

# 2023 Wellness Policy Report

Pullman School District



## Our Wellness Goals

We met these goals:

- All middle schoolers are receiving Nutrition Education!
- All Health and Fitness teachers are endorsed to teach health and fitness!
- Local foods are served at lunch!
- Kids have opportunities to be active before and after school!
- Physical education promotes and teaches lifelong behaviors!

We are still working on these:

- Nutrition education for all students!
- Reducing food based celebrations!
- Reducing food based rewards!
- Increasing agriculture and food system education opportunities!
- Increasing staff health and wellness!
- Increasing physical activity opportunities in class!

**District Wellness Committee**  
Always Recruiting!  
Everyone is welcome.

- ✓ Meets 3 times a school year about school health & safety
- ✓ Led by Joseph Thornton, Director of Operations
- ✓ Designates a district and school official to ensure that schools use the wellness policy

**Current members include: Parents, Teachers, Students, Administration, Nutrition Services representatives, School health professionals, School board members, Community partners, and General public.**

**At least once every three years, the district will evaluate its compliance with the wellness policy.**

Our District Wellness Policies

- The district will follow the USDA meal patterns for the National School Lunch Program and School Breakfast Program.
- All foods and beverages sold to students on campus during the school day (e.g., vending machines, DECA school stores, bake sales, and other school fundraisers) must meet USDA Smart Snacks standards.
- All foods offered on school campus will meet or exceed USDA Smart Snacks standards including: Foods brought for parties, celebrations, rewards, incentives, and class snacks.

- Update School Snack List to meet USDA Smart Snack Standards.
- Ensure all foods served and sold during school hours meet Smart Snack Standards.
- Update Nutrition Services website to expand Nutrition Education and meal pattern information.
- Communicate changes to snack list with school staff and parents via emails, newsletter features, and website.
- Create user friendly wellness plan to communicate with stakeholders
- Use WellStat data to direct work of the Wellness Committee.

Planning, Tracking, & Sharing

**This institution is an equal opportunity provider.**