

REVIEW AND ASSESSMENT OF MASON COUNTY EASTERN SCHOOL'S LOCAL
WELLNESS POLICY.

JUNE 2017

UPON REVIEW OF THE CURRENT WELLNESS POLICY, IT HAS BEEN DETERMINED THAT MASON COUNTY EASTERN SCHOOL IS IN COMPLIANCE WITH OUR SET STANDARDS AND GOALS.

IT HAS ALSO BEEN DETERMINED THAT OUR LOCAL WELLNESS POLICY FOLLOWS THE FRAMEWORK AND GUIDELINES FOR WRITTEN WELLNESS POLICIES OF THE USDA FOOD AND NUTRITION SERVICE AND COMPLIES WITH THE REQUIREMENTS OF THE FINAL RULE TO BE IMPLEMENTED BY June 30, 2017.

PROGRESS HAS BEEN MADE IN ATTAINING THE GOALS OF OUR WELLNESS POLICY;
SOME SPECIFIC EXAMPLES ARE AS FOLLOWS:

HAVING A "WALK FOR FUNDS" EVENT AS OUR MAIN ELEMENTARY FUND RAISER.
PARTICIPATING IN A LOCAL COMMUNITY WIDE FIT CLUB. STUDENTS ARE INVITED AND ENCOURAGED TO JOIN; PHYSICAL ACTIVITY GOALS ARE SET AND REWARDED WHEN ACCOMPLISHED.

A PROGRAM CALLED WIN WITH WELLNESS WHERE SPEAKERS COME AND DO PRESENTATIONS FOR OUR STUDENTS ON HEALTHY EATING AND PHYSICAL EXERCISE.

MOBILE DENTIST.

NON FOOD REWARDS ARE GIVEN AS GOOD BEHAVIOR REWARDS, SUCH AS STUDENT READING ANNOUNCEMENTS, GETTING TO USE THE PRINCIPAL'S CHAIR FOR THE DAY, WINNING A DANCE PARTY FOR 30 MINUTES ON FRIDAY, FREE PLAY

TIME WITH A TEACHER, AND OTHER DONATED PRIZES SUCH AS BOOKS, T-SHIRTS, GAMES, WATCHING A VIDEO WITH THEIR LUNCH, ETC.

COLORING CONTESTS WERE DONE TO PROMOTE SCHOOL BREAKFAST WITH WINNERS RECEIVING A FREE HEALTHY BREAKFAST SMOOTHIE.

STAYING IN COMPLIANCE WITH NO MORE THAN TWO EXEMPT FOOD SALES PER BUILDING PER WEEK.

AFTER SCHOOL SNACK PROGRAM HAS BEEN IMPLEMENTED SERVING HEALTHY SNACKS TO ALL STUDENTS FREE OF CHARGE WHO STAYS AFTER SCHOOL FOR ENRICHMENT/EDUCATION /PHYSICAL ACTIVITIES.

RECESS BEFORE LUNCH FOR GRADES K-2.