



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: Somerston 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

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.

	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 type="checkbox"/>				✓
School meal program menus are posted on the district or school website.	<input type="checkbox"/>	<input type="checkbox"/>				✓
Menus include nutrient content.	<input type="checkbox"/>	<input type="checkbox"/>				✓
Participation in meal programs is promoted to families.	<input type="checkbox"/>	<input type="checkbox"/>				✓

GOAL: NUTRITION EDUCATION

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.

	2021 – 2022		2022 – 2023		2023 – 2024	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
Nutrition education is taught in the following grades: <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12	<input type="checkbox"/>	<input type="checkbox"/>				
Nutrition education is taught through other subjects like math, science, language arts, social sciences and electives.	<input type="checkbox"/>	<input type="checkbox"/>				✓
Health education teachers provide opportunities for students to practice or rehearse the skills taught through the health education curricula.	<input type="checkbox"/>	<input type="checkbox"/>			✓	
Teachers and other staff receive training in nutrition education.	<input type="checkbox"/>	<input type="checkbox"/>				✓
Media literacy is taught with an emphasis on food and beverage marketing.	<input type="checkbox"/>	<input type="checkbox"/>			✓	

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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 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 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 checked="" type="checkbox"/> Risks of unhealthy weight control practices <input checked="" type="checkbox"/> Accepting body size difference <input checked="" type="checkbox"/> Food safety <input checked="" type="checkbox"/> Importance of water consumption <input checked="" type="checkbox"/> Importance of eating breakfast <input checked="" type="checkbox"/> Making healthy choices when eating at restaurants <input checked="" 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 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 checked="" type="checkbox"/> Resisting peer pressure related to unhealthy dietary behavior <input checked="" type="checkbox"/> Influencing, supporting, or advocating for others' healthy dietary behavior 	<input type="checkbox"/>	<input type="checkbox"/>				✓
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GOAL: PHYSICAL ACTIVITY <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>	2021 – 2022		2022 – 2023		2023 – 2024	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
Physical Activity						
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.	<input type="checkbox"/>	<input type="checkbox"/>				✓
The district provides teachers and other school staff with a list of ideas for alternative ways to discipline students.	<input type="checkbox"/>	<input type="checkbox"/>				✓
To the extent practicable, schools ensure that their grounds and facilities are safe and that equipment is available to all students to be active.	✓	<input type="checkbox"/>				✓
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.	<input type="checkbox"/>	<input type="checkbox"/>				✓
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.	<input type="checkbox"/>	<input type="checkbox"/>				✓
Before and After School Activities						
Students have opportunities to participate in physical activity before school.	<input type="checkbox"/>	<input type="checkbox"/>				✓
Students have opportunities to participate in physical activity after school.	<input type="checkbox"/>	<input type="checkbox"/>				✓

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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).

Secondary students (grades 6-12) are (choose one): <input checked="" type="checkbox"/> Required to take one physical education credit total <input checked="" 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 type="checkbox"/>					✓
Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education.	<input type="checkbox"/>	<input type="checkbox"/>					✓
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 type="checkbox"/>					✓
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 type="checkbox"/>					✓
Physical education teachers participate in professional development at least once per year.	<input type="checkbox"/>	<input type="checkbox"/>					✓
Physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.	<input type="checkbox"/>	<input type="checkbox"/>					✓
Waivers, exemptions, or substitutions for physical education classes are not granted.	<input type="checkbox"/>	<input type="checkbox"/>					N/A
Physical education may not be substituted for any other class (i.e. dance, marching band, ROTC etc.)	<input 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 type="checkbox"/>					✓
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 type="checkbox"/>					✓
Teachers receive resources, tools, and technology with ideas for classroom physical activity breaks.	<input type="checkbox"/>	<input type="checkbox"/>					✓
Teachers incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible to reduce sedentary behavior during the day.	<input type="checkbox"/>	<input type="checkbox"/>					✓
Teachers serve as role models by being physically active alongside students whenever possible.	<input type="checkbox"/>	<input type="checkbox"/>					✓
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 type="checkbox"/>					✓
At least 12 of the following essential topics on physical activity are in the health education curriculum: <input checked="" type="checkbox"/> The physical, physiological, or social benefits of physical activity <input checked="" type="checkbox"/> How physical activity can contribute to a healthy weight <input checked="" type="checkbox"/> Preventing injury during physical activity <input checked="" type="checkbox"/> Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active	<input type="checkbox"/>	<input type="checkbox"/>					

School Version of the ADE Local Wellness Policy Activity & Assessment Tool

<ul style="list-style-type: none"> <input checked="" type="checkbox"/> How physical activity can contribute to the academic learning process <input checked="" type="checkbox"/> How an inactive lifestyle contributes to chronic disease <input checked="" type="checkbox"/> Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition <input checked="" type="checkbox"/> Differences between physical activity, exercise and fitness <input checked="" type="checkbox"/> Phases of an exercise session including warm up, workout, and cool down <input checked="" type="checkbox"/> Decreasing sedentary activities such as TV watching <input checked="" type="checkbox"/> How to influence, support, or advocate for others to engage in physical activity <input checked="" type="checkbox"/> Opportunities for physical activity in the community 	<ul style="list-style-type: none"> <input type="checkbox"/> How much physical activity is enough, including determining frequency, intensity, time and type of physical activity <input checked="" type="checkbox"/> Developing an individualized physical activity and fitness plan <input type="checkbox"/> Monitoring progress toward reaching goals in an individualized physical activity plan <input checked="" type="checkbox"/> Dangers of using performance-enhancing drugs such as steroids <input checked="" type="checkbox"/> Social influences on physical activity including media, family, peers, and culture <input type="checkbox"/> How to find valid information or services related to physical activity and fitness <input type="checkbox"/> Overcoming barriers to physical activity <input type="checkbox"/> How to resist peer pressure that discourages physical activity 						✓
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Active Transport (best practice is to choose a minimum of 6)							
Safe or preferred routes to school are designated.	<input type="checkbox"/>	<input type="checkbox"/>				✓	
Crosswalks on streets leading to school are used.	<input type="checkbox"/>	<input type="checkbox"/>				✓	
Secure storage facilities for bicycles and helmet are present on school grounds.	<input type="checkbox"/>	<input type="checkbox"/>				✓	
Instruction on walking/bicycling safety is provided to students.	<input type="checkbox"/>	<input type="checkbox"/>				✓	
The number of children walking and/or biking to and from school is documented.	<input type="checkbox"/>	<input type="checkbox"/>				✓	
Maps of the school environment (sidewalks, crosswalks, roads, pathways, bike racks) are distributed.	<input type="checkbox"/>	<input type="checkbox"/>				✓	
Safe routes to school program are promoted to students, staff, parents via newsletters, websites, and local newspaper.	<input 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
<i>School Sponsored Events</i>						
School-sponsored events incorporate wellness components including physical activity and healthy eating opportunities.	<input type="checkbox"/>	<input type="checkbox"/>				✓
<i>Relationships with Community Partnerships</i>						
Universities/colleges	<input type="checkbox"/>	<input type="checkbox"/>				✓

School Version of the ADE Local Wellness Policy Activity & Assessment Tool

Local businesses	<input type="checkbox"/>	<input 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 type="checkbox"/>	<input type="checkbox"/>				<input checked="" type="checkbox"/>
Families are informed and invited to participate in school-sponsored activities and receive information about health promotion efforts.	<input type="checkbox"/>	<input type="checkbox"/>				<input checked="" 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 type="checkbox"/>	<input type="checkbox"/>				<input checked="" 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 type="checkbox"/>	<input type="checkbox"/>				<input checked="" type="checkbox"/>
School has a healthy meeting policy for all events to optimize healthy food options.	<input type="checkbox"/>	<input type="checkbox"/>				<input checked="" 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 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 <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>	2021 – 2022	2022 – 2023	2023 – 2024
	in compliance	in compliance	in compliance
National School Lunch Program			
Participates in the National School Lunch Program.	<input type="checkbox"/>		<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 type="checkbox"/>		<input checked="" type="checkbox"/>
Students are served lunch at a reasonable and appropriate time of the day.	<input type="checkbox"/>		<input checked="" type="checkbox"/>
Students have adequate time to eat: <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 type="checkbox"/>		<input checked="" type="checkbox"/>
School Breakfast Program			

School Version of the ADE Local Wellness Policy Activity & Assessment Tool

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

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 checked="" type="checkbox"/> A la carte (Snack Bar)	<input type="checkbox"/>		✓
<input type="checkbox"/> In student stores	<input type="checkbox"/>		NA ✓
<input checked="" type="checkbox"/> In vending machines	<input type="checkbox"/>		NA ✓
<input checked="" type="checkbox"/> Student or club sponsored sales	<input type="checkbox"/>		NA ✓

DISTRICT POLICY: CELEBRATIONS AND REWARDS	2021 – 2022	2022 – 2023	2023 – 2024
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School Version of the ADE Local Wellness Policy Activity & Assessment Tool

(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 type="checkbox"/>		✓
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"/>		✓
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"/>		✓

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 checked="" 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 type="checkbox"/>		✓
<input checked="" type="checkbox"/> An appropriate short duration for exempt fundraisers is defined as: not to exceed one school week or five days.	<input type="checkbox"/>		✓

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 type="checkbox"/>		N/A
<input checked="" type="checkbox"/> School equipment such as marquees, message boards, scoreboards, busses, etc.	<input type="checkbox"/>		✓
<input checked="" type="checkbox"/> Cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment	<input type="checkbox"/>		✓
<input type="checkbox"/> Posters, book covers, school supply displays, etc.	<input type="checkbox"/>		N/A
<input type="checkbox"/> Advertisements in school publications or mailings	<input type="checkbox"/>		N/A
<input checked="" type="checkbox"/> Free product samples, taste tests, or coupons of a product or free samples displaying advertising of a product	<input type="checkbox"/>		✓

