

## School Wellness Policy Assessment Tool

**Instructions:** This assessment tool is to be used for school districts and schools to assess the current status of their wellness policies. There are four sections entitled Nutrition Education, Physical Activity, Nutrition Guidelines for All Foods, and USDA Meal Guidelines. These sections detail ‘examples of evidence’ that districts and schools can use to determine the extent to which School Wellness Policies are being implemented and what additional work remains to be done.

Items listed under each respective section are examples of evidence that may specify how your policy is being implemented. They are intended to serve as a self-assessment of the current status of implementation in your district or school and to provide possible ideas for improvement. Circle the number corresponding to the current status for each item:

**1--Applicable but not addressed**

Applies to items the district or school has not implemented.  
 Example—the process of establishing guidelines for all foods has not been addressed.

**2-Partially implemented**

Applies to items the district or school has begun but has not fully implemented.  
 Example—the district has begun implementation of nutrition education with the second grade. It is not part of a comprehensive K-12 health education curriculum.

**3--Fully implemented**

Applies to items the district or school has fully implemented.  
 Example—Nutrition Guidelines have been established for all foods offered on the school campus. Guidelines address times for operation of the various food venues outside the school meal programs.

**Other**

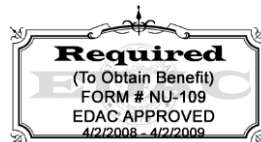
The district or school may have other evidence of implementation that is not on this form. Please attach a separate page with a brief description of other district or school examples of evidence that are not included here.

Please answer every item to the best of your ability. This form is intended to be filled out by a team of members on the wellness policy committee at either the district or school level. Any one person may not be able to answer all the items within every section, so it is important to have various members of the wellness policy team aid in filling out the different sections of the assessment. Please do not leave any section incomplete.

List the district name and school name if answering at the school level, and the name(s) of the person(s) completing this form and their positions (e.g., classroom teacher, physical education teacher, food service director, parent representative, principal, etc).

District \_\_\_\_\_ School \_\_\_\_\_

- |  |   |   |   |
|--|---|---|---|
| 1) _____<br>Name<br>Mindi Wolf<br>Position<br>Food Service Coordinator   | 4) _____<br>Name<br>Jennifer Forbes<br>Position<br>Assistant Principal, Lochbuie Elementary | 2) _____<br>Name<br>Patricia Fredrickson<br>Position<br>Hoff Elementary Kitchen Manager | 5) _____<br>Name<br>Melissa Jones<br>Position<br>Physical Education Teacher, Weld Central High School |
| 3) _____<br>Name<br>Linda Gingerich<br>Position<br>School District Nurse | 6) _____<br>Name<br>_____<br>Position<br>_____  |   |   |



Please check if answering this assessment at the district or school level:  District level  School level

Please circle grade level(s) to which this assessment pertains: **ES** MS HS K-12 K-8 6-12 Other: \_\_\_\_\_

**P.L. 108-265 Section 204 (a) 1): Goals for Nutrition Education, Physical Activity and Other School-Based Activities**

**Nutrition Education Definition:** All students have the opportunity to participate in a variety of learning experiences that support the development of healthful eating habits.

	Applicable but not addressed	Partially Implemented	Fully Implemented
The nutrition education curricula are skills-based.	1	2	3
The nutrition education curriculum incorporates the 2005 Dietary Guidelines for Americans nutrition concepts.	1	2	3
The nutrition curriculum materials are scientifically based providing accurate nutrition information.	1	2	3
Classroom nutrition resources are current, easily accessible, and a plan is in place for periodically up-dating resources.	1	2	3
Nutrition education is part of a PreK-12 comprehensive health education curriculum, or is integrated throughout the curriculum in subject areas such as math, science, language arts, or social studies.	1	2	3
Teachers are provided with opportunities for professional development.	1	2	3
Nutrition education is provided to students.	1	2	3
Nutrition education instruction is comprised of hands-on activities that engage students in participatory learning.	1	2	3
Classrooms participate in one or more events that are either centered on nutrition or include nutrition as a main component.	1	2	3
Attractive, current nutrition education materials are displayed in dining areas.	1	2	3
Before and after school programming includes nutrition education.	1	2	3
Nutrition education is provided to parents, community, and school board.	1	2	3
Staff wellness related to healthy eating habits and nutrition is addressed.	1	2	3

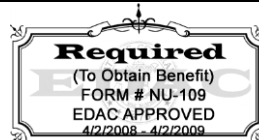
**Physical Activity Definition:** All students will have the opportunity to participate in moderate to vigorous (defined as heavy breathing, sweating) physical activity on a regularly scheduled basis each school week during the school year. While physical education is not required in Colorado it is a means of improving student activity in the school setting and serves as a tool to teach lifelong physical activity skills to children.

**Physical Education Requirements** (Circle the applicable answer(s)).

The district requires physical education classes.	<input checked="" type="radio"/> YES <input type="radio"/> NO	
The amount of required physical education in the district includes:		
Elementary	50 min/week	51-89 min/week
Middle	50 min/week	51-89 min/week
K-8 or 6-12 (Minutes/week)	50 min/week	51-89 min/week
(Amount of PE for graduation)	1/2 credit	1 credit
High (Amount of PE for graduation)	1/2 credit	1 credit

**Goals for Physical Activity**

	Applicable but not addressed	Partially Implemented	Fully Implemented
The physical education department has a framework and curriculum.	1	2	3
Physical education teachers are endorsed in physical education and licensed by the Colorado Department of Education.	1	2	3
Physical education class student/teacher ratio is addressed.	1	2	3
Classroom health education includes the knowledge and self-management skills needed to maintain a physically active lifestyle.	1	2	3
Physical activity is incorporated into other subject areas (math, language arts, social studies, science), or between lessons.	1	2	3
Physical activity is not used (e.g. running laps) or withheld (e.g., recess, physical education) as punishment. This guideline does not apply to extracurricular sports teams.	1	2	3
Physical activity is encouraged verbally and through the provision of adequate space and age-appropriate equipment.	1	2	3
Other supervised opportunities for physical activity are provided throughout the day.	1	2	3
Extracurricular physical activity programs, clubs or intramural programs are offered.	1	2	3
Information and resources are provided to help families incorporate physical activity into their lives.	1	2	3



### Nutrition Guidelines for All Foods

#### P.L. 108-265 Section 204 (a) 2): Nutrition guidelines for all foods available on each school campus during the school day.

**Nutrition guidelines definition:** All foods and beverages offered during the school day include nutrition guidelines selected by the local educational agency with the objectives of promoting student health and reducing childhood obesity.

	Applicable but not addressed	Partially Implemented	Fully Implemented
Guidelines have been established for all foods available on the school campus during the day.	1	2	3
There is a prohibition or restriction on using food as a discipline or reward for students.	1	2	3
Schools encourage parents to provide a variety of nutritious foods if students bring lunch or snacks from home.	1	2	3
It is required that healthy food choices are made available to students at every school function that includes food.	1	2	3
Portion size is addressed in the food goals.	1	2	3
Every student has access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means which provide him or her with sufficient water.	1	2	3
At least 50 percent of fundraising activities will NOT involve the sale of food or beverages.	1	2	3
Fundraising activities involving the sale of food or beverages will not take place until after the end of last lunch period.	1	2	3
Non-food fundraisers are encouraged, such as flowers, gift wrap, sporting events, and family fun events.	1	2	3
Restrictions are in place for student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value.	1	2	3
At least 50% of foods and beverages offered in vending machines meet the following nutritional standards. These guidelines are recommended, but not required: (Colorado SB 103 Nutritious Vending Guidelines)			
a) plain, non caloric water.	1	2	3
b) milk, including chocolate, milk, soy beverage, rice beverage and other similar dairy or nondairy beverage.	1	2	3
c) 100% fruit juices or fruit drinks with no less than 50% juice without additional sweeteners.	1	2	3
d) electrolyte replacement beverage containing 42 g or fewer of additional sweetener per 20 oz serving.	1	2	3
e) nuts, seeds, dairy products, fresh fruits or vegetables, and packaged fruits in their own juice.	1	2	3
f) Any other food item containing no more than 35% of total calories from fat and no more than 35% of its total weight in sugar.	1	2	3
Guidelines have been established for food offered in school stores.	1	2	3
Guidelines have been established for food offered in concession stands.	1	2	3

### USDA Meal Guidelines –General

#### P.L. 108-265 Section 204 (a) 3): USDA Meal Guidelines and Regulations

**Meal guidelines definition:** Guidelines for reimbursable school meals are no less restrictive than the USDA guidelines.

	Applicable but not addressed	Partially Implemented	Fully Implemented
The cafeteria has adequate seating to accommodate students during each serving period.	1	2	3
Students are allowed to converse with one another while they eat their meals.	1	2	3
The dining area has adequate adult supervision.	1	2	3
Information is made available to students and their parents/guardians concerning U.S.D.A. school meal requirements and the nutrition content of food and beverages provided/sold.	1	2	3
School food service personnel are encouraged to attend professional development training.	1	2	3
Students have at least 10 minutes to eat breakfast and 15 minutes to eat lunch, not including time spent walking to and from class or waiting in line.	1	2	3
Recess for elementary students is scheduled before lunch.	1	2	3
Students participate in taste tests and/or surveys to obtain their input on school meals.	1	2	3

