



WUSD - YEAR 3  
Assessment

VP, FFES + HES Reported - WHS did not respond.  
About the Local Wellness Policy Activity and Assessment Tool

Local Wellness Policy Activity and Assessment Tool

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. The District Wellness Committee can use this list of actions to select from when writing goals and policies in the LWP. Note, you should select at least one action from each section; selecting all actions is not required. Some actions are pre-checked because they are requirements of operating the National School Lunch Program. ADE recommends writing each of the selected actions into your LWP. This tool is designed to be an action plan that guides your implementation and assessment of your LWP.

I. WELLNESS GOALS

The LWP must include goals in the areas of Nutrition Promotion, Nutrition Education, Physical Activity, and Other Activities to Promote Student Wellness. For each section, choose the activities you'll implement and determine how many schools will work toward implementing the activities. Then, use the activities selected to write a goal in each area on the *LWP Template*. When monitoring implementation of the LWP at each school, record the number of schools that successfully completed the action(s) selected.

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>	Year 1		Year 2		Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
<input type="checkbox"/> District encourages participation in meal programs as appropriate (School Breakfast, National School Lunch, Afterschool Care Snack, Fresh Fruit and Vegetable Program etc.).						4
<input type="checkbox"/> School meal program menus are posted on the district website or individual school sites.						4
<input type="checkbox"/> Menus include nutrient content and ingredients.						4
<input type="checkbox"/> Participation in meal programs is promoted to families.						4
<input type="checkbox"/> School utilizes promotions or special events to highlight local/regional products.						4

<b>GOAL: PHYSICAL ACTIVITY</b> <i>Physical activity is defined by the Centers for Disease Control and Prevention (CDC) as any bodily movement produced by skeletal muscles that result in energy expenditure. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem and may improve blood pressure and cholesterol levels. Incorporating regular physical activity in your school(s) is an important contributor to student wellness.</i>	Year 1		Year 2		Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
<i>Physical Activity</i>						
<input type="checkbox"/> Physical activity is available for at least <u>30</u> minutes per day for all students.						3
<input type="checkbox"/> 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.					1	2
<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.					1	2
<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.					1	2
<input type="checkbox"/> Schools ensure 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.					2	1
<i>Before and After School Activities</i>						
<input type="checkbox"/> Students have opportunities to participate in physical activity before school.					2	1
<input type="checkbox"/> Students have opportunities to participate in physical activity after school.						3
<i>Physical Education</i>						
<i>In Arizona, LEAs are recommended to review the <a href="#">Arizona PE Standards</a>. Arizona does not have PE requirement, but the national recommendation for PE minutes is 150 per week at the elementary level and 225 minutes per week at the secondary level (middle school and high school level).</i>						2
Elementary students (grades K-5) in each grade receive physical education for at least (choose one): <input checked="" type="checkbox"/> 45 minutes per week <input type="checkbox"/> 60-89 minutes per week <input type="checkbox"/> 90-149 minutes per week <input type="checkbox"/> 150 or more minutes per week <input type="checkbox"/> Other:						

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Secondary students (grades 6-12) are (choose one):						
<input type="checkbox"/>	Required to take one physical education credit total					2
<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 checked="" type="checkbox"/>	Other: PE - Elective @ VP					
<input type="checkbox"/>	Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education.					3
<input type="checkbox"/>	Physical education program promotes student physical fitness through individualized fitness and activity assessments (via <a href="#">the Presidential Youth Fitness Program</a> or other appropriate assessment).				1	2
<input type="checkbox"/>	Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.					3
<input type="checkbox"/>	Physical education teachers participate in professional development at least once per year.				1	2
<input type="checkbox"/>	Physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.					3
<input type="checkbox"/>	Physical activity may not be substituted for any other class (i.e. dance, marching band, ROTC etc.)					2
<b>Recess</b>						
<input type="checkbox"/>	Elementary schools provide at least 20 minutes of recess on all days during the school year.					3
<input type="checkbox"/>	If recess is offered before lunch, proper hand washing measures are in place.				1	2
<input type="checkbox"/>	Recess is offered outdoors when weather is feasible.					3
<input type="checkbox"/>	Recess is a compliment to not a substitute for physical education class.					3
<input type="checkbox"/>	Recess monitors encourage students to be active.					3
<b>Classroom Physical Activity Breaks and Active Academics</b>						
<input type="checkbox"/>	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.				1	2
<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.				1	2
<input type="checkbox"/>	Teachers receive resources, tools, and technology with ideas for classroom physical activity breaks.					2
<input type="checkbox"/>	Teachers incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible to reduce sedentary behavior during the day.					3
<input type="checkbox"/>	Teachers serve as role models by being physically active alongside students whenever possible.				2	
<b>Physical Activity Topics in Health Education</b>						
<input type="checkbox"/>	Health education is required in all elementary grades.				2	1

<input type="checkbox"/> Middle and high school students are required to take and pass at least one health education course.						
<input checked="" type="checkbox"/> At least 12 of the following essential topics on physical activity are in the health education curriculum: <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> The physical, physiological, or social benefits of physical activity</li> <li><input type="checkbox"/> How physical activity can contribute to a healthy weight</li> <li><input type="checkbox"/> How physical activity can contribute to the academic learning process</li> <li><input type="checkbox"/> How an inactive lifestyle contributes to chronic disease</li> <li><input type="checkbox"/> Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition</li> <li><input type="checkbox"/> Differences between physical activity, exercise and fitness</li> <li><input type="checkbox"/> Phases of an exercise session including warm up, workout, and cool down</li> <li><input type="checkbox"/> Decreasing sedentary activities such as TV watching</li> <li><input type="checkbox"/> How to influence, support, or advocate for others to engage in physical activity</li> <li><input type="checkbox"/> Opportunities for physical activity in the community</li> </ul>	<input checked="" type="checkbox"/> Preventing injury during physical activity <ul style="list-style-type: none"> <li><input type="checkbox"/> Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active</li> <li><input type="checkbox"/> How much physical activity is enough, including determining frequency, intensity, time and type of physical activity</li> <li><input type="checkbox"/> Developing an individualized physical activity and fitness plan</li> <li><input type="checkbox"/> Monitoring progress toward reaching goals in an individualized physical activity plan</li> <li><input type="checkbox"/> Dangers of using performance-enhancing drugs such as steroids</li> <li><input type="checkbox"/> Social influences on physical activity including media, family, peers, and culture</li> <li><input type="checkbox"/> How to find valid information or services related to physical activity and fitness</li> <li><input type="checkbox"/> Overcoming barriers to physical activity</li> <li><input type="checkbox"/> How to resist peer pressure that discourages physical activity</li> </ul>					1
<i>Active Transport (best practice is to choose a minimum of 6)</i>						
<input type="checkbox"/> Safe or preferred routes to school are designated.						1
<input type="checkbox"/> Activities such as participation in international Walk to School Week are promoted						
<input type="checkbox"/> Crosswalks on streets leading to school are used.						2
<input type="checkbox"/> Instruction on walking/bicycling safety is provided to students.						2
<input type="checkbox"/> Crossing guards are used.						3
<input type="checkbox"/> Walking school buses are coordinated. ??						
<input type="checkbox"/> The number of children walking and/or biking to and from school is documented.						
<input type="checkbox"/> Maps of the school environment (sidewalks, crosswalks, roads, pathways, bike racks) are distributed.						
<input type="checkbox"/> Safe routes to school program is promoted to students, staff, parents via newsletters, websites, and local newspaper.						
<b>GOAL: OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>			

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	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
<i>School Sponsored Events</i>						
<input type="checkbox"/> School-sponsored events incorporate wellness components including physical activity and healthy eating opportunities.					2	
<i>Community Health Promotion and Family Engagement</i>						
<input type="checkbox"/> 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).					2	
<input type="checkbox"/> Families are informed and invited to participate in school-sponsored activities and receive information about health promotion efforts.					1	
<input type="checkbox"/> Electronic and non-electronic mechanisms are used to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.					1	
<i>Staff Wellness and Health Promotion</i>						
<input type="checkbox"/> The District Wellness Committee has a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. This subcommittee focuses on staff wellness in ___ schools. If yes, best practice to list subcommittee leader's name in the policy.						1
<input type="checkbox"/> The district promotes staff member participation in health promotion programs.						3
<input type="checkbox"/> District has a healthy meeting policy for all events with available food options, created by the district wellness committee to optimize healthy food options.					1	
<i>Professional Learning</i>						
<input type="checkbox"/> The district offers annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and schools.					1	
<i>Other Activities to Promote Wellness</i>						
<input type="checkbox"/> Each school has a health professional on site for at least half the school day.						3
<input type="checkbox"/> The district supports health fairs at ___ schools per year.					1	
<input type="checkbox"/> Other:						
<input type="checkbox"/> Other:						
<input type="checkbox"/> Other:						