

STUDENT WELLNESS PROGRAM
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/District Name: _____ Reviewer: _____

School Name: _____ Date: _____

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

Yes No I. Public Involvement

- implementation and evaluation of our wellness policy:

School Service Staff	P.E. Teachers	School Board Members	School	<input type="checkbox"/> Parents
Health Professionals	Students			<input type="checkbox"/> Public
- We have a designee in charge of compliance.
Name/Title: _____
- We make our policy available to the public.
Please describe: _____
- We measure the implementation of our policy goals and communicate results to the public.
Please describe: _____
- Our District reviews the wellness policy at least annually.

Yes No II. Nutrition Education

- Our District's written wellness policy includes measurable goals for nutrition education.
- We offer standards-based nutrition education in a variety of subjects (e.g. science, health, math, etc.).
- We offer nutrition education to students in: Elementary School Middle School High School.

- | <u>Yes</u> | <u>No</u> | <u>III. Nutrition Promotion</u> |
|-----------------------|-----------------------|--|
| <input type="radio"/> | <input type="radio"/> | Our District’s written wellness policy includes measurable goals for nutrition promotion. |
| <input type="radio"/> | <input type="radio"/> | We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc. |
| <input type="radio"/> | <input type="radio"/> | We have reviewed <i>Smarter Lunchroom</i> techniques and evaluated our ability to implement some of them. |
| <input type="radio"/> | <input type="radio"/> | We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line). |
| <input type="radio"/> | <input type="radio"/> | We ensure students have access to hand-washing facilities prior to meals. |
| <input type="radio"/> | <input type="radio"/> | We annually evaluate how to market and promote our school meal program(s). |
| <input type="radio"/> | <input type="radio"/> | We regularly share school meal nutrition, calorie and sodium content information with students and families. |
| <input type="radio"/> | <input type="radio"/> | We offer taste testing or menu planning opportunities to our students. |
| <input type="radio"/> | <input type="radio"/> | We participate in Farm to School activities and/or have a school garden. |
| <input type="radio"/> | <input type="radio"/> | We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc.). |
| <input type="radio"/> | <input type="radio"/> | We price nutritious foods and beverages lower than less nutritious foods and beverages. |
| <input type="radio"/> | <input type="radio"/> | We offer fruits or non-fried vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores
<input type="checkbox"/> Snack Bars <input type="checkbox"/> a La Carte. |
| <input type="radio"/> | <input type="radio"/> | We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc. |
| <input type="radio"/> | <input type="radio"/> | We provide teachers with samples of alternative reward options other than food or beverages. |
| <input type="radio"/> | <input type="radio"/> | We prohibit the use of food and beverages as a reward. |

- | <u>Yes</u> | <u>No</u> | <u>IV. Nutrition Guidelines</u> |
|-----------------------|-----------------------|--|
| <input type="radio"/> | <input type="radio"/> | Our District’s written wellness policy addresses nutrition standards for USDA reimbursable meals. |
| <input type="radio"/> | <input type="radio"/> | We operate the School Breakfast program: <input type="checkbox"/> Before School <input type="checkbox"/> In the Classroom
<input type="checkbox"/> Grab & Go. |

- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including: as a La Carte Offerings in School Stores in Vending Machines as Fundraisers.

Yes No V. Physical Activity

- Our District's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before- or after-school physical activity: Competitive Sports Non-competitive sports Other clubs.

Yes No VI. Other School-Based Wellness Activities

- Our District's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on: Nutrition Physical Activity.
- We have a staff wellness program.

- We have District staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have recycling/environmental stewardship program.
- We have a recognition/reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events or activities.

VII. Progress 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: _____

This institution is an equal opportunity provider.