	Using non-food rewards	Food rewards will not be banned, but other suggestions will be provided when possible. Non-food rewards include extra recess time, listen to music, no homework pass, computer time, sit by a friend, trip to reward bin with non-food items.	Principals/ Teachers	Ongoing throughout the year	Yearly review of rewards offered during a school staff meeting.	Yes	3/28/18
	Providing sufficient lunch times	Students will be allowed at least 20 minutes to eat the lunch meal.	School Nutrition Director/ Principals	Ongoing throughout the year	Yearly monitoring of actual lunchtimes at each school.	Yes	3/28/18
Nutrition Education Goals for nutrition education		<ul style="list-style-type: none"> • Standards based nutrition education • Integrated into curricula • Education links with school environment 					
	Classroom –based (incorporated into curriculum, cooking classes)	Incorporate nutrition topics into required health, science, food, and culinary arts classes.	Principals/ Teachers	Ongoing throughout the year	Yearly review of lesson plans.	Yes	3/28/18
	Cafeteria interventions (MyPlate, etc.)	Incorporate nutrition themes into each school cafeteria using posters or flyers.	School Nutrition Director	Ongoing throughout the year	Quarterly review of nutrition education themes in cafeteria.	No	3/28/18
	Foodservice staff education (CEU's)	Food service staff will receive annual training and obtain the required CEU's to meet the USDA's professional standards.	School Nutrition Director	Ongoing throughout the year	Yearly tracking of training hours for each food service employee.	Yes	3/28/18
	Staff training (Continuing education on Nutrition)	Staff will keep current on nutrition trends and information.	Principals/ Teachers	Ongoing throughout the year	Yearly review of training at a school staff meeting.	Yes	3/28/18
	Home and community (Sending information home, community education-Nutrition)	Nutrition Nuggets (K-5) and Teen Food and Fitness (middle school and high school) newsletters as well as handouts on healthy school celebrations will be sent home periodically throughout the school year. They will also be posted on the district website.	School Nutrition Director	At least 4 times per year	Quarterly newsletters/handouts will be sent home with students but also be accessible via school website and will be archived for community reference.	Yes	3/28/18

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Nutrition Promotion Changing the school environment to support healthy eating							
	Become Team Nutrition Schools	Submit application and supporting documentation to become Team Nutrition Schools.	School Nutrition Director	September 2017	Yearly review. Keep documentation current.	No	3/28/18
	School Health Awards	Apply for the Wisconsin School Health Award.	School Nutrition Director	September 2016	Yearly review. Keep documentation current.	No	3/28/18
	Cafeteria ambiance/education	Promote healthy food choices using at least ten Smarter Lunchroom techniques.	School Nutrition Director	Ongoing throughout the year	Yearly review of school lunchrooms.	Yes	3/28/18
	Local produce	Purchase fresh local produce from the Department of Defense Fresh Fruit and Vegetable Program (DoD Fresh).	School Nutrition Director	Ongoing throughout the year	Yearly review of invoices.	Yes	3/28/18
Physical Education							
	Phy Ed Participation	Elementary students will receive physical education for 60 minutes per week. Middle school students will receive physical education each year, every other day for 45 minutes. High school students will receive 3 terms of physical education (1.5 credits).	Principals/ Physical Ed Teachers	Ongoing throughout the year	Yearly review of Physical Ed lesson plans.	Yes	3/28/18
	Curriculum	Create lesson plans that include no more than 50% of time as instructional time and at least 50% of time in active learning.	Principals/ Physical Ed Teachers	Ongoing throughout the year	Yearly review of Physical Ed lesson plans.	Yes	3/28/18
	Fitness testing	Fitness testing will be offered twice per school year to all students.	Physical Ed Teachers	Ongoing throughout the year	Yearly review of Physical Ed lesson plans.	Yes	3/28/18
Physical Activity							
	Recess time	Elementary students will receive at least 20 minutes of recess time on a daily basis.	Principals/ Teachers	Ongoing throughout the year	Yearly review of class schedules.	Yes	3/28/18
	Physical activity breaks in classes	Students will receive short activity breaks (3-5 min in length).	Principals/ Teachers	Ongoing throughout the year	Yearly review of class schedules.	Yes	3/28/18

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	Safe Routes to school	Encourage walking/biking to school.	Principals/ Teachers	Ongoing throughout the year	Yearly review of crossing guard schedules.	Yes	3/28/18
Other School Based Wellness Activities							
	Literacy Night	The district will provide a yearly literacy night. Families will be invited to participate in a nutrition literacy component which may include nutrition education and taste testing.	School Nutrition Director	Yearly	Yearly review of literacy night agenda.	Yes	3/28/18
Public Notification Inform and update public about content, implementation, and compliance							
	Website and newsletters	An annual report will be posted on the district website in June. Households will be notified of the availability of the annual report through the fall school district newsletters and the school district website.	Student Wellness Committee	Yearly	Yearly review of school district newsletters and of the district website.	No	3/28/18
	Report to school board	An annual report will be presented to the school board in June.	School Nutrition Director	Yearly	Yearly review of board meeting agenda.	No	3/28/18
Implementation and Monitoring							
	Assess and evaluate compliance	The student wellness committee will meet at least 2 times per year to assess and evaluate compliance. The wellness policy will be updated as indicated at least every 3 years.	All members of student wellness committee.	Yearly	Yearly review of meeting attendance sheets and meeting agendas.	Yes	3/28/18