## **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	strict N	Name Reviewer		
School Name Date				
Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12				
Yes	No	I. Public Involvement		
0	0	We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:  Administrators School Food Service Staff P.E. Teachers Parents  School Board Members School Health Professionals Students Public		
O	0	We have a designee in charge of compliance.		
		Name/Title:		
$\circ$	$\bigcirc$	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		
$\circ$	$\circ$	Our district's written wellness policy includes measurable goals for nutrition education.		
0	$\circ$	We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).		
O	$\circ$	We offer nutrition education to students in:		
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	$\bigcirc$	We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.		
O	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	$\circ$	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	$\circ$	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.		
0	0	We participate in Farm to School activities and/or have a school garden.		
0		We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).		
0	0	We price nutritious foods and beverages lower than less nutritious foods and beverages.		
0		We offer fruits or non-fried vegetables in:  Vending Machines  School Stores  Snack Bars  a La Carte		
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.		
	$\bigcirc$	We prohibit the use of food and beverages as a reward.		

Yes	No	IV. Nutrition Guidelines (Cont. from page 1)		
$\circ$	$\circ$	Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.		
$\circ$	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).		
$\circ$	0	We operate an Afterschool Snack Program.		
$\circ$	$\circ$	We operate the Fresh Fruit and Vegetable Program.		
	0	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		
$\circ$	$\circ$	Our district's written wellness policy includes measurable goals for physical activity.		
$\circ$	0	We provide physical education for elementary students on a weekly basis.		
$\circ$	$\circ$	We provide physical education for middle school during a term or semester.		
$\circ$	0	We require physical education classes for graduation (high schools only).		
$\circ$	$\circ$	We provide recess for elementary students on a daily basis.		
$\circ$	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.		
$\circ$	$\circ$	Teachers are allowed to offer physical activity as a reward for students.		
$\circ$	$\circ$	We offer before or after school physical activity:   Competitive sports   Non-competitive sports   Other clubs		
Yes	No	VI. Other School Based Wellness Activities		
$\circ$	$\circ$	Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.		
0	0	We provide training to staff on the importance of modeling healthy behaviors.		
$\bigcirc$	$\circ$	We provide annual training to all staff on:   Nutrition   Physical Activity		
0	0	We have a staff wellness program.		
$\bigcirc$	$\circ$	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.		
$\circ$	$\bigcirc$	We have a recycling /environmental stewardship program.		
0	0	We have a recognition /reward program for students who exhibit healthy behaviors.		
$\circ$	$\circ$	We have community partnerships which support programs, projects, events, or activities.		
VII. F	Progi	ress 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		