

Administration Wellness Policy Assessment

Building: _____

- 1) Is your facility providing students with knowledge, attitude, and skill necessary to lead a healthy life? YES NO
- 2) Is your facility displaying nutritional posters? YES NO
- 3) Does nutrition education reinforce long life balance by emphasizing the link between calorie intake and exercise in ways that are age-appropriate? YES NO
- 4) Does nutritional education promote the benefits of balanced diet that includes fruit, vegetable, whole grain and low fat and fat free dairy products? YES NO

Physical Education

- 1) Do physical education classes provide students with opportunities to learn, practice and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong health-enhancing physical activities? YES NO
- 2) Is physical education taught by certified teachers? YES NO
- 3) Does physical education meet needs of all students, including those who are not athletically gifted? YES No
- 4) Do planned instructions in physical education present an environment free of embarrassment, shaming, taunting or harassment of any kind? YES NO
- 5) Do planned instructions in physical education include cooperative as well as competitive games? YES NO

Physical Activity

1. Is physical activity used as a form of discipline? YES No
2. Is physical activity and movement integrated when possible? YES No
3. Does your facility provide daily recess? YES NO
4. Does your facility provide adequate time for students to eat? YES No
5. Does your facility provide attractive, clean area in which the students eat? YES NO
6. Does your facility allow access to the schools outdoor physical activity facilities outside the normal school day? YES NO
7. Does your facility monitor food sales such as fund raiser by student clubs and vending machines during school hours? YES No
8. Does the food or beverage meet the Smart Snack nutritional standards? YES NO

Administrator Signature: _____ Date: _____