

School Name:

RIVER VALLEY LOCAL SCHOOLS WELLNESS POLICY ASSESSMENT

Strategy	Current Policy	Strength of Current Policy			Implementation of Current Policy					Notes
		Strong	Weak	No Policy	School Wide	Most Classrooms	A Few Classrooms	In Planning	No Classrooms	
These are the strategies that you will be working to write into policy.	Write any <u>current policy</u> you have for each strategy into the corresponding boxes below. Next you will score the strength and implementation of each policy.	X			X					Opportunities, Barriers, Resources Needed, Rank Policies by Priority, etc.
Provide healthy choices for snacks and celebrations; limit unhealthy choices. LG	Elementary Schools have a policy restricting certain foods from being brought in for class parties. (New in August 2017)	X			X					Will build on this and review at next assessment.
Provide water and low fat milk; limit or eliminate sugary beverages. LG	Already do/ Written in Current Policy	X			X					
Provide non-food rewards. LG	Food based rewards are not common practice(Not specified in policy)			X		X				On agenda for next assessment.
Primarily non-food items should be sold through school fundraising activities. HUSSC	Written in Policy as During School Hours	X				X				Must Enforce Better
Provide opportunities for children to get physical activity every day. LG	Through physical education classes, recess period, and after school activities. Currently Not in Policy			X			X			Written in new Policies to be approved
The school demonstrates a commitment to neither deny nor require physical activity as a means of punishment. HUSSC	Teachers and administration makes every effort to prevent using time reserved for physical activity as a form of punishment for students.		X				X			Need to begin more discussion on this with fact based benefits for the students as our foundation. On agenda for next assessment.

Limit recreational screen time. (School based screen time) LG	Screen time is limited in most cases during time reserved for physical activity.	X							More discussion is needed to determine if this is even a significant issue that needs further spend time on.
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You can utilize this blank template for other Wellness-Related Policies you may be assessing as part of your Wellness Policy efforts.

School Name: _____

Strategy	Current Policy	Strength of Current Policy					Implementation of Current Policy					Notes
		Strong	Weak	No Policy	School Wide	Most Classrooms	A Few Classrooms	In Planning	No Classrooms			
List additional strategies that you will be working to write into policy.	Write any <u>current policy</u> you have for each strategy into the corresponding boxes below. Next you will score the strength and implementation of each policy.		X					X				Opportunities, Barriers, Resources Needed, Rank Policies by Priority, etc.
Mental/ Emotional Wellness				X								High Priority to assess and add action steps toward implementing policies to strengthen the ability to assess and support our RV students and families.
Social/ Cyber Wellness				X				X				High Priority to assess and add action steps toward implementing policies to strengthen the ability to assess and support our RV students and families.