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			
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	
	\circ	We have a designee in charge of compliance.	
		Name/Title:	
\circ	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:	
\bigcirc	\circ	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	0	We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).	
\bigcirc	\circ	We offer nutrition education to students in: \square Elementary School \square Middle School \square High School	
Yes	No	III. Nutrition Promotion	
\circ	\circ	Our district's written wellness policy includes measurable goals for nutrition promotion.	
0	\circ	We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.	
\circ	\bigcirc	We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.	
0	\circ	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	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	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.	
0	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	0	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	0	We provide teachers with samples of alternative reward options other than food or beverages.	
	()	We prohibit the use of food and heverages 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		