

# 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 James McKinney

School Name Summit ~~State~~

Date 11/7/2019

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

**I. Public Involvement**

- Yes  No  We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:
- |  |   |  |   |
|--|---|--|---|
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input type="checkbox"/> P.E. Teachers       | <input checked="" type="checkbox"/> Parents |
| <input type="checkbox"/> School Board Members      | <input type="checkbox"/> School Health Professionals          | <input checked="" type="checkbox"/> Students | <input type="checkbox"/> Public             |
- We have a designee in charge of compliance.
- Name/Title:
- We make our policy available to the public.
- Please describe:
- We measure the implementation of our policy goals and communicate results to the public.
- Please describe:
- Our district reviews the wellness policy at least annually.

**II. Nutrition Education**

- Yes  No  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

**III. Nutrition Promotion**

- Yes  No  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.

Yes No **IV. Nutrition Guidelines** (Cont. from page 1)

- Yes  No Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- Yes  No We operate the School Breakfast program:  Before School  In the Classroom  Grab & Go
- Yes  No We follow all nutrition regulations for the National School Lunch Program (NSLP).
- Yes  No We operate an Afterschool Snack Program.
- Yes  No We operate the Fresh Fruit and Vegetable Program.
- Yes  No We have a Certified Food Handler as our Food Service Manager.
- Yes  No We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:  
 as à La Carte Offerings  in School Stores  in Vending Machines  as Fundraisers

Yes No **V. Physical Activity**

- Yes  No Our district's written wellness policy includes measurable goals for physical activity.
- Yes  No We provide physical education for elementary students on a weekly basis.
- Yes  No We provide physical education for middle school during a term or semester.
- Yes  No We require physical education classes for graduation (high schools only).
- Yes  No We provide recess for elementary students on a daily basis.
- Yes  No We provide opportunities for physical activity integrated throughout the day.
- Yes  No We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Yes  No Teachers are allowed to offer physical activity as a reward for students.
- Yes  No We offer before or after school physical activity:  Competitive sports  Non-competitive sports  Other clubs

Yes No **VI. Other School Based Wellness Activities**

- Yes  No Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- Yes  No We provide training to staff on the importance of modeling healthy behaviors.
- Yes  No We provide annual training to all staff on:  Nutrition  Physical Activity
- Yes  No We have a staff wellness program.
- Yes  No We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- Yes  No We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- Yes  No We have a recycling /environmental stewardship program.
- Yes  No We have a recognition /reward program for students who exhibit healthy behaviors.
- Yes  No 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

1. incorporate nutrition education into wellness policy and in practice during expeditions and mentor block by end of 2020 - 2021 school year.

2. Communication: post meeting results, assessments, and invitation to join wellness committee by 2020.

3. Update wellness policy by Jan. 1, 2020

**VIII. Contact Information:**

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

Name  Position/Title

Email  Phone