

## Wellness Assesemnt

Location: \_\_\_\_\_

Interviewer: \_\_\_\_\_

Date of interview: \_\_\_\_\_

<b><u>PROGRAM IMPLEMENTATION AND EVALUATION</u></b>		Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
1	Has Superintendent designated at least one person within the district and at each school site who is charged with operational responsibilities for ensuring the school sites implement the District's Wellness Policy?		X			
2	To determine whether the Wellness policy is being effectively implemented, Are the following indicators being used at each school site:					
	Descriptions of the district's nutrition education, physical education and health education curricula by grade?			X		
	Number of minutes of physical education instruction offered at each grade span.	X				
	Number and type of exemptions granted from physical education?	X				
	Results of state's physical fitness test?	X				
	An analysis of the nutritional content of meals served based on sample menus?	X				
3	Does Superintendent report to the board at least once a year on the implementation of the policy and any other Board policies related to nutrition and physical activity?		X			
4	Does District provide opportunity for managers and staff to meet or exceed the education requirements outlined in the "USDA Professional Standards for child Nutrition Professionals"?	X				
5	Does each school post District policies and regulations on nutrition and physical activity in public view within the school office, cafeterias or any other central eating areas?			X		

<b><u>Nutrition Education Goals</u></b>		Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
6	Is nutritional education provided to students K-12 grades?		X			
7	Is the nutritional education provided designed to provide students with knowledge and skills necessary to promote and protect their health?		X			
8	Is education integrated into classroom instruction including but not limited to Health Education?	X				
9	Are experiential learning strategies (taste testing, cooking demo's, farm tours, school gardens, etc.) encouraged and are family members engaged in reinforcing healthy nutrition behaviors?	X				
10	Are instructional staff provided with ongoing in-service nutrition education training that focus on teaching strategies that access health knowledge and skills and promote healthy eating behaviors?			X		
11	Is the Nutritional Education linked with school meal programs, cafeteria nutrition programs, school gardens, Farm to School Programs, and other nutrition-related community services?		X			

	<b><i>PHYSICAL ACTIVITY AND EDUCATION</i></b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither Agree or Disagree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
12	Are Physical Education instruction based on current expectations established in state's curriculum framework, in compliance with state and federal laws and regulations?	X				
13	Is it designed to build skills necessary to maintain health and performance in daily life tasks?	X				
14	Are all students provided equal opportunity to participate in physical education classes?	X				
15	Does the district make appropriate accommodations to allow equitable participation for all students and does it adapt physical education classes and equipment as necessary?	X				
16	Is quality physical activity integrated where possible across curricula and throughout the school day?	X				
17	Is time allotted for physical activity consistent with national and state standards?	X				
18	Is a daily recess period for all students K-12, where physical activity is encouraged?	X				
19	Is physical activity during the day (including but not limited to recess, physical activity breaks or physical education) withheld as punishment? This does not include participation on sports teams that have specific academic requirements?			X		
20	Does professional development address the District's adopted physical education course of study and curriculum and instruction strategies? Does it promote health knowledge healthy behaviors and environmental awareness?	X				
21	Does Superintendent encourage and provide opportunity for regular physical activity by employees?		X			
22	Does the Board make District facilities or grounds available for recreational or sports activities outside school day or use community facilities to expand students access to opportunity for physical activity?	X				
23	Does Board prohibit marketing and advertising of non-nutritional foods/beverages advertisements in school publications, extracurricular programs and other structured and unstructured activities?		X			
24	Does Superintendent disseminate physical education fitness tests results and other skill knowledge assessments information to students, parents, guardians, staff and community? Does this communication emphasize relationship between physical fitness good nutrition and academic performance?		X			

	<b><i>NUTRITION GUIDELINES FOR FOODS AVAILABLE AT SCHOOL</i></b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither Agree or Disagree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
25	Has the board adopted nutrition guidelines for all foods sold or served on campus during the day promoting student health and reducing childhood obesity?		x			
26	Is all food & beverage sold support health curriculum, promote optimal health & follow all safe food handling procedure?	X				
27	Has the District adopted nutritional standards for all foods sold to students, including foods and beverages provided through District Food Service programs, student store, vending machines, fundraisers or other venues that meet or exceed State and Federal Nutritional Standards?		x			
28	Do Principals encourage the use of nonfood rewards and healthy alternatives meals or snacks choices when events are being planned for students? This includes teachers, parents, parent teacher organizations, community groups and others who plan celebrations or rewards for students?		X			
29	Do the food items sold provide students during school day following the following guidelines? 35% or less of total calories from fat; 10% or less of its total calories from saturated fat;35% or less of its total calories from sugar by weight.	X				

	<b><u>FOOD SERVED AND SOLD THROUGH FOOD SERVICE DEPARTMENT</u></b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither Agree or Disagree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
30	Are meals served moderate in sodium, low in saturated fat, zero grams of trans fat per servings and meet the calorie requirements recommended by the USDA with in their age group?	X				
31	Does Food and Beverages provided through federally reimbursable school meal program meet or exceed federal regulations?	X				
32	Does Food Service Program aim to be financially self-supportive?	X				
33	Does all District schools participate in available Federal School Nutritional programs, including the National School Lunch Program and School Breakfast Programs?	X				
34	Do all schools provide students and staff with safe, clean and pleasant eating environments?	X				
35	Are students provided adequate time for unhurried eating while fostering good manners and respect for fellow students and their environment?	X				
36	Are schools making efforts to eliminate the social stigma attached to, and preventing the overt identification, of students who are eligible for free and reduced-priced meals?	X				

	<b><u>BREAKFAST</u></b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither Agree or Disagree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
38	Do schools encourage participation by implementing classroom breakfast, grab and go, second chance breakfast, breakfast on the bus, breakfast during break/recess and/or other options?		X			
39	Do schools arrange bus and bell schedule (to extent possible) and take appropriate steps to encourage participation?		X			
40	Do schools promote the importance of a healthy breakfast and school Breakfast Program to students and families?		X			

	<b><u>LUNCH</u></b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither Agree or Disagree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
41	Are Students provided 20 minutes to eat after sitting down?		X			
42	Is Lunch served at appropriate interval from other meals?		X			
43	Does food Service implement evidence-based healthy food promotions techniques through school meal programs using “ Smart Lunchroom Techniques” and promote foods and beverages that meet the USDA Smart Snacks nutritional standards?				X	

	<b><u>WATER</u></b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither Agree or Disagree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
44	Does School district make drinking water available where school meals are served at each school site?		X			
45	Are the water sources maintained on a regular basis to ensure hygiene standard?		X			

