

# Wellness Policy Assessment Tool

## Triennial

LEA/District 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
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<input type="radio"/>	<input type="radio"/>	We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:
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<input type="checkbox"/> Administrators	<input type="checkbox"/> School Food Service Staff	<input type="checkbox"/> P.E. Teachers	<input type="checkbox"/> Parents
<input type="checkbox"/> School Board Members	<input type="checkbox"/> School Health Professionals	<input type="checkbox"/> Students	<input type="checkbox"/> Public

<input type="radio"/>	<input type="radio"/>	We have a designee in charge of compliance.
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Name/Title:

<input type="radio"/>	<input type="radio"/>	We make our policy available to the public.
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Please describe:

<input type="radio"/>	<input type="radio"/>	We measure the implementation of our policy goals and communicate results to the public.
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Please describe:

<input type="radio"/>	<input type="radio"/>	Our district reviews the wellness policy at least annually.
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Yes	No	II. Nutrition Education
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<input type="radio"/>	<input type="radio"/>	Our district's written wellness policy includes measurable goals for nutrition education.
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<input type="radio"/>	<input type="radio"/>	We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).
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<input type="radio"/>	<input type="radio"/>	We offer nutrition education to students in: <input type="checkbox"/> Elementary School <input type="checkbox"/> Middle School <input type="checkbox"/> High School
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Yes	No	III. Nutrition Promotion
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<input type="radio"/>	<input type="radio"/>	Our district's written wellness policy includes measurable goals for nutrition promotion.
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<input type="radio"/>	<input type="radio"/>	We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
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<input type="radio"/>	<input type="radio"/>	We have reviewed <i>Smarter Lunchroom</i> techniques and evaluated our ability to implement some of them.
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<input type="radio"/>	<input type="radio"/>	We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
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<input type="radio"/>	<input type="radio"/>	We ensure students have access to hand-washing facilities prior to meals.
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<input type="radio"/>	<input type="radio"/>	We annually evaluate how to market and promote our school meal program(s).
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<input type="radio"/>	<input type="radio"/>	We regularly share school meal nutrition, calorie, and sodium content information with students and families.
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<input type="radio"/>	<input type="radio"/>	We offer taste testing or menu planning opportunities to our students.
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<input type="radio"/>	<input type="radio"/>	We participate in Farm to School activities and/or have a school garden.
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<input type="radio"/>	<input type="radio"/>	We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).
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<input type="radio"/>	<input type="radio"/>	We price nutritious foods and beverages lower than less nutritious foods and beverages.
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<input type="radio"/>	<input type="radio"/>	We offer fruits or non-fried vegetables in: <input type="checkbox"/> Vending Machines <input type="checkbox"/> School Stores <input type="checkbox"/> Snack Bars <input type="checkbox"/> à La Carte
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<input type="radio"/>	<input type="radio"/>	We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
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<input type="radio"/>	<input type="radio"/>	We provide teachers with samples of alternative reward options other than food or beverages.
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<input type="radio"/>	<input type="radio"/>	We prohibit the use of food and beverages as a reward.
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**Yes No IV. Nutrition Guidelines** (Cont. from page 1)

- ☐ ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- ☐ ☐ We operate the School Breakfast program: ☐ Before School ☐ In the Classroom ☐ Grab & Go
- ☐ ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- ☐ ☐ We operate an Afterschool Snack Program.
- ☐ ☐ We operate the Fresh Fruit and Vegetable Program.
- ☐ ☐ We have completed all required Professional Standard Trainings.
- ☐ ☐ 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**

- ☐ ☐ Our district's written wellness policy includes measurable goals for physical activity.
- ☐ ☐ We provide physical education for elementary students on a weekly basis.
- ☐ ☐ We provide physical education for middle school during a term or semester.
- ☐ ☐ We require physical education classes for graduation (high schools only).
- ☐ ☐ We provide recess for elementary students on a daily basis.
- ☐ ☐ We provide opportunities for physical activity integrated throughout the day.
- ☐ ☐ Staff and teachers do not keep students in from recess for punitive reasons.
- ☐ ☐ Teachers are allowed to offer physical activity as a reward for students.
- ☐ ☐ We offer before or after school physical activity: ☐ Competitive sports ☐ Non-competitive sports ☐ Other clubs

**Yes No VI. Other School Based Wellness Activities**

- ☐ ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- ☐ ☐ We provide training to staff on the importance of modeling healthy behaviors.
- ☐ ☐ We provide annual training to all staff on: ☐ Nutrition ☐ Physical Activity
- ☐ ☐ We have a staff wellness program.
- ☐ ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff) .
- ☐ ☐ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- ☐ ☐ We have a recycling /environmental stewardship program.
- ☐ ☐ We have a recognition /reward program for students who exhibit healthy behaviors.
- ☐ ☐ 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	<input type="text"/>	Position/Title	<input type="text"/>
Email	<input type="text"/>	Phone	<input type="text"/>