



VUSD Wellness Policy- Assessment Checklist

Principal/Wellness Committee Member: _____ **Date:** _____

| Nutritional Services: | Always | Often | Sometimes | Never | Not Sure | N/A |
|---|---------------|--------------|------------------|--------------|-----------------|------------|
| 1. The Wellness Policy has been distributed to all staff, students and parents | | | | | | |
| 2. Free, fresh drinking water is provided for our students during meal times in food service areas at all schools | | | | | | |
| 3. Students are discouraged from sharing their foods or beverages with one another during meal and snack times | | | | | | |
| 4. Foods and beverages sold in student stores or by student organization meet state and federal standards as outlined in the Wellness Policy | | | | | | |
| 5. Healthy fundraising activities are encouraged by disseminating a list of healthy ideas to teachers, staff, and parents | | | | | | |
| 6. Healthy classroom celebrations are encouraged by disseminating a list of healthy alternatives to teachers, staff, and parents. | | | | | | |
| 7. No more than one celebration per quarter occurs in each classroom on our campus | | | | | | |
| 8. Foods and beverages, especially those that do not meet nutrition standards, are used on a limited basis as rewards for academic performance or good behavior. Foods and/or beverages are not withheld as a punishment. | | | | | | |
| 9. Marketing materials displayed on our school campus promote only healthy foods and beverages that meet the nutrition guidelines found in the Wellness Policy | | | | | | |
| 10. Nutrition education and promotion is offered at each grade level as part of a sequential, comprehensive, standards-based program | | | | | | |

| Health Education/ Physical Education: | Always | Often | Sometimes | Never | Not Sure | N/A |
|---|---------------|--------------|------------------|--------------|-----------------|------------|
| 1. Implementation and development of comprehensive health curriculum that includes age-appropriate objectives and topics | | | | | | |
| 2. Emphasis on health knowledge, attitude, skills and behaviors that promote physical, mental , emotional and social health | | | | | | |

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|--|--------|-------|-----------|-------|----------|-----|
| 3. Participation in physical education classes promotes strength, endurance and flexibility | | | | | | |
| 4. Emphasis of the physical education program is part of a healthy lifestyle | | | | | | |
| Health Services: | Always | Often | Sometimes | Never | Not Sure | N/A |
| 1. There is ongoing monitoring, surveillance and reporting of student communicable disease | | | | | | |
| 2. Student immunization records are managed and updated as required by the local health department | | | | | | |
| 3. Student health screenings are provided and managed appropriately by the school nurse (Vision, hearing, scoliosis, oral health, physicals) | | | | | | |
| 4. Student health information is kept confidential, recorded and maintained | | | | | | |
| 5. Emergency care and general 1 st aid is appropriately provided | | | | | | |
| 6. Student illness and health assessment is appropriately managed | | | | | | |
| 7. Case management is provided for continuity of care for students with special health care needs | | | | | | |
| 8. Staff is provided with health care procedure training, such as CPR, 1 st aid, and case specific training as needed | | | | | | |
| 9. Collaboration with community organizations provides enhanced provision of health care services | | | | | | |
| 10. The school health office has the necessary health equipment and supplies | | | | | | |
| 11. Promotion of health education programs and materials are available (hand washing, illness prevention, healthy weight management skills, etc.) | | | | | | |
| Counseling and Support Services: | Always | Often | Sometimes | Never | Not Sure | N/A |
| 1. Counseling is available for consultation, individual needs basis and or support groups | | | | | | |
| 2. Encourages problem solving, life skills, self control and coping skills | | | | | | |
| 3. Establishes individualized multidisciplinary health/education plans, IEPs/healthcare plans for all students with special needs that may interfere with optimal learning | | | | | | |

| Healthy School Environment: | Always | Often | Sometimes | Never | Not Sure | N/A |
|---|---------------|--------------|------------------|--------------|-----------------|------------|
| 1. Safe School Plans are completed annually | | | | | | |
| 2. Staff and students have an awareness and practice emergency drills | | | | | | |
| 3. Emergency communication systems are maintained | | | | | | |
| 4. There is communication and coordination of systems with local emergency response agencies | | | | | | |
| 5. There is a single point school access during the school day | | | | | | |
| 6. Safe School climate interventions are in place (anti-bullying programs, hotline reporting systems) | | | | | | |
| Health Promotion for Staff: | Always | Often | Sometimes | Never | Not Sure | N/A |
| 1. Offers free Employee Assistance Program for all employees by providing confidential assistance on issues affecting an employee's work, health, and personal life | | | | | | |
| 2. Provides current health related information to increase awareness of self health (online articles, websites, pamphlets) | | | | | | |
| 3. Offers and encourages preventative health measures and interventions, such as flu vaccine for employees and their dependents | | | | | | |
| Family/Community Involvement: | Always | Often | Sometimes | Never | Not Sure | N/A |
| 1. Integrates the school health program into the community by forming partnerships with students, families, staff and local agencies | | | | | | |
| 2. Creates and implements programs that meet the school community needs (school site councils, wellness committees, PIQUE, Smart Schools etc) | | | | | | |

Comments: