

Date Reviewed

# District Wellness Policy Review and Evaluation Form

Reviewer/s initials

| <b>Component Ratings – Scores and Percents</b><br><b>Record the number of YES responses here</b> |                      |                        |                       |               |                                 |
|--|----------------------|------------------------|-----------------------|---------------|---------------------------------|
| 1. Nutrition Education   | 2. Physical Activity | 3. Nutrition Standards | 4. School Environment | 5. Evaluation | 6. Policy Development Committee |
| /9   | /6                   | /3                     | /15                   | /4            | /7                              |
| %  | %                    | %                      | %                     | %             | %                               |

General Comments

Please answer each question. ↓

Enter comments – specific to this question. ↓

Circle your Answers

| 1. Does the local school wellness policy:  | <b>Component 1: Nutrition Education</b> |           |
|--|---|-----------|
| 1A. Have a <b>goal for nutrition education</b> ?   |   | YES    NO |
| 1B. Provide for students in grades pre-K to 12 to receive <b>nutrition education</b> that is <b>interactive</b> and teaches the <b>skills</b> they need to adopt healthy eating behaviors? |   | YES    NO |
| 1C. Require nutrition education to be offered in the school dining room as well as in the classroom, with <b>coordination between the foodservice staff and teachers</b> ?                 |   | YES    NO |
| 1D. Provide for students to receive <b>consistent nutrition messages</b> throughout the school in media, in the classroom, in the cafeteria, to the home and community?                    |   | YES    NO |
| 1E. Refer to <b>state and district health education curriculum standards</b> and guidelines including nutrition and physical education?  |   | YES    NO |
| 1F. <b>Integrate nutrition into the health education curricula or core curriculum</b> (e.g., math, science, language arts)?  |   | YES    NO |

\* Minimum requirement under Section 204 of Public Law 108-265, June 30, 2004.

|  |   |     |    |
|--|---|-----|----|
| 1G. Provide for schools to <b>link nutrition education activities with the coordinated school health program?</b>  |   | YES | NO |
| 1H. Require appropriate <b>training for the staff</b> that provides nutrition education?   |   | YES | NO |
| 1I. Require schools to conduct nutrition activities and promotions that <b>involve parents, students, and the community?</b>   |   | YES | NO |
| 2. Does the local school wellness policy:  | <b>Component 2: Physical Activity</b>   |     |    |
| 2A. Have a <b>goal for physical activity?</b> *  |   | YES | NO |
| 2B. Provide opportunities for every student to develop <b>knowledge</b> for specific physical activities?  |   | YES | NO |
| 2C. Provide opportunities for every student to develop <b>skills</b> for specific physical activities?   |   | YES | NO |
| 2D. Provide <b>opportunities</b> for every student to <b>maintain physical fitness?</b> (Possible opportunities include but are not limited to recess, PE classes, walking programs, after-school fitness programs.) |   | YES | NO |
| 2E. Provide opportunities for every student to <b>regularly participate in physical activity?</b>  |   | YES | NO |
| 2F. Provide opportunities for every student to <b>understand the short- and long-term benefits</b> of a physically active and healthful lifestyle?   |   | YES | NO |
| 3. Does the local school wellness policy:  | <b>Component 3: Nutrition Standards</b> |     |    |
| 3A. Establish and enforce <b>nutrition standards for all foods available on school campus during the school day?</b> *   |   | YES | NO |
| 3B. Ensure that <b>reimbursable school meals</b> meet the program requirements and nutrition standards set forth under the <b>7 CFR Part 210 and Part 220?</b>   |   | YES | NO |

|   |  |        |
|---|--|--------|
| 3C. Establish and enforce standards to address <b>all foods and beverages</b> sold or served to students during the school day outside of the school meal programs? (bake sales, fund raising, school stores, vending, parties, meetings, celebrations, etc.) |  | YES NO |
| 4. Does the local school wellness policy:   | <b>Component 4: School Environment</b> |        |
| 4A. Set goals for <b>other school-based activities</b> designed to promote student wellness?*   |  | YES NO |
| 4B. Create and maintain a <b>school environment that is conducive to healthy eating?</b>  |  | YES NO |
| 4Bi. Require provision of a <b>safe, enjoyable meal environment for students?</b>   |  | YES NO |
| 4Bii. Require provision of <b>adequate time for</b> students to enjoy eating healthy foods with friends, <b>scheduled as near the middle of the school day</b> as possible?   |  | YES NO |
| 4Biii. <b>Prohibit use of food as a reward or punishment?</b>   |  | YES NO |
| 4Biv. Require provision of <b>enough space and serving areas</b> to ensure students access to school meals with a minimum of wait time?   |  | YES NO |
| 4Bv. Ensure <b>fundraising efforts are supportive of healthy eating?</b>  |  | YES NO |
| 4Bvi. Require provision of <b>on-going professional training and development for food service staff and teachers in the area of nutrition?</b>  |  | YES NO |
| 4Bvii. Require the <b>scheduling of recess for elementary grades before lunch</b> so that children will come to lunch less distracted and ready to eat?   |  | YES NO |
| 4Bviii. Require development of strategies for parents, teachers, school administrators, students, foodservice professionals, and community members to serve as <b>role models</b> in practicing <b>healthy eating</b> both in school and at home?             |  | YES NO |

|  |  |     |    |
|--|--|-----|----|
| 4C. Create and maintain a <b>school environment that is conducive to being physically active?</b>  |  | YES | NO |
| 4Ci. <b>Prohibit denial of student participation in recess or other physical activity as a form of discipline, or cancellation of recess or other physical activity time for instructional make-up time?</b>   |  | YES | NO |
| 4Cii. Require provision of <b>on-going professional training and development for food service staff and teachers in the area of physical education?</b>  |  | YES | NO |
| 4Ciii. Provide for <b>student access to physical activity facilities outside school hours?</b>   |  | YES | NO |
| 4Civ. Require development of strategies for parents, teachers, school administrators, students, foodservice professionals, and community members to serve as <b>role models</b> in practicing <b>being physically active</b> both in school and at home? |  | YES | NO |
| 5. Is the local school wellness policy evaluated:  | <b>Component 5: Evaluation</b>                   |     |    |
| 5A. A plan for <b>measuring implementation</b> is part of the local wellness policy?*  |  | YES | NO |
| 5B. At <b>least one person is identified as responsible</b> for overseeing the evaluation of the policy implementation?  |  | YES | NO |
| 5 C. Progress, evaluations and results are communicated to <b>school administration?</b>   |  | YES | NO |
| 5D. Progress, evaluations and results are communicated to <b>the public?</b>   |  | YES | NO |
| 6. Does policy revision and implementation of the local school wellness policy involve:  | <b>Component 6: Policy Development Committee</b> |     |    |
| 6A. <b>Parents?*</b>   |  | YES | NO |
| 6B. <b>Students?*</b>  |  | YES | NO |

\* Minimum requirement under Section 204 of Public Law 108-265, June 30, 2004.

|  |  |           |
|--|--|-----------|
| 6C. Representatives of the <b>school food services?</b> *  |  | YES    NO |
| 6D. Representatives of the <b>school board?</b> *  |  | YES    NO |
| 6E. Representatives of the <b>school administration?</b> *   |  | YES    NO |
| 6F. Representatives of the <b>public?</b> *  |  | YES    NO |
| 6G. Other team participants? For example: <ul style="list-style-type: none"> <li>• School food service director/manager?</li> <li>• School nurse?</li> <li>• Classroom teachers?</li> <li>• Health educator?</li> <li>• Family and Consumer Sciences teacher?</li> <li>• Physical education teacher?</li> <li>• Health Professionals?</li> </ul> |  | YES    NO |