

Student Wellness Policy Evaluation

1. Students receive nutrition education through the Dairy Council curriculum, and Offer vs Serve Meal components. All classes completed these activities. Students participate in a variety of Physical Education skills, dance, exercises, games, and sports. Each class receives a minimum of 200 minutes for P. E. every two weeks. Health curriculum is covered in Family Life and Sex Education lessons for grades 5-8.
2. Each grade has 200 minutes or more of P. E. every two weeks.
3. Columbine doesn't have any ongoing P.E. Exemptions but does have students on doctor's exemptions from time to time.
4. 2014/15 Test results - 5th grade 100% of the students were in the healthy zone for strength in abdominal, trunk extension, and upper body. 72% and 84% scored well in aerobic and flexibility categories. Their worst statistic is that 24% need improvement in body composition. 25% of the 7th grades need improvement in aerobic capacity, body composition, and abdominal strength. Trunk extension, upper body strength, and flexibility scored healthy for 100%, 90%, and 90% respectively. These are excellent scores. Overall Columbine has the vast majority of its 5th and 7th graders doing well on the test.
5. This category one will be updated for our March 21, 2017 review. We were told by reviewers to wait in 2015/16 due to all of the changes.
6. 74% of the students are eating a cafeteria lunch from August 10 thru November 26, 2016. This is good participation.
7. Columbine only sells water outside of its Cafeteria Program.
8. Feedback says that there has been improvement in our lunches.
9. Parents are receiving healthy eating tips through Home and School Connections.
10. Students are provided opportunity to participate in P. E. activities at recess. Examples are soccer, basketball, catch for football and softball, hop scotch, tetherball, volleyball, four – square, and jump rope. Our school track meet and sports league are examples of extra student P. E. activity.

The District encouraged all of the stakeholders to participate in the process.

The board adopted goals for nutrition, physical activity, and other activities.

The Nutrition materials are appropriate and follow the proper guidelines.

Columbine doesn't advertise non-nutritious foods and beverages.

The policy and health information is provided for parents.

Water is accessible in the eating area.

Columbine doesn't sell foods outside of the lunch program – only water.

Columbine encourages nutritional snacks for class parties. However, the snacks usually lack nutritional value.

Columbine assesses the implementation and effectiveness of its policy.

The board established measurement indicators.

Feedback on the wellness activities was invited.

1. Columbine is in compliance with its School Wellness Policy.
2. The program did a good job of meeting its Goals. We need to look for ways to increase student participation in the lunch program.
3. Columbine's Policy compares well with model policies. These policies all

include specific goals, standards for food and beverages sold, coverage of disallowed marketing and advertisement, public involvement in updates, leadership, and evaluation, posting, and person responsible for compliance with the policy.

Columbine only sells a nutritious lunch. We don't provide a breakfast like many of the model programs. We emphasize physical activity but oppose having students ride and walk to school. Very few students live within riding or walking distance. Also it would be very dangerous on our country roads.

Students can play sports and games before and after school and at both recesses. We differ from model policies by having students work and serve detention at recesses. There is still plenty of time for them to exercise.

We also vary from the model plan because we advertise or promote nutrition mainly in the cafeteria. The Fire Marshall doesn't even allow our teachers to put up enough posters and materials in their rooms to serve their academic needs.

School staff is encouraged to support healthy nutrition and physical activity behaviors.

The school provides Home to School Connections to families help them practice life-long healthy habits.

Columbine continues to monitor the policy and provide goals and objectives. The Superintendent leads this process.

Columbine's Safety and School Site Council committees serve as its Wellness Plan and Policy channels. The groups meet 3-5 times a year which is in line with the model recommendation of 4.

Columbine will continue a 3 year cycle on its Wellness plan which is recommended by model programs.

Columbine provides notices about its Wellness Policy but it isn't every year. We will start doing this annually.

Columbine gets all of the key players involved in the Wellness process.

Columbine counts its P.E. minutes required by state law – 200 minutes every 10 school days and not the model program's 60 minutes a day. All classes meet our requirement.

P.E. Classes follow the state standards for their grade level.

Columbine is an elementary school so we don't provide an actual health course.

Columbine exceeds the 20 minute recess requirement of the model programs.

Columbine doesn't require classroom physical activity breaks as the model program does.

Active movement is used in the classroom when it is appropriate – examples are actively moving to the directions and kindergarten activities.

Columbine's Safety committee identifies and disseminates wellness resources and promotes health- like model wellness subcommittee.

Most of our training for staff covers Offer vs Serve and other cafeteria informationsuch as calorie requirements.