

Local School Wellness Policy Assessment Tool

This assessment tool should be completed by the School Wellness and their Wellness Team (members can 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 5030*.

Questions

If you have questions about the assessment tool, please contact Laura Bullene Jacobo, Director of Nutrition Services. Ljacobow@w-usd.org

Instructions

Taking the chart below, the school's Wellness Team should determine if a particular section of the wellness policy is either *Fully In Place* or *Partially In Place* at their school, and place an 'X' where appropriate.

A. Food and Beverages In Schools

Wellness Policy Language		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.		X		
2. Students are provided access to hand washing or hand sanitizing before meals or snacks.		X		
Scheduling of Meals				
3. Pleasant eating environments – where there is plenty of seating and students do not feel rushed during meals.			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.		X		
5. Accommodations are provided for students who need more time to finish their lunch		X		
6. Meal periods are scheduled at appropriate times. Lunch should be served between 10:50 AM and 1PM		X		
7. Offering attractive dining areas which have enough space for seating all students scheduled for that meal period	Ongoing process			WVMS new serving line and HS graphics
8. Participation in the lunch program is encouraged, including increasing student access, “grab and go” breakfasts, breakfast in the classroom, or breakfast during morning break.		X		

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Fundraising				
9. Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.	Ongoing process			Jog/Walk a thon / Paint Run
10. Fundraising activities involving the sale of food will take place outside the school day (school day is defined as midnight before school starts until 30 min after regular school day and must meet the guidelines for foods sold outside of reimbursable meals (Smart Snacks in Schools)	Ongoing process			
11. Parents and others are notified of the “healthy” fundraising policy.	Ongoing process			Include guidelines in parent handbook, offer alternative fundraising ideas
Celebrations				
12. Classroom celebrations encourage healthy choices and portion control.	Ongoing process			Offer alternative options and suggestions
Sharing Foods and Beverages				
13. Sharing of foods and beverages is not allowed.	Ongoing process			Sites encourage this but it is not regulated
Snacks				
14. Only “healthy” snack options are offered in vending machines, concessions stands, a la carte lines, and classrooms. Options should meet or exceed current Smart Snacks in Schools regulations	Ongoing process			
Foods Sold Outside of the Reimbursable Meals Menus				
15. Foods sold meet these guidelines: <u>Elementary schools</u> - No sales allowed		X		
16. <u>Middle School & High Schools</u> – items must meet or exceed current Smart Snacks in Schools regulations	On going process			

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Sharing Foods and Beverages				
17. Sharing of foods and beverages is not allowed.	Ongoing process			Sites encourage this
Snacks				
18. Only “healthy” snack options are offered in vending machines, concessions stands, a la carte lines, and classrooms. Options should meet or exceed current Smart Snacks in Schools regulations	Ongoing process			
Foods Sold Outside of the Reimbursable Meals Menus				
19. Foods sold meet these guidelines: <u>Elementary schools</u> - No sales allowed		X		
20. <u>Middle School & High Schools</u> – items must meet or exceed current Smart Snacks in Schools regulations	On going process			
Beverages - ALLOWED for sale in Woodlake Unified School District				
21. Unflavored low fat and flavored fat free fluid milk and nutritionally equivalent nondairy beverages (to be defined by USDA)		X		
22. Water without added caloric sweeteners or artificial sweeteners		X		
23. 100% juice		X		
Beverages - NOT allowed for sale in Woodlake Unified School District				
24. Soft drinks containing caloric sweeteners or artificial sweeteners		X		
25. Iced teas		X		
26. Fruit based drinks that contain less than 100% real fruit juice		X		

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Food Marketing				
27. All food and beverage advertising (vending machines, etc.) displays healthy messaging.		X		
28. School-based marketing of brands promoting healthy foods, including fruit, vegetables, whole grains, and low fat dairy products is encouraged	Ongoing			Exploring media promotion via tv screens at sites to include nutrition ed, physical activity and menu
Nutrition Education - Schools will provide nutrition education as a part of an 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.				
29. Nutrition Education is integrated throughout the school day and after school programs.	Ongoing process			Harvest of the Month
30. Cafeteria and Community are used as “learning laboratories” and include enjoyable, developmentally age-appropriate, participatory activities such as taste tests, promotions, visits to farms and gardens, Central Kitchen	Ongoing process		X	Central Kitchen field trip Walking field trip to Police Station, Bank, Fire Dept
31. Nutrition Education is culturally relevant and teaches students about cross-cultural nutrition.	Ongoing process			
32. Nutrition Services and other community agencies collaborate with teachers to reinforce nutrition education lessons taught in classroom.	Ongoing process			
33. Provide and promote nutrition education to families and the community in cooperation with such agencies as WIC, Woodlake Family Resource Center, Adult Education and other community organizations	Ongoing process			Participation in Health Fair

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34. Encourage families through newsletters, homework assignments, parent-teacher meetings, health fairs, etc. to make healthy food choices and lead a healthy lifestyle.	Ongoing process			District website with menu and nutrition education, parent info, recipes
35. Staff will be provided general wellness resources and opportunities.	Ongoing process			Monthly wellness newsletter from Keenon
Physical Education				
36. Provides all ELEMENTARY students with minimum of current state requirements of physical education throughout the entire year.		X		
37. Provides all MIDDLE/HIGH School students with minimum of current state requirements for the entire school year.		X		
38. Schools maintain a graduation requirement of credits in Physical Education in high school.		X		
39. All students receive physical education each year.		X		
40. Physical education is provided in appropriate student-:teacher ratio that ensures adequate supervision and minimized risk of injuries.		X		

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Integrating Physical Activity into the Classroom				
41. In addition to physical education, provide all students with other opportunities to be physically active during the school day	Ongoing process			
42. Classroom health education reinforces knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television	Ongoing process			
43. Integrate physical activity into health and other classroom curriculum such as science, math and social studies when appropriate.			X	
44. Extended periods of inactivity is discouraged.			X	
Daily Recess				
45. Provide ELEMENTARY school students with supervised recess each day.		X		
Physical Activity Opportunities Before and After School				
46. Provide students with opportunities to voluntarily participate in extra curricular physical activities that meets their needs interests and abilities		X		
47. Provide safe opportunities for both <u>organized and informal</u> use of indoor and outdoor facilities, before and after school.	Ongoing process			
48. Offer a program to encourage safe walking or biking to and from school.	Ongoing process			
Physical Activity and Punishment				
49. 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		X		
Staff Wellness				
50. School staff will serve as role models for students and are the key to successful implementation of wellness programs.	Ongoing process			

