Idaho 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	Cottonwood School District #242	District Number	242	Date of Evaluation	01/19/2026
School Name	Cottonwood School District #242	Most recent review by Wellness Committee			01/23/2025

Click All Grades: PK [ ] K [x] 1 [x] 2 [x] 3 [x] 4 [x] 5 [x] 6 [x] 7 [x] 8 [x] 9 [x] 10 [x] 11 [x] ### [x]

Yes	No	I. Public Involvement
x		**We invite the following to participate in the development, implementation, & evaluation of our wellness policy:**

- [x] Administrators
- [x] School Food Service Staff
- [x] P.E. Teachers
- [x] Parents
- [x] School Board Members
- [x] School Health Professionals
- [x] Students
- [x] Public

x		**We have a designee with the authority/responsibility to ensure each school complies with the wellness policy.**

Name: Jon Rehder Title: Superintendent

x		**We make our wellness policy and updates available to the public annually.**

Please describe: Posted on our distrtict website at sd242.org under both district policies and food service tabs

x		**We share the results of wellness policy implementation and progress toward our policy goals with the public.**

Please describe: Posted on our distrtict website at sd242.org under both district policies and food service tabs

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

Yes	No	II. Nutrition Education
x		***The wellness policy includes specific / measurable goals for nutrition education using evidence-based strategies.***
x		We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, language arts).
x		We offer nutrition education to students in: [x] Elementary School [x] Middle School [x] High School

Yes	No	III. Nutrition Promotion
x		***The wellness policy includes specific/measurable goals for nutrition promotion using evidence-based strategies.***
x		We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
x		We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement various techniques.
x		We place fruits/vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
x		We ensure students have access to hand-washing facilities prior to meals.
x		We annually evaluate how to market and promote our school meal program(s).
	x	We regularly share school meal nutrition information (e.g. calorie, fat, & sodium content) with students and families.
	x	We offer taste testing or menu planning opportunities to our students.
x		We participate in Farm to School activities and/or have a school garden.
x		We advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, cafeteria).
	x	We price nutritious foods and beverages lower than less nutritious foods and beverages.
	x	We offer fruit and/or vegetables in: [ ] Vending Machines [ ] School Stores [ ] Snack Bars [ ] À La Carte
x		We utilize student feedback to improve the quality of the school meal programs.
x		We provide teachers with samples of non-food reward options.
	x	We prohibit the use of food and beverages as a reward.
	x	We do not sell less healthy foods and beverages.
x		We provide training to staff on the importance of modeling healthy eating behaviors.

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Yes	No	IV. Nutrition Guidelines
x		***The wellness policy includes written nutrition guidelines for all foods/drink available during the school day.***
x		***We follow Federal nutrition regulations for all food/drink available for sale on campus during the school day.***
x		***We follow the district's written nutrition standards for non-sold foods/drink available on campus during school.***
x		We run the School Breakfast program: [x] Before School [ ] In the Classroom [ ] Grab & Go [ ] Second Chance
x		Our Food Service Staff attends professional development opportunities (e.g. program administration, nutrition, safety).
x		We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including:
		[x] as À La Carte Offerings [ ] in School Stores [x] in Vending Machines [ ] as Fundraisers (not exemptions)

Yes	No	V. Policy for Food and Beverage Marketing
x		***The wellness policy permits marketing of only those foods/beverages that meet the competitive food requirements.***
		Food and beverage marketing meets Smart Snack standards, including the following advertising avenues:
		[x] Signage [ ] Scoreboards [ ] School Stores [ ] Cups [x] Vending Machines [ ] Food Service Equip.

Yes	No	VI. Physical Activity		
x		***The wellness policy includes specific/measurable goals for physical activity using evidence-based strategies.***		
x		We provide physical education for elementary students on a weekly basis.	# of Min/Wk.	120
x		We provide physical education for middle school students during a term or semester.	# of Min/Wk.	120
x		We require physical education classes for graduation (high schools only).	# Credits to graduate	1
x		We provide recess for elementary students on a daily basis.	# of Min/day	60
x		We provide opportunities for physical activity integrated throughout the day (e.g. classroom energizers, CSPAP).		
	x	We prohibit staff and teachers from keeping kids in from recess for punitive reasons.		
x		Teachers are allowed to offer physical activity as a reward for students.		
x		We offer physical activity before/after school. [x] Competitive sports [x] Non-competitive sports [x] Other clubs		

Yes	No	VII. Other School Based Wellness Activity
x		***The wellness policy includes specific/ measurable goals for other school-based wellness activities.***
x		We provide annual training to all staff on: [x] Nutrition [x] Physical Activity
	x	We have a staff wellness program.
x		We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
x		We have programs to support total wellness (e.g. drug prevention, mental health, social, emotional health programs).
	x	We have a recycling / environmental stewardship program.
	x	We have a recognition / reward program for students who exhibit healthy behaviors.
x		We provide case management for students with chronic health conditions.
x		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.

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	Jon Rehder	Position/Title	Superintendent
Email	rehderj@sd242.org	Phone number	208-962-3971