

School Wellness Policy Building Assessment Tool

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This tool is to be completed to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. My Plate from USDA			X	Will utilize next year in classrooms structure time. Have done research, just hard finding time to put into the classroom time.	Utilize information online from USDA.
2. Teach TK My Plate	X			Used USDA information. Printed off worksheets for students to do and watched a video.	Bring in different variety of foods for students to try.
3. Include nutrition education to parents via newsletter.		X		Have added stuff in the past, but not monthly like I would like to.	Include a monthly newsletter for parents and or have on the website.
4. Farm Trips	X			Students do go to dairy farm as a field trip.	Continue to do this next year.
5. Joined Team Nutrition		X		Have not fully implemented this into our school setting.	Continue to share and utilize the tools they provide for us to use.
Physical Education and Physical Activity Goals					
1. Taught year round for all students in TK-12	X			Taught by a certified physical education teacher. All students with disabilities are included and alternative physical education is	Continue with what we are doing currently.

				provided if appropriate and where possible.	
2. Provide recess which includes minimum of 30 min/day for TK-6.	X			TK-2 go outside for recess 3 times per day for a total of 55 minutes. 3rd grade goes out 2 times per day for a total of 30 minutes. 4-6 go out 1 time per day for a total of 30 minutes. We do follow if windchill is 0 degrees or below we do stay inside.	Continue with what we are doing currently.
3. Students in grades 7-12 are required to engage in a physical activity for a minimum of 120 min/week.	X			Portion of this requirement will be met through regularly scheduled physical education classes. To demonstrate completion of additional activity, 7-12 students are required to sign a written agreement stating the nature of the other activities in which they are involved.	Make sure to monitor more closely those who require more activity minutes.
4.					
Nutrition Guidelines for All Foods Available to Students					
1. Operate a food service program which will provide opportunities for staff development.	X			Include appropriate certification and/or training programs for cafeteria workers. School nurse watched the School Wellness Beyond the Cafeteria Webinar online.	<i>Continue to look for education programs or webinars that can help further education.</i>
2. Serve lunch through the National School Lunch Programs.	X			Lunch will be served in clean and pleasant settings and which meet, at a minimum, nutrition requirements established by local, state and federal law.	Continue with these guidelines.

3. Offer a National School Lunch Program breakfast program. Schedule meal periods at appropriate times	X			Offer breakfast from 7:15 am -8:20 am every morning. Lunch shall be scheduled between 11:00 am and 1:00 pm or 10:50 am and 12:45 pm.	Continue with these guidelines.
4. Will make every effort to prevent the over identification or stigma attached to students who are eligible for free and reduced-price meals.	X			Utilizing electronic identification and payment systems; will not deny any child a meal, regardless of income. Will promote the availability of meals to all students.	Continue with this system.
5. Will offer, among its options, foods and beverages at school-sponsored events outside the school day.	X			These food options will meet the nutrition standards for meals or for foods and beverages sold individually, such as our vending machines.	Continue to offer healthy options in the vending. Maybe suggest offering healthy options, such as fruit or veggies, at the concession stand.
6. Will annually make the nutritional content standards for foods and beverage adapted by the state board available to students, parents and the local community.	X			Calorie targets are displayed on the food menu for all to see. Information is displayed in the cafeteria.	Maybe include more info on the schools monthly newsletter. Continue to display in the menu and in the cafeteria.
7. Due to severe peanut allergies among the student body, promote and monitor, to the best of the school's ability during school hours, an environment free of peanuts, peanut products or products produced in a factory where peanuts may be present.	X			Parents and students will be notified. Only pre-packaged food free of peanuts, peanut products or products produced in factory where peanuts are present may be brought to school during school hours. Fresh fruits and vegetables are acceptable. This rule is also displayed on the monthly menu.	Maybe include a list of approved snacks students can bring into the classroom. Encourage non-food items to be brought in, to not leave anyone out.
Other School Based Activities Goals					

Integrating Physical Activity into the Classroom Settings					
1. Daily morning exercise before structure begins.			X	Utilize computer and smartboard.	Work with the teachers, give them the resources so they don't have to do more work.
2. End of day stretch, especially after sitting all day.			X	Teach teachers some easy and quick stretches the students can do.	Utilize the internet for more information.
3. Provide a lesson on the importance of exercise.			X	Provide lessons to the teacher and or the nurse will go in and teach.	Utilize the internet for information.
4.					
Communication with Parents					
1. Use the weekly newsletter to provide information.	X			Any important information is provided on a weekly basis to students.	Keep adding to the newsletter as needed.
2. Utilize the website to provide information.	X			This could be used daily to communicate with students and parents in regards to health problems or information.	Use the website as needed to convey information to parents.
3. Provide information in the monthly family newsletter.	X			Communicate with parents information needed in regards to health and information that needs to be turned in.	Continue to do this but maybe add more health information.
4.					
Food Marketing in Schools					
1. Have students provide a bulletin board outside the lunch room.			X	Change it monthly and have a different class do each time.	Utilize the internet for what each month promotes and then provide the information to the students.
2. Provide information on healthy food choices.			X	Place healthy food options and maybe recipes for families.	Use the newsletter and or website to provide this information.
3.					
Staff Wellness					

1. Staff gatherings.	X			Met one night this year for a fun gathering.	Provide more opportunities for gatherings.
2.30 Day Challenge			X	Start this Spring to prepare for Summer.	Provide the information to the staff members.