## **Wellness Policy Assessment Tool**

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

| LEA/Di                | istrict N  | Name Reviewer   |  |
|-----------------------|------------|---|--|
| School                | Name       | Date  |  |
| Select all grades: PK |            |   |  |
| Yes                   | No         | I. Public Involvement   |  |
|                       | 0          | We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:          |  |
|                       |            | Administrators  |  |
|                       |            | ☐ School Board Members ☐ School Health Professionals ☐ Students ☐ Public  |  |
| 0                     | 0          | We have a designee in charge of compliance.   |  |
|                       |            | Name/Title:   |  |
|                       |            |   |  |
| O                     | 0          | We make our policy available to the public.   |  |
|                       |            | Please describe:  |  |
| 0                     | 0          | We measure the implementation of our policy goals and communicate results to the public.                                      |  |
|                       |            | Please describe:  |  |
| 0                     | 0          | Our district reviews the wellness policy at least annually.   |  |
|                       |            |   |  |
| Yes                   | No         | II. Nutrition Education   |  |
| 0                     | 0          | Our district's written wellness policy includes measurable goals for nutrition education.                                     |  |
|                       |            | We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).                      |  |
| 0                     | 0          | We offer nutrition education to students in:   Elementary School   Middle School   High School                                |  |
| Yes                   | No         | III. Nutrition Promotion  |  |
| $\circ$               | $\bigcirc$ | Our district's written wellness policy includes measurable goals for nutrition promotion.                                     |  |
| 0                     |            | We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.         |  |
| 0                     | $\circ$    | We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.                            |  |
| 0                     | 0          | We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line). |  |
| 0                     | 0          | We ensure students have access to hand-washing facilities prior to meals.   |  |
| 0                     |            | We annually evaluate how to market and promote our school meal program(s).  |  |
| 0                     | 0          | We regularly share school meal nutrition, calorie, and sodium content information with students and families.                 |  |
| 0                     |            | We offer taste testing or menu planning opportunities to our students.  |  |
|                       | $\circ$    | We participate in Farm to School activities and/or have a school garden.  |  |
|                       |            | We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).         |  |
|                       | $\circ$    | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                       |  |
|                       |            | We offer fruits or non-fried vegetables in:  Vending Machines  School Stores  Snack Bars  a La Carte                          |  |
| 0                     | 0          | We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.                        |  |
|                       | 0          | We provide teachers with samples of alternative reward options other than food or beverages.                                  |  |
| $\bigcirc$            | $\circ$    | We prohibit the use of food and beverages as a reward.  |  |

| Yes   | No         | IV. Nutrition Guidelines (Cont. from page 1)  |  |  |
|---|------------|---|--|--|
| 0   | 0          | Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.                             |  |  |
|   | 0          | We operate the School Breakfast program:  Before School In the Classroom Grab & Go  |  |  |
| $\circ$   | $\circ$    | We follow all nutrition regulations for the National School Lunch Program (NSLP).   |  |  |
| $\circ$   |            | We operate an Afterschool Snack Program.  |  |  |
| 0   | $\circ$    | We operate the Fresh Fruit and Vegetable Program.   |  |  |
|   | $\circ$    | We have a Certified Food Handler as our Food Service Manager.   |  |  |
| $\circ$   | $\circ$    | We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including:           |  |  |
|   |            | as à La Carte Offerings in School Stores in Vending Machines as Fundraisers   |  |  |
| Yes   | No         | V. Physical Activity  |  |  |
| $\circ$   | 0          | Our district's written wellness policy includes measurable goals for physical activity.                                       |  |  |
| $\circ$   | $\circ$    | We provide physical education for elementary students on a weekly basis.  |  |  |
| $\bigcirc$  | $\circ$    | We provide physical education for middle school during a term or semester.  |  |  |
| 0   | $\circ$    | We require physical education classes for graduation (high schools only).   |  |  |
| $\circ$   | $\bigcirc$ | We provide recess for elementary students on a daily basis.   |  |  |
| 0   | 0          | We provide opportunities for physical activity integrated throughout the day.   |  |  |
| $\circ$   | $\circ$    | We prohibit staff and teachers from keeping kids in from recess for punitive reasons.   |  |  |
| 0   | $\circ$    | Teachers are allowed to offer physical activity as a reward for students.   |  |  |
| $\circ$   | $\circ$    | We offer before or after school physical activity: $\Box$ Competitive sports $\Box$ Non-competitive sports $\Box$ Other clubs |  |  |
| Yes   | No         | VI. Other School Based Wellness Activities  |  |  |
| 0   | $\circ$    | Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.     |  |  |
| 0   | $\circ$    | We provide training to staff on the importance of modeling healthy behaviors.   |  |  |
| 0   | 0          | We provide annual training to all staff on:   Nutrition   Physical Activity   |  |  |
| 0   | 0          | We have a staff wellness program.   |  |  |
| 0   | 0          | We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff) .                |  |  |
| 0   | 0          | We actively promote walk or bike to school for students with Safe Routes to School or other related programs.                 |  |  |
| 0   | 0          | We have a recycling /environmental stewardship program.   |  |  |
| 0   | 0          | We have a recognition /reward program for students who exhibit healthy behaviors.   |  |  |
| 0   | O          | We have community partnerships which support programs, projects, events, or activities.                                       |  |  |
| VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy |            |   |  |  |
|   |            |   |  |  |
|   |            |   |  |  |
|   |            |   |  |  |
|   |            |   |  |  |
|   |            |   |  |  |
| VIII. Contact Information:  |            |   |  |  |
| For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.                            |            |   |  |  |
| Name  |            | Position/Title  |  |  |
| Email   |            | Phone   |  |  |