



# Wellness Checklist Single School

Updated SEPT 2016

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**RIDE** Child Nutrition Programs

Date: April 9, 2018 District: Barrington School: High School

Name & Title of Person(s) Completing Checklist: Joseph Hurley - Principal Joanne Royley - Student Assistant Counselor

Corey Downey - PH/Hlth Dept. Chair Kim Orr - Chartwells

All RI school districts are required by federal and state law to adopt a Local Wellness Policy to address comprehensive nutrition and physical activity in the school setting. Individual schools must implement the provisions of the Wellness Policy and be measured on the extent to which they are in compliance so the district can report progress to the school community, as required.

The purpose of this checklist is to assist your school in identifying areas where you have been successful in achieving your school wellness goals and complying with your district policy as well as to help identify priority areas where you can focus your future efforts.

The standards for comparison have been adapted from USDA regulations, RI General Laws and regulations, and national model policy language and exemplary practice provisions. You will need to refer to your own District Wellness Policy for provisions specific to your school district.

This Checklist can be completed by any person(s) at the school level who is familiar with school wellness curriculum, activities, practices and programs. It is likely that no one person will be able to accurately address all content areas so it is recommended that other knowledgeable school personnel (Principal, Food Service staff, PE teacher, Health teacher, School Nurse, PTO leader, etc.) be asked to contribute information and answers.

This checklist is a pdf designed to be filled out electronically with free Adobe Acrobat Reader software. If you need the current version of Adobe Reader, you can download it here: <https://get.adobe.com/reader/>

Please refer to the following links for further information and detail:

- [USDA Nutrition Standard for School Meals](http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals)
- [USDA SmartSnacks in Schools \(Competitive Foods\)](https://healthy meals.nal.usda.gov/smartsnacks)
- [USDA Local School Wellness Policy Requirements](http://www.fns.usda.gov/tn/local-school-wellness-policy)
- [RI General Law regarding Physical Education Curriculum requirements](http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-22/16-22-4.HTM)
- [RI General Law regarding the sale of only healthier snacks & beverages in schools](http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-7.HTM)
- [RI General Law regarding recess in elementary schools](http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-29.HTM)
- [RI School Meals Nutrition Requirements \(RINR\)](http://www.thriveri.org/documents/RINR2009%20BOR%20Mandated%2011%205%2009.pdf)

## School Wellness Checklist

*updated September 2016*

**Measurement Codes:**    **ES** = Exceeds Standard    **MS** = Meets Standard    **NI** = Needs Improvement    **N/A** = Not Applicable

SCHOOL: High School

Standard	Measurement				Notes
A. Communication	ES	MS	NI	N/A	
1	District administration and/or district Wellness Committee regularly communicates with this school about the contents of the Wellness Policy.				
	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2	Principal regularly communicates with this school's staff about the content and implementation of the Wellness Policy and school-based wellness initiatives (for example, at staff orientations and meetings).				
	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
3	This school regularly shares information and solicits input on the provisions of the Wellness Policy and school wellness initiatives with students/parents/guardians.				
	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
4	This school has representation on the district Wellness Committee.				
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5	This school provides an annual report of wellness activities, successes and challenges to the district wellness committee.				
	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>B. Foods/Beverages in the Cafeteria</b>					
<b>Environment</b>					
6	The cafeteria has a pleasant and inviting environment.				
	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7	Students are given adequate time at breakfast and lunch to purchase and eat food (ideally, minimum 10 minutes for breakfast and 20 minutes for lunch after seated).				
	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8	Healthy food choices are promoted to students; the marketing of foods/beverages that do not meet USDA Smart Snacks in Schools standards and RI state law is prohibited during the school day.*				
	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Meal Programs</b>					
9	The School Breakfast, Lunch and After-School Snacks Programs, at a minimum, comply with the current USDA Nutrition Standards for Federal Meals Programs and with the RI School Meals Nutrition Requirements (RINR).*				
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Notes</b>					

\*All federal and state laws/regulations referenced above are linked on the Checklist cover page



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B. Foods/Beverages in the Cafeteria (cont.)		ES	MS	NI	N/A	Notes
10	The meal programs utilize locally sourced RI farm products whenever possible.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Local foods are purchased throughout the school year.
11	School kitchen facilities are upgraded as needed to support the preparation and storage of freshly prepared food.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
12	Food service workers are provided nutrition education, training and support for the preparation of made-from-scratch meals and the promotion of healthier eating.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Associates meet USDA professional standards for training.
13	Nutrition information for school meals is available to students/parents/guardians.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<a href="http://www.barringtonschools.nutrislice.com">www.barringtonschools.nutrislice.com</a>
14	Students/parents/guardians can provide feedback and give input on menus and participate in the promotion of healthful options.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>A la carte Beverages and Snacks</b>						
15	The food service program is in compliance with <u>USDA Smart Snacks</u> in <u>School standards</u> and <u>RI state law</u> for the sale of only healthier a la carte beverages and snacks <i>before, during and one hour after the school day</i> . * (Beverage choices are limited to water, carbonated water flavored or sweetened with 100% fruit juice, 100% fruit juice, nonfat or 1% non-flavored or flavored milks, and fortified soy beverages. Snack choices are mostly fruits, vegetables, and whole grain items that are low in fat, sugar and sodium.)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
16	Students are provided access to free, safe and fresh drinking water during meal service (and ideally throughout the day).	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>C. Foods/Beverages Outside the Cafeteria</b>						
<b>Vending Machines</b>		ES	MS	NI	N/A	Notes
17	Vending machines in this school are in compliance with <u>USDA Smart Snacks</u> in <u>School standards</u> and <u>RI state law</u> for the sale of only healthier beverages and snacks <i>before, during and one hour after the school day</i> . * (Beverage choices are limited to water, carbonated water flavored or sweetened with 100% fruit juice, 100% fruit juice, nonfat or 1% non-flavored or flavored milks, and fortified soy beverages. Snack choices are mostly fruits, vegetables, and whole grain items that are low in fat, sugar and sodium.)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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## School Wellness Checklist

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C. Foods/Beverages Outside the Cafeteria (cont.)		ES	MS	NI	N/A	Notes
<b>School Store</b>						
<b>18</b>	The school store sells only non-food items or sells beverages and/or snacks that comply with USDA Smart Snacks in School standards and RI state law for the sale of only healthier beverages and snacks <i>before, during and one hour after the school day</i> . * <small>(Beverage choices are limited to water, carbonated water flavored or sweetened with 100% fruit juice, 100% fruit juice, nonfat or 1% non-flavored or flavored milks, and fortified soy beverages. Snack choices are mostly fruits, vegetables, and whole grain items that are low in fat, sugar and sodium.)</small>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
<b>School/Classroom Celebrations and Events</b>						
<b>19</b>	Celebrations and events (birthdays, holidays, potlucks, etc.) comply with the district Wellness Policy. Ideally, they do not include food (or only items that meet the USDA Smart Snacks in Schools standards and RI state law) or are only allowed to include food on limited occasions as part of a curriculum-related activity.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<b>20</b>	Parents/guardians are notified of any celebration or event where food will be served and given the option to decline their child's participation.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<b>21</b>	Ingredient lists for any foods/beverages served as a part of a school celebration or event are available upon request due to food allergy/sensitivity concerns.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<b>After-School Programs</b>						
<b>22</b>	All beverages and snacks provided by school employees or representatives of outside organizations operating on school premises comply with the district Wellness Policy.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<b>Concessions</b>						
<b>23</b>	Food concessions available for sale after the school day on school grounds comply with the district Wellness Policy. (Ideally, healthy items are featured and high sugar, high fat and/or high calorie items are limited.)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<b>D. Fundraising</b>						
<b>Applies to all school fundraising activities (including, but not limited to, PTA/PTO/PTG, student clubs and sports, and principal/staff fundraisers)</b>		ES	MS	NI	N/A	Notes
<b>24</b>	Everyone conducting fundraising activities is aware of the USDA Smart Snacks in School standards, RI state law for the sale of only healthier beverages and snacks, and the district Wellness Policy.*	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	

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D. Fundraising (cont.)	ES	MS	NI	N/A	Notes
	<p><b>25</b> Any food fundraising for sale and consumption before, during and one hour after the school day complies with <u>USDA Smart Snacks in School</u> standards and <u>RI state law</u> for the sale of only healthier beverages and snacks. * (Beverage choices are limited to water, carbonated water flavored or sweetened with 100% fruit juice, 100% fruit juice, nonfat or 1% non-flavored or flavored milks, and fortified soy beverages. Snack choices are mostly fruits, vegetables, and whole grain items that are low in fat, sugar and sodium.)</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<p><b>26</b> Fundraisers held outside of the school day comply with the district Wellness Policy. (Ideally, <u>non-food</u> fundraisers are encouraged and food sales featuring high sugar, high fat and/or high calorie items are discouraged.)</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<p><b>27</b> Fundraisers that promote physical activity are encouraged.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p><b>28</b> Candy fundraising, while strictly prohibited during school hours, is discouraged or prohibited outside of school hours.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
<b>E. Nutrition Education/Wellness Promotion</b>					
<b>Nutrition Education</b>					
<p><b>29</b> All students in this school receive yearly grade-appropriate nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p><b>30</b> Nutrition lessons are integrated into the core curriculum, including math, science and language arts.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<p><b>31</b> Nutrition education is linked to the school food environment, including the cafeteria.</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Monthly Simply Good nutrition promotion. Harvest of the Month.
<b>Wellness Promotion</b>					
<p><b>32</b> Marketing of foods/beverages that do not meet <u>USDA Smart Snacks in Schools</u> and state nutrition standards is prohibited during the school day.*</p>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<p><b>33</b> This school provides parents/guardians with educational opportunities regarding nutrition, physical activity and wellness promotion.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	

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<b>E. Nutrition Education/Wellness Promotion (cont.)</b>		ES	MS	NI	N/A	Notes
<b>34</b>	The staff is encouraged to model healthy behaviors and build the commitment of staff to help improve the school nutrition and physical activity environment.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>35</b>	The staff is afforded opportunities for wellness education, including presentations and workshops, health assessments, fitness activities and the distribution of educational and informational materials.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Student Rewards and Incentives</b>						
<b>36</b>	Student rewards and incentives support the district Wellness Policy. (Ideally, food or candy is never used as a reward or incentive in the classroom or elsewhere in the school environment.)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>F. Physical Education</b>						
<b>37</b>	Every student in this school participates in Physical Education that meets the RI mandated requirement of an average of 20 minutes per day (100 minutes per week) for PE/Health. * (Ideally, PE classes meet consistently throughout the entire school year.)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>38</b>	The Physical Education program is aligned with the RI PE Framework and state standards, which provides a sequential, developmentally appropriate curriculum designed, implemented and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives.*	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>39</b>	This school provides an enjoyable and safe environment for PE classes with adequate space and equipment.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>40</b>	This school introduces and administers developmentally appropriate health-related fitness assessments.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>41</b>	All PE classes are taught by certified PE teachers who are provided professional development specific to Physical Education each school year.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>42</b>	This school does not allow exemptions, waivers or substitutions for PE classes. All students must participate in PE unless excused by a certified medical provider.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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G. Physical Activity	ES	MS	NI	N/A	Notes
43 This school provides adequate, developmentally appropriate and safe facilities and recreation areas for physical activity.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
44 All students in schools with grades K-6 receive 20 consecutive minutes of daily recess as required by RI state law. Good faith efforts are made not to withhold recess for punitive reasons.* (Ideally, recess is before lunch and provisions are made for active play when indoor recess is necessary.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
45 Physical activity, including recess, is not used or withheld for punitive or academic reasons.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
46 Physical activity breaks are utilized during classroom time. (Ideally, staff training is provided.)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
47 This school provides and/or collaborates with qualified professionals or community organizations to provide a range of organized before/after school physical activity opportunities for all students (i.e. club, intramural, interscholastic).	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
48 School spaces and facilities are available to students, staff and community members, agencies and organizations outside of the school day to encourage physical activity.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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 Total should equal 48 standards

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After completing this Checklist, use your findings to report:

**COMPLIANCE (successes that your school can celebrate and publicize):**

- 1) Mandatory PE/Health for all students (100 minutes/week)
- 2) Wide range of physical activities during PE class and multiple interscholastic after school sports
- 3) Outreach and coordination with several community organizations to promote health and wellness

**AREAS IN NEED OF IMPROVEMENT (obstacles that your school can focus on for improvement):**

- 1) Communication of the Health and Wellness policy to students, staff and parents
- 2) Eliminating unhealthy food rewards during the school day
- 3) Increase health and wellness opportunities for staff

**Plans for overcoming obstacles:**

- 1) Health and Wellness representatives will meet with the principal to create an action plan for better dissemination of information
- 2) Principal will convey the Health and Wellness policy (including the elimination of unhealthy food rewards) at the beginning of the year faculty meeting
- 3) Health and Wellness representatives and high school administration will discuss ways to increase health and wellness opportunities for staff

**Other notes:**

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