

STUDENT WELLNESS ASSESSMENT CHECKLIST

Fully in place = 3 Partially in Place = 2 In Progress = 1 No Evidence = 0

I. State Physical Education Standards

- | | | | | | |
|----|---|---|---|---|---|
| a. | Elementary level: 120 minutes of physical education per calendar week are provided. | 3 | 2 | 1 | 0 |
| b. | Secondary level: Students participate in physical education not less than three times a week in one semester and two times a week in the other semester (8 NYCRR 135.4(c)(2)(ii)) | 3 | 2 | 1 | 0 |
| c. | Physical education provided by or overseen by an appropriately certified teacher | 3 | 2 | 1 | 0 |
| d. | Physical education curriculum aligns with NYS Learning Standards. | 3 | 2 | 1 | 0 |

Comments: _____

II. State Health Education Standards

- | | | | | | |
|----|---|---|---|---|---|
| a. | The elementary school curriculum includes a sequential health education program that focuses on developing attitudes, knowledge and behavior that contribute to student self-worth, respect for their bodies, and ability to make constructive decisions (8NYCRR 135.3(b)). | 3 | 2 | 1 | 0 |
| b. | At the middle school level students are provided with a half-year course in health education (8 NYCRR 135.3(c)(1)). | 3 | 2 | 1 | 0 |
| c. | At the high school level students are provided with a half-credit course in health education (8 NYCRR 135.3(c)(1)). | 3 | 2 | 1 | 0 |
| d. | Health education provided by or overseen by an appropriately certified teacher. | 3 | 2 | 1 | 0 |
| e. | Health education curriculum aligns with NYS Learning Standards. | 3 | 2 | 1 | 0 |

Comments: _____

Fully in place = 3	Partially in Place = 2	In Progress = 1	No Evidence = 0
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III. Nutrition Education

- | | | | | |
|--|---|---|---|---|
| a. Nutrition education is included in health curriculum, and other subjects as applicable. | 3 | 2 | 1 | 0 |
| b. Media literacy, with an emphasis on food marketing, is taught to students. | 3 | 2 | 1 | 0 |

Comments: _____

IV. Food and Beverages Available in School

- | | | | | |
|---|---|---|---|---|
| a. School meals program meets USDA Nutrition Standards. | 3 | 2 | 1 | 0 |
| b. School meals are provided in accordance with the district' s Wellness policy, specifically offering appealing* foods and a variety** of choices. | 3 | 2 | 1 | 0 |
| * 'appealing' is defined as items that are acceptable to a majority of students (possibly judged by amount thrown away or by student surveys) | | | | |
| ** 'variety' is defined as at least two entrees are offered daily two choices of fruit or 100% fruit juice are offered daily; two choices of vegetables are offered daily and five foods containing whole grain are offered weekly. | | | | |
| c. The school cafeteria is a clean and safe environment. | 3 | 2 | 1 | 0 |
| d. Students are given 20 minutes, not including wait time, to eat lunch. | 3 | 2 | 1 | 0 |
| e. Vending machines offer items that meet nutrition standards. | 3 | 2 | 1 | 0 |
| f. A la carte items meet nutrition standards. | 3 | 2 | 1 | 0 |
| g. The food service manager is appropriately certified and participated in professional development opportunities. | 3 | 2 | 1 | 0 |

Comments: (Include eligibility rates for free and reduced cost lunch and participation rates in the school lunch program) _____

Fully in place = 3	Partially in Place = 2	In Progress = 1	No Evidence = 0
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V. Physical Activity

- | | | | | |
|--|---|---|---|---|
| a. Physical activity is integrated in classroom instruction. | 3 | 2 | 1 | 0 |
| b. Students are offered a range of after-school opportunities for physical activity.
Briefly describe examples: _____ | 3 | 2 | 1 | 0 |

- | | | | | |
|---|---|---|---|---|
| c. Fitness* testing is administered, as appropriate, to each student.
Comments on fitness testing results: | 3 | 2 | 1 | 0 |
|---|---|---|---|---|

* For the purposes of this assessment, fitness will include: cardiovascular endurance, flexibility, muscular strength, muscular endurance and body composition (CDC).

- | | | | | |
|--|---|---|---|---|
| Elementary level: | 3 | 2 | 1 | 0 |
| d. Students are offered 20 minutes of unstructured play time (recess) daily. | | | | |

Comments: _____

VI. Student Health

- | | | | | |
|---|---|---|---|---|
| a. BMI data is being captured in accordance with NYS Department of Health requirements (attach report of results/trends). | 3 | 2 | 1 | 0 |
| b. Attendance rates are monitored by appropriate personnel
Briefly describe process: _____ | 3 | 2 | 1 | 0 |
| _____ | | | | |
| c. Numbers of students with obesity - related illnesses are being captured in accordance with state requirements. | 3 | 2 | 1 | 0 |
| d. Students are able to have access to and are encouraged to wash their hands at appropriate times. | 3 | 2 | 1 | 0 |

Comments: _____

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VII. Other School-based Activities

- | | | | | | |
|----|---|---|---|---|---|
| a. | The district offers “wellness” programming to the community.
Briefly describe programs offered: _____

_____ | 3 | 2 | 1 | 0 |
| b. | Staff development opportunities, focused on health and wellness, are offered.
Briefly describe training/workshops: _____

_____ | 3 | 2 | 1 | 0 |
| c. | Staff works with parent and community organizations to plan fundraising activities that provided healthier options. | 3 | 2 | 1 | 0 |
| d. | The district’s tobacco-free policy is appropriately posted. | 3 | 2 | 1 | 0 |
| e. | The tobacco policy is enforced. | 3 | 2 | 1 | 0 |

Comments (include description of other initiatives):

VIII. School Climate/Safety

- | | | | | | |
|----|---|---|---|---|---|
| a. | Data on violent and disruptive incidents (VADIR) is being collected and reported in accordance with state requirements.
(Attach VADIR report, with trend data) | 3 | 2 | 1 | 0 |
| b. | Appropriate school personnel are monitoring bullying incidents and following up, as needed. | 3 | 2 | 1 | 0 |
| c. | Each building health and safety committee is operational. | 3 | 2 | 1 | 0 |
| d. | Opportunities to learn about and celebrate diversity are offered. | 3 | 2 | 1 | 0 |

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Briefly describe: _____

Comments: _____

Report prepared by: _____

District Wellness Coordinator

Date