Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

| LEA/Di | strict N | Name Reviewer | | |
|---|------------|---|--|--|
| School Name Date | | | | |
| Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12 12 | | | | |
| Vaa | Na | L Dublie Invelvement | | |
| Yes | No | I. Public Involvement We encourage the following to participate in the development, implementation, and evaluation of our wellness policy: | | |
| O | 0 | We encourage the following to participate in the development, implementation, and evaluation of our wellness policy: Administrators School Food Service Staff P.E. Teachers Parents | | |
| | | School Board Members School Health Professionals Students Public | | |
| | | We have a designee in charge of compliance. | | |
| | | | | |
| | | Name/Title: | | |
| \circ | \bigcirc | We make our policy available to the public. | | |
| | | Please describe: | | |
| \circ | 0 | We measure the implementation of our policy goals and communicate results to the public. | | |
| | | Please describe: | | |
| 0 | 0 | Our district reviews the wellness policy at least annually. | | |
| Voc | Na | | | |
| Yes | No | II. Nutrition Education | | |
| | 0 | Our district's written wellness policy includes measurable goals for nutrition education. | | |
| | 0 | We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc). | | |
| 0 | 0 | We offer nutrition education to students in: | | |
| Yes | No | III. Nutrition Promotion | | |
| 0 | 0 | Our district's written wellness policy includes measurable goals for nutrition promotion. | | |
| 0 | | We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc. | | |
| 0 | 0 | We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them. | | |
| 0 | | We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line). | | |
| 0 | 0 | We ensure students have access to hand-washing facilities prior to meals. | | |
| 0 | 0 | We annually evaluate how to market and promote our school meal program(s). | | |
| 0 | 0 | We regularly share school meal nutrition, calorie, and sodium content information with students and families. | | |
| 0 | 0 | We offer taste testing or menu planning opportunities to our students. | | |
| 0 | 0 | We participate in Farm to School activities and/or have a school garden. | | |
| 0 | 0 | We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc). | | |
| 0 | 0 | We price nutritious foods and beverages lower than less nutritious foods and beverages. | | |
| 0 | 0 | We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars a La Carte | | |
| 0 | 0 | We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc. | | |
| 0 | 0 | We provide teachers with samples of alternative reward options other than food or beverages. | | |
| \circ | \circ | We prohibit the use of food and beverages as a reward. | | |

| Yes | No | IV. Nutrition Guidelines (Cont. from page 1) | | |
|--|------------|--|--|--|
| \circ | \circ | Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals. | | |
| 0 | 0 | We operate the School Breakfast program: Before School In the Classroom Grab & Go | | |
| \circ | \circ | We follow all nutrition regulations for the National School Lunch Program (NSLP). | | |
| 0 | 0 | We operate an Afterschool Snack Program. | | |
| \circ | \circ | We operate the Fresh Fruit and Vegetable Program. | | |
| \circ | 0 | We have a Certified Food Handler as our Food Service Manager. | | |
| \circ | \circ | We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: | | |
| | | as à La Carte Offerings in School Stores in Vending Machines as Fundraisers | | |
| Yes | No | V. Physical Activity | | |
| \circ | \bigcirc | Our district's written wellness policy includes measurable goals for physical activity. | | |
| 0 | 0 | We provide physical education for elementary students on a weekly basis. | | |
| \bigcirc | \bigcirc | We provide physical education for middle school during a term or semester. | | |
| 0 | 0 | We require physical education classes for graduation (high schools only). | | |
| \bigcirc | \bigcirc | We provide recess for elementary students on a daily basis. | | |
| 0 | 0 | We provide opportunities for physical activity integrated throughout the day. | | |
| \bigcirc | \bigcirc | We prohibit staff and teachers from keeping kids in from recess for punitive reasons. | | |
| \circ | 0 | Teachers are allowed to offer physical activity as a reward for students. | | |
| \bigcirc | \bigcirc | We offer before or after school physical activity: $\ \square$ Competitive sports $\ \square$ Non-competitive sports $\ \square$ Other clubs | | |
| Yes | No | VI. Other School Based Wellness Activities | | |
| \circ | \circ | Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness. | | |
| 0 | 0 | We provide training to staff on the importance of modeling healthy behaviors. | | |
| \circ | \circ | We provide annual training to all staff on: Nutrition Physical Activity | | |
| 0 | 0 | We have a staff wellness program. | | |
| \circ | 0 | We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff) . | | |
| 0 | 0 | We actively promote walk or bike to school for students with Safe Routes to School or other related programs. | | |
| 0 | 0 | We have a recycling /environmental stewardship program. | | |
| 0 | 0 | We have a recognition /reward program for students who exhibit healthy behaviors. | | |
| 0 | 0 | We have community partnerships which support programs, projects, events, or activities. | | |
| VII. F | Progi | ress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy | | |
| | | | | |
| VIII. Contact Information: | | | | |
| For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator. | | | | |
| Name | | Position/Title | | |
| Email | | Phone | | |