

# Wellness Assessment

Southwest Licking School District

School Name \*

- ☐ Etna Elementary
- ☐ Kirkersville Elementary
- ☐ Pataskala Elementary
- ☐ Watkins Intermediate School
- ☐ Watkins Middle School
- ☒ Watkins Memorial High School

1. We encourage the following to participate in the development, implementation, and evaluation of our wellness policy. Check all that apply. \*

- ☒ Administrators
- ☒ Parents
- ☒ Students
- ☒ School Food Service Staff
- ☒ PE Teachers
- ☒ Other School Staff (teachers, aides, etc.)
- ☒ School Health Professionals
- ☒ School Board Members
- ☐ General Public

2. Our wellness policy is made available to the public online at [www.swl.k12.oh.us](http://www.swl.k12.oh.us) \*

☒ Yes

☐ No

3. We measure the implementation and goals of our policy and communicate results of the 3 year assessment to the public online at [www.swl.k12.oh.us](http://www.swl.k12.oh.us) \*

☒ Yes

☐ No

4. At least every 3 years, the wellness committee reviews and makes necessary updates to the wellness policy. \*

☒ Yes

☐ No

## NUTRITION EDUCATION

5. We offer nutrition education within the comprehensive health education curriculum. \*

☒ Yes

☐ No

6. We incorporate nutrition education into other subject areas when applicable. \*

☒ Yes

☐ No

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7. We teach skills for nutrition education that are behavior focused, interactive, and/or participatory. \*

☒ Yes

☐ No

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## PHYSICAL EDUCATION

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8. Our physical education curriculum is aligned with the state standards. \*

☒ Yes

☐ No

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9. We ensure that our physical education promotes a lifelong physically active lifestyle. \*

☒ Yes

☐ No

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10. Physical education is taught by a licensed teacher. \*

☒ Yes

☐ No

11. Physical education teachers are encouraged to participate in annual professional development focused on physical education content area. \*

☒ Yes

☐ No

## PHYSICAL ACTIVITY

12. The outdoor physical activity facilities are available to use to the students, parents, and other community members outside of the normal school's day. \*

☒ Yes

☐ No

13. All elementary students are provided at least 20 minutes of active daily recess. \*

☐ Yes

☐ No

☒ N/A

14. We encourage physical activity breaks throughout the day when necessary and applicable. \*

☒ Yes

☐ No

15. We encourage teachers to offer physical activity as a reward. It may not be used as a form of punishment. \*

☒ Yes

☐ No

## SCHOOL-BASED ACTIVITIES

16. The district offers health & wellness classes to all staff. \*

☒ Yes

☐ No

17. All student lunch periods last at least 20 minutes. \*

☒ Yes

☐ No

18. The district strongly encourages non-food alternatives as rewards. \*

☒ Yes

☐ No

19. We schedule mealtimes so there is minimum disruption by bus schedules and other events. \*

☒ Yes

☐ No

20. Parents are encouraged to send non-food items for birthday treats. \*

☒ Yes

☐ No

## FOOD SERVICE

21. We serve meals that comply with the National School Lunch and Breakfast standards. \*

☒ Yes

☐ No

22. We uphold privacy and eliminate stigma regarding free/reduced meals by using an electronic identification and payment system in the cafeterias.

\*

☒ Yes

☐ No

23. All students may be provided a reimbursable meal, regardless of whether the student has money to pay or owes money.

\*

☒ Yes

☐ No

24. Free/Reduced Meal applications are available online at the District's website. \*

☒ Yes

☐ No

25. Free potable water is available to students during meal times. \*

☒ Yes

☐ No

26. Food Service Staff adheres to the training requirements established in the USDA Professional Standards for Nutrition Programs. \*

☒ Yes

☐ No

27. All food/beverages sold during school hours complies with the USDA Dietary Guidelines and the USDA Smart Snacks in School nutrition standards. \*

☒ Yes

☐ No

28. We prohibit the sales of food/drinks in competition with the meal service of the Food Services Department during the school day. \*

☒ Yes

☐ No

Please indicate the name and job title of the person completing this form. \*

Kristina Holman, Assistant Principal

This form was created inside of Southwest Licking School System.

Google Forms