



About the Local Wellness Policy Activity and Assessment Tool

Local Educational Agencies (LEAs) are required to have a written local wellness policy (LWP), and at least once every three years, they must assess the implementation of what is written in the policy. Some written components can be easily assessed by asking the question, "Did we do this?" while others are more difficult to measure. ADE recommends using this tool to document the exact actions you expect to be completed and determine if your LEA is doing what is written in the policy.

School Name: Vista High School

HOW TO COMPLETE THIS ASSESSMENT
 Only complete the columns for the *current* year, but save for future years.
 ✓ Check "working on this" if your school staff meets about, makes plans, or otherwise takes steps to try to meet this goal.
 ✓ Check "successfully completed" if your school fully implements this goal.

I. WELLNESS GOALS

GOAL: NUTRITION PROMOTION <i>Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.</i>	2021 – 2022		2022 – 2023		2023 – 2024	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
Encourages participation in meal programs (School Breakfast, National School Lunch, Afterschool Care Snack, etc.).	<input type="checkbox"/>	<input checked="" type="checkbox"/>	X	X		✓ <i>cm</i>
School meal program menus are posted on the district or school website.	<input type="checkbox"/>	<input checked="" type="checkbox"/>				✓ <i>cm</i>
Menus include nutrient content.	<input type="checkbox"/>	<input checked="" type="checkbox"/>				✓ <i>cm</i>
Participation in meal programs is promoted to families.	<input type="checkbox"/>	<input checked="" type="checkbox"/>				✓ <i>cm</i>
GOAL: NUTRITION EDUCATION <i>Nutrition education teaches behavior-focused skills and may be offered as part of a comprehensive, standards-based program to provide students with the knowledge and skills needed to safeguard health and make positive choices, or nutrition education can be offered as sequential individual lessons throughout the school year.</i>	2021 – 2022		2022 – 2023		2023 – 2024	
<i>Nutrition education is taught in the following grades:</i>						
<input checked="" type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <i>All grades 234 cm</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	X	X		
Nutrition education is taught through other subjects like math, science, language arts, social sciences and electives.	<input checked="" type="checkbox"/>	<input type="checkbox"/>				✓ <i>cm</i>
Health education teachers provide opportunities for students to practice or rehearse the skills taught through the health education curricula.	<input type="checkbox"/>	<input checked="" type="checkbox"/>				✓ <i>cm</i> ^{O/E} <i>classes</i>
Teachers and other staff receive training in nutrition education.	<input checked="" type="checkbox"/>	<input type="checkbox"/>				✓ <i>cm</i>
Media literacy is taught with an emphasis on food and beverage marketing.	<input checked="" type="checkbox"/>	<input type="checkbox"/>				✓ <i>cm</i>

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<p>Nutrition education is included in health education lessons or physical education and the following topics are covered (<i>best practice is to choose a minimum of 12 topics</i>):</p>							
<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Relationship between healthy eating and personal health and disease prevention <input type="checkbox"/> Food guidance from MyPlate <input checked="" type="checkbox"/> Reading and using the FDA's nutrition fact labels <input type="checkbox"/> Eating a variety of foods every day <input checked="" type="checkbox"/> Balancing food intake and physical activity <input type="checkbox"/> Eating more fruits and vegetables and whole grain products <input type="checkbox"/> Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat <input checked="" type="checkbox"/> Choosing foods and beverages with little added sugar <input type="checkbox"/> Eating more calcium rich foods <input type="checkbox"/> Preparing healthy meals and snacks <input type="checkbox"/> Risks of unhealthy weight control practices <input checked="" type="checkbox"/> Accepting body size difference 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Food safety <input checked="" type="checkbox"/> Importance of water consumption <input checked="" type="checkbox"/> Importance of eating breakfast <input type="checkbox"/> Making healthy choices when eating at restaurants <input type="checkbox"/> Eating disorders <input type="checkbox"/> The Dietary Guidelines for Americans <input type="checkbox"/> Reducing sodium intake <input checked="" type="checkbox"/> Social influences on healthy eating, including media, family, press and peers <input checked="" type="checkbox"/> How to find valid information or services related to nutrition and dietary behavior <input type="checkbox"/> How to develop a plan and track progress toward achieving a personal goal to eat healthfully <input type="checkbox"/> Resisting peer pressure related to unhealthy dietary behavior <input type="checkbox"/> Influencing, supporting, or advocating for others' healthy dietary behavior 	<input checked="" type="checkbox"/>	<input type="checkbox"/>	_____			✓ CAN

GOAL: PHYSICAL ACTIVITY	2021 – 2022		2022 – 2023		2023 – 2024	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
<p><i>Regular physical activity in childhood and adolescence is important for physical and socioemotional health. Incorporating regular physical activity in your school(s) is an important contributor to student wellness.</i></p>						
<p><i>Physical Activity</i></p>						
<p>Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) is not used or withheld as punishment for any reason.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	_____			✓ CAN
<p>The district provides teachers and other school staff with a list of ideas for alternative ways to discipline students.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	_____			✓ CAN
<p>To the extent practicable, schools ensure that their grounds and facilities are safe and that equipment is available to all students to be active.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	_____			✓ CAN
<p>Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces are open to students, their families, and the community outside of school hours.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	_____			N/A
<p>School ensures that inventories of physical activity supplies and equipment are known and, when necessary, work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	_____			✓ CAN
<p><i>Before and After School Activities</i></p>						
<p>Students have opportunities to participate in physical activity before school.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	_____			N/A
<p>Students have opportunities to participate in physical activity after school.</p>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	_____			✓ CAN

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garden club
Med. ASSIST

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Physical Education

In Arizona, LEAs are recommended to review the [Arizona PE Standards](#). Arizona does not have PE requirement, but the national recommendation for PE is 225 minutes per week at the secondary level (middle school and high school level).

<p>Secondary students (grades 6-12) are (choose one):</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Required to take one physical education credit total <input type="checkbox"/> Will take more than one academic year of physical education <input type="checkbox"/> Will take physical education throughout all secondary school years <input type="checkbox"/> Other: 	<input type="checkbox"/>	<input checked="" type="checkbox"/>				NO Freshman @ VISIA N/A on
Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education.	<input type="checkbox"/>	<input checked="" type="checkbox"/>				N/A on
Physical education program promotes student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment).	<input type="checkbox"/>	<input checked="" type="checkbox"/>				N/A
Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.	<input type="checkbox"/>	<input checked="" type="checkbox"/>				N/A
Physical education teachers participate in professional development at least once per year.	<input type="checkbox"/>	<input checked="" type="checkbox"/>				N/A
Physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.	<input type="checkbox"/>	<input checked="" type="checkbox"/>				N/A
Waivers, exemptions, or substitutions for physical education classes are not granted.	<input type="checkbox"/>	<input checked="" type="checkbox"/>				N/A
Physical education may not be substituted for any other class (i.e. dance, marching band, ROTC etc.)	<input checked="" type="checkbox"/>	<input type="checkbox"/>				N/A
Classroom Physical Activity Breaks and Active Academics						
Students are offered periodic opportunities to be physically active or to stretch in the classroom throughout the day on all or most days during a typical school week.	<input type="checkbox"/>	<input checked="" type="checkbox"/>				✓ on
Teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least 3 days per week.	<input type="checkbox"/>	<input checked="" type="checkbox"/>				✓ on
Teachers receive resources, tools, and technology with ideas for classroom physical activity breaks.	<input type="checkbox"/>	<input checked="" type="checkbox"/>				✓ on
Teachers incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible to reduce sedentary behavior during the day.	<input type="checkbox"/>	<input checked="" type="checkbox"/>				✓ on
Teachers serve as role models by being physically active alongside students whenever possible.	<input checked="" type="checkbox"/>	<input type="checkbox"/>				✓ on
Physical Activity Topics in Health Education						
Middle and high school students are required to take and pass at least one health education course.	<input type="checkbox"/>	<input checked="" type="checkbox"/>				✓ on CTE
At least 12 of the following essential topics on physical activity are in the health education curriculum:						
<ul style="list-style-type: none"> <input type="checkbox"/> The physical, physiological, or social benefits of physical activity <input type="checkbox"/> Preventing injury during physical activity <input type="checkbox"/> How physical activity can contribute to a healthy weight <input type="checkbox"/> Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active 	<input checked="" type="checkbox"/>	<input type="checkbox"/>				✓ on E CTE CLASSES

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|---|---|
| <input type="checkbox"/> How physical activity can contribute to the academic learning process | <input type="checkbox"/> How much physical activity is enough, including determining frequency, intensity, time and type of physical activity |
| <input checked="" type="checkbox"/> How an inactive lifestyle contributes to chronic disease <i>LTE & SFS STUDENT</i> | <input type="checkbox"/> Developing an individualized physical activity and fitness plan |
| <input type="checkbox"/> Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition | <input type="checkbox"/> Monitoring progress toward reaching goals in an individualized physical activity plan |
| <input type="checkbox"/> Differences between physical activity, exercise and fitness | <input type="checkbox"/> Dangers of using performance-enhancing drugs such as steroids |
| <input type="checkbox"/> Phases of an exercise session including warm up, workout, and cool down | <input type="checkbox"/> Social influences on physical activity including media, family, peers, and culture |
| <input checked="" type="checkbox"/> Decreasing sedentary activities such as TV watching <i>LTE & SFS STUDENT</i> | <input type="checkbox"/> How to find valid information or services related to physical activity and fitness |
| <input checked="" type="checkbox"/> How to influence, support, or advocate for others to engage in physical activity | <input type="checkbox"/> Overcoming barriers to physical activity |
| <input type="checkbox"/> Opportunities for physical activity in the community | <input type="checkbox"/> How to resist peer pressure that discourages physical activity |

				<i>CTE & SFS STUDENTS</i>	
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Active Transport (best practice is to choose a minimum of 6)

Safe or preferred routes to school are designated.	<input checked="" type="checkbox"/>	<input type="checkbox"/>			
Crosswalks on streets leading to school are used.	<input type="checkbox"/>	<input checked="" type="checkbox"/>			
Secure storage facilities for bicycles and helmet are present on school grounds.	<input type="checkbox"/>	<input checked="" type="checkbox"/>			
Instruction on walking/bicycling safety is provided to students.	<input type="checkbox"/>	<input checked="" type="checkbox"/>			
The number of children walking and/or biking to and from school is documented.	<input checked="" type="checkbox"/>	<input type="checkbox"/>			<i>keep track report</i>
Maps of the school environment (sidewalks, crosswalks, roads, pathways, bike racks) are distributed.	<input checked="" type="checkbox"/>	<input type="checkbox"/>			
Safe routes to school program are promoted to students, staff, parents via newsletters, websites, and local newspaper.	<input checked="" type="checkbox"/>	<input type="checkbox"/>			

GOAL: OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

2021 – 2022		2022 – 2023		2023 – 2024	
working on this	successfully completed	working on this	successfully completed	working on this	successfully completed

School Sponsored Events

School-sponsored events incorporate wellness components including physical activity and healthy eating opportunities.

<input checked="" type="checkbox"/>	<input type="checkbox"/>				
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Relationships with Community Partnerships

Universities/colleges

<input type="checkbox"/>	<input checked="" type="checkbox"/>				
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Local businesses	<input type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	✓
Community Health Promotion and Family Engagement							
The benefits of and approaches to healthy eating and physical activity are promoted to parents/caregivers, families, and the general community throughout the school year (i.e. the school provides information about nutrition and physical activity to parents throughout the year).	<input checked="" type="checkbox"/>	<input type="checkbox"/>					✓
Families are informed and invited to participate in school-sponsored activities and receive information about health promotion efforts.	<input checked="" type="checkbox"/>	<input type="checkbox"/>					✓
Electronic and non-electronic mechanisms are used to ensure that all families are notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.	<input checked="" type="checkbox"/>	<input type="checkbox"/>					✓
Staff Wellness and Health Promotion							
School implements the strategies listed below to support staff in actively promoting and modeling healthy eating and physical activity behaviors.	<input checked="" type="checkbox"/>	<input type="checkbox"/>					✓
School has a healthy meeting policy for all events to optimize healthy food options.	<input checked="" type="checkbox"/>	<input type="checkbox"/>					✓
Other Activities to Promote Wellness							
Each school has a health professional on site for at least half the school day.	<input type="checkbox"/>	<input checked="" type="checkbox"/>					✓

II. DISTRICT POLICIES

In the following sections, check the box for the correct year *if your school currently meets the district wellness policy requirements.*

DISTRICT POLICY: SCHOOL MEALS STANDARDS	2021 – 2022	2022 – 2023	2023 – 2024
	in compliance	in compliance	in compliance
<i>At a minimum, the school meal standards should meet the New Meal Pattern requirements. This section also includes standards for the meal service area, menu composition (use of local produce) and guidelines for water availability during meals.</i>			
National School Lunch Program			
Participates in the National School Lunch Program.	<input checked="" type="checkbox"/>		✓
Lunch meals served meet the new meal pattern requirements including minimum requirements for fruits, vegetables (and subgroups), whole-grain rich foods, meat/meat alternates and 2 varieties of milk.	<input checked="" type="checkbox"/>		✓
Students are served lunch at a reasonable and appropriate time of the day.	<input checked="" type="checkbox"/>		✓
Students have adequate time to eat: <ul style="list-style-type: none"> <input type="checkbox"/> Students have 10 minutes of seated time. <input type="checkbox"/> Students have 20 minutes of seated time. <input checked="" type="checkbox"/> Students have 30 minutes of seated time (ADE best practice). <input type="checkbox"/> Students have ___ minutes of seated time. 	<input checked="" type="checkbox"/>		✓
School Breakfast Program			

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Participates in the School Breakfast Program.	<input checked="" type="checkbox"/>	X	✓ en
Breakfast meals served meet the new meal pattern requirements including minimum requirements for fruits/vegetables, whole-grain rich foods, and 2 varieties of milk.	<input checked="" type="checkbox"/>		✓ en
School provides breakfast via mobile grab and go carts.	<input type="checkbox"/>		✓ en from lobby
School Meal Standards meet the following additional guidelines established by the district:			
Meals are appealing and attractive to students.	<input checked="" type="checkbox"/>		✓ en
Meals are served in clean and pleasant settings.	<input checked="" type="checkbox"/>		✓ en
Fresh fruits and vegetables are served 5 days per week.	<input checked="" type="checkbox"/>		✓ en
School meals are administered by a team of nutrition professionals.	<input checked="" type="checkbox"/>		✓ en
Water			
Free, potable water is available to all students during the meal period.	<input checked="" type="checkbox"/>		unavailable en
Water sources and containers are maintained on a regular basis to ensure good hygiene and health safety standards.	<input checked="" type="checkbox"/>		✓ en
Students are allowed to bring and carry approved water bottles with only water in them throughout the day.	<input checked="" type="checkbox"/>		✓ en

DISTRICT POLICY: COMPETITIVE FOOD AND BEVERAGES (SOLD TO STUDENTS)	2021 – 2022	2022 – 2023	2023 – 2024
<i>Competitive foods and beverages are sold outside of and in competition with federally reimbursable meal programs. At a minimum, LEAs must ensure all foods and beverages sold on campus, during the school day defined as midnight to 30 minutes after the end of the school, meet the USDA Smart Snack guidelines for grades K-12. LEAs can establish additional standards.</i>	in compliance	in compliance	in compliance
Foods and beverages sold outside the school meal programs meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day (midnight to thirty minutes after the end of the school day). This applies to items sold:			
<input type="checkbox"/> A la carte (Snack Bar)	<input checked="" type="checkbox"/>		only at lunch (CA) en
<input type="checkbox"/> In student stores	<input checked="" type="checkbox"/>		N/A
<input type="checkbox"/> In vending machines	<input checked="" type="checkbox"/>		N/A
<input type="checkbox"/> Student or club sponsored sales	<input checked="" type="checkbox"/>		✓ en

DISTRICT POLICY: CELEBRATIONS AND REWARDS	2021 – 2022	2022 – 2023	2023 – 2024

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(FOOD SERVED TO STUDENTS)			
<i>Arizona Nutrition Standards (ANS) state that all food and beverages supplied at school sponsored events to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines. The USDA's Smart Snacks in Schools and ANS guidelines do not apply to foods brought to school in bagged lunches or for activities such as birthday parties, holidays, or other celebrations.</i>	in compliance	in compliance	in compliance
School Sponsored Events			
Foods and beverages served to students in grades 9-12 meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242) .	<input checked="" type="checkbox"/>	X	✓ CAN
Classroom Celebrations/Rewards			
Foods and beverages served to students during classroom celebrations and parties (holidays and birthdays) meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).	<input type="checkbox"/>	X	✓ CAN
Classroom snacks brought in by parents meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).	<input type="checkbox"/>	X	✓ CAN

DISTRICT POLICY: FUNDRAISING	2021 – 2022	2022 – 2023	2023 – 2024
<i>In Arizona, all fundraisers are exempted from the Smart Snacks guidelines when an exemption request form is submitted, per HNS 04-2015. However, no exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service. LEAs have the authority to implement more restrictive fundraising food standards.</i>	in compliance	in compliance	in compliance
The school allows infrequent, exempt fundraisers, where food sold on campus during the school day does not meet Smart Snacks guidelines and complies with the following:			
<input type="checkbox"/> The school adheres to the district's exemption request to ADE for all food-related fundraisers, intended for consumption on school campus during the school day, that do not meet the Smart Snacks guidelines.	<input checked="" type="checkbox"/>	X	✓ CAN
<input type="checkbox"/> An appropriate short duration for exempt fundraisers is defined as: not to exceed one school week or five days.	<input checked="" type="checkbox"/>	X	✓ CAN

DISTRICT POLICY: FOOD AND BEVERAGE MARKETING	2021 – 2022	2022 – 2023	2023 – 2024
<i>Schools that allow marketing of food and beverages to students must include plans and policies that allow the marketing of only those foods and beverages that may be sold on the school campus during the school day (i.e. that meet the USDA's Smart Snacks in Schools) LEAs have the discretion to enact broader policies that address marketing that occurs at events outside of school hours.</i>	in compliance	in compliance	in compliance
All foods and beverages advertised on the school campus during the school day meet or exceed the USDA Smart Snacks In School nutrition guidelines. These guidelines apply to (Check all that apply):			
<input type="checkbox"/> Vending machine exteriors	<input checked="" type="checkbox"/>	X	N/A
<input type="checkbox"/> School equipment such as marquee, message boards, scoreboards, buses, etc.	<input checked="" type="checkbox"/>	X	✓ CAN
<input checked="" type="checkbox"/> Cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment	<input checked="" type="checkbox"/>	X	✓ CAN
<input type="checkbox"/> Posters, book covers, school supply displays, etc.	<input checked="" type="checkbox"/>	X	N/A
<input type="checkbox"/> Advertisements in school publications or mailings	<input checked="" type="checkbox"/>	X	✓ CAN
<input checked="" type="checkbox"/> Free product samples, taste tests, or coupons of a product or free samples displaying advertising of a product	<input checked="" type="checkbox"/>	X	N/A

