Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the SFA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name: Summit Public Schools
Reviewer: School Food Solutions

School Name: Summit Atlas
Date: 11/19/2019

Select all grades: PK [ ] K [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7 [ ] 8 [ ] 9 [ ] 10 [ ] 11 [ ] 12 [ ]

Yes ☐ No ☐

Ⅰ. Public Involvement

☒ We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:
☒ Administrators ☐ School Food Service Staff ☐ P.E. Teachers ☐ Parents
☐ School Board Members ☐ School Health Professionals ☐ Students ☐ Public

☒ We have a designee in charge of compliance.

Name/Title: Regional Director of Operations

☒ We make our policy available to the public.

Please describe: Public on school website

☒ We measure the implementation of our policy goals and communicate results to the public.

Please describe: Not currently

☒ Our district reviews the wellness policy at least annually.

Yes ☐ No ☐

Ⅱ. Nutrition Education

☒ ☐ Our district's written wellness policy includes measurable goals for nutrition education.

☒ ☐ We offer standards-based nutrition education in a variety of subjects (e.g., science, health, math, etc).

☒ ☐ We offer nutrition education to students in: ☐ Elementary School ☐ Middle School ☐ High School

Yes ☐ No ☐

Ⅲ. Nutrition Promotion

☒ ☐ Our district's written wellness policy includes measurable goals for nutrition promotion.

☒ ☐ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☒ ☐ We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.

☒ ☐ We place fruits and vegetables where they are easy to access (e.g., near the cafeteria cashier or near the front of the line).

☒ ☐ We ensure students have access to hand-washing facilities prior to meals.

☒ ☐ We annually evaluate how to market and promote our school meal program(s).

☒ ☐ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☒ ☐ We offer taste testing or menu planning opportunities to our students.

☒ ☐ We participate in Farm to School activities and/or have a school garden.

☒ ☐ We only advertise and promote nutritious foods and beverages on school grounds (e.g., buildings, playing fields, etc).

☒ ☐ We price nutritious foods and beverages lower than less nutritious foods and beverages.

☒ ☐ We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☐ à La Carte

☒ ☐ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

☒ ☐ We provide teachers with samples of alternative reward options other than food or beverages.

☒ ☐ We prohibit the use of food and beverages as a reward.
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 a Certified Food Handler as our Food Service Manager.
☐ ☐ We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including:
☐ ☐ as a la Carte Offerings ☐ In School Stores ☐ In Vending Machines ☐ as Fundraisers

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.
☐ ☐ We prohibit staff and teachers from keeping kids 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

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.

To get 20% higher participation rate in school food program, by requesting feedback from student body and by implementing feedback regarding school food options.

To promote staff wellness by organizing a 1x per week staff run/exercise event

VIII. Contact Information:
For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

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