

WELCH PUBLIC SCHOOLS WELLNESS ASSESSMENT

School Wellness Policy Assessment Tool - beginning 2017.18

This assessment tool is completed by the School Wellness Team (members include teachers, other staff, students, parents, community partners).

Completion of the assessment tool will help team members determine where their school is currently at with meeting the expectations of the district's *Wellness Policy*.

Questions

If you have questions about the assessment tool, please contact Kim Hall at 918-788-3129.

A. Food and Beverages In Schools

Wellness Policy Language	Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
Food Safety				
1. All food sold/served to students is prepared in health-inspected facilities under the guidance of food safety certified staff.	Y1	X		
2. Students are provided access to hand washing or hand sanitizing before meals or snacks.	Y1	X		
a. Food and Beverages In Schools				
3. Pleasant eating environments – where there is plenty of seating and students do not feel rushed during meals.	Y1	X		
4. Students are provided with at least 10 minutes to eat after sitting down for breakfast and 15 minutes to eat after sitting down for lunch.	Y1	X		
5. Accommodations are provided for students who need more time to finish their lunch	Y1	X		
6. Meal periods are scheduled at appropriate times. Lunch should be served between 10:100 AM and 1:30 PM	Y1	X		

7. Lunch periods are <u>after recess</u> in elementary schools in order to increase student nutrient intake and reduce food waste;	Y3		X	One of our lunch periods is before recess and one isn't. This is a scheduling issue the committee is working to correct.
8. Offering attractive dining areas which have enough space for seating all students scheduled for that meal period	Y1	X		
10. Participation in the universal lunch program is encouraged, including measures to arrange bus schedules to increase student access, "grab and go" breakfasts, breakfast in the classroom, or breakfast during morning break.	Y3			
Food and Behavior				
11. Foods or beverages are NOT used as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan, behavior intervention plan, or a 504 Individual Accommodation Plan).	Y1	X		
Fundraising				
12. Fundraising activities involving the sale of food will take place outside the school day (school day is defined as ½ hour before school starts until after the school bell rings at the end of the school day) and must meet the guidelines for foods sold outside of reimbursable meals menus.	Y1	X		
13. Students and staff are prohibited from personal fundraising efforts that include the sale of foods or beverages on campus	Y1	X		
14. External organizations, parents, and others using school property are notified of the "healthy" fundraising policy.	Y1	X		
Celebrations				
15. Classroom celebrations encourage healthy choices and portion control and not include more than one item that does not include more than one item from outside the criteria established for "healthy" foods.	Y3		X	Healthy choices are encouraged, but are not mandatory.
Sharing Foods and Beverages				
16. Sharing of foods and beverages is not allowed unless completely unopened	Y1	X		
Snacks				
17. Only "healthy" snack options are offered in vending machines, school stores, concessions stands, a la carte lines, and classrooms. Choices meet guidelines for foods sold outside reimbursable meals and portion size.	Y2		X	Healthy snacks are offered in all areas. Concession stands have some healthy food choices, but are not restricted to only healthy choices.

Foods Sold Outside of the Reimbursable Meals Menus				
18. Foods sold meet these guidelines: Elementary schools - reimbursable meal menu items, fruits; vegetables; lowfat dairy items, yogurt	Y1	X		
19. Middle School & High Schools - Reimbursable meal menu items; Foods that contain 7 grams of fat or less per serving; Foods that do not have sugar or other caloric sweeteners as the first ingredient	Y1	X		
Beverages - ALLOWED for sale in all sites Welch County Public Schools				
20. Unflavored or flavored low fat or fat free fluid milk and nutritionally equivalent nondairy beverages (to be defined by USDA)	Y1	X		
21. Water without added caloric sweeteners or artificial sweeteners	Y1	X		
22. 100% juice	Y1	X		
Beverages - NOT allowed for sale in all Welch Public Schools				
23. Soft drinks containing caloric sweeteners or artificial sweeteners	Y1	X		
24. Sports drinks	Y1	X		
25. Iced teas	Y1	X		
26. Fruit based drinks that contain less than 100% real fruit juice	Y1	X		
27. Beverages containing caffeine, excluding lowfat or fat free chocolate milk (which contain trivial amounts of caffeine)	Y2		X	Diet soda is sold in HS that does contain caffeine.
Portion Sizes - Except in cases where the National School Lunch Program or School Breakfast Program require a larger serving size to meet meal pattern requirements, portion sizes of the following items will be limited to:				
28. One and one quarter ounces for baked chips, crackers, popcorn, cereal, trail mix, nuts, seeds, and dried fruit	Y1	X		
29. One ounce for cookies	Y1	X		
30. Two ounces for cereal bars, granola bars, and other bakery items	Y1	X		
31. Four fluid ounces for frozen desserts, including, but not limited to, lowfat or fat free ice cream	Y1	X		
32. Eight ounces for non frozen yogurt	Y1	X		
33. Twelve fluid ounces for beverages, except: 16 fluid ounces for milk; and unlimited for water	Y1	X		
34. Fruits and non-fried vegetables are exempt from portion size limits	Y1	X		
Food Marketing				

35. All food and beverage advertising (vending machines, school stores, etc.) displays healthy messaging.	Y1	X		
36. School-based marketing of brands promoting predominantly low nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruit, vegetables, whole grains, and low fat dairy products is encouraged	Y1	X		

B. Nutrition Education

Wellness Policy Language	Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
Nutrition Education - Schools will provide nutrition education as a part of a holistic, sequential, age appropriate, comprehensive program designed to provide students and their families with the knowledge and skills necessary to promote and protect their health for a lifetime. Development and adoption of Nutrition Education curricula will follow district policies and the accompanying regulations regarding new curricula. Nutrition Education will:				
37. Health Education, including nutrition education, is delivered by a licensed elementary (K-5) or Health Educator (7-12) in grade level bands: K-2, 3-5, 6-8 and 9-12	Y2	X		
38. Nutrition Education is integrated throughout the school day and after school programs.	Y1	X		
39. Cafeteria is used as a "learning laboratory" and includes enjoyable, developmentally age-appropriate, participatory activities such as taste tests, promotions, farm visits to farms and garden	Y3			
40. Nutrition Education is culturally relevant and teaches students about cross-cultural nutrition.	Y2		X	

C. Physical Activity

Wellness Policy Language	Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
Physical Education				
41. Provides all ELEMENTARY students with 150 minutes per week of physical education through out the entire year.	Y1	X		

42. Physical education is provided in appropriate student-:teacher ratio that ensures adequate supervision and minimized risk of injuries. (The district will work towards establishing an enrollment cap).	Y1	X		
43. School has physical education electives available to high school students and is working to increase offerings.	Y1	X		
Integrating Physical Activity into the Classroom				
44. In addition to physical education, provide all students with other opportunities to be physically active during the school day. <i>(The recommended amount of physical activity is at least 60 minutes per day)</i>	Y3			
45. Classroom health education reinforces knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television	Y1	X		
46. Integrate physical activity into health and other classroom curriculum such as science, math and social studies when appropriate.	Y1	X		
47. Classroom teachers provide short physical activity breaks between lessons or classes, as appropriate	Y1	X		
48. Extended periods (2+ hours) of inactivity is discouraged.	Y1	X		
Daily Recess				
49. Provide ELEMENTARY school students with at least 20 minutes a day of supervised recess each day.	Y1	X		
50. Prepare and encourage ELEMENTARY students to have a physically active recess period.	Y1	X		
Physical Activity Opportunities Before and After School				
51. Provide every student with opportunities to voluntarily participate in extra curricular physical activities that meets his or her needs interests and abilities	Y1	X		
52. Provide safe opportunities for both <u>organized and informal</u> use of indoor and outdoor facilities, before and after school. <i>(If partially in place, please specify)</i>	Y2	X		
53. School facilities are available to student staff and community members before and after the school day, on weekends, and during school vacations for physical activity and nutrition programs through Community Education	Y1		X	The track is open at all times for community use. The gymnasium is open at times with supervision by coaches.

54. Offer a program to encourage safe walking or biking to and from school where appropriate.	Y2	X		
Physical Activity and Punishment				
55. Teachers and other school and community personnel do not use physical activity (i.e. running laps, pushups) or withhold opportunities for physical activity (i.e. recess, physical education) as punishment	Y1	X		
Staff Wellness				
56. School staff serve as role models for students and are the key to successful implementation of wellness programs. The district and schools offer wellness programs as well as general wellness resources and opportunities.	Y3			