

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. 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 **Arnett**

Reviewer **Tracy Kincannon**

School Name **Arnett**

Date **1/5/17**

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 checked="" type="checkbox"/> P.E. Teachers | <input checked="" type="checkbox"/> Parents |
| <input checked="" type="checkbox"/> School Board Members | <input type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students | <input checked="" 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

- 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

- 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)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program: Before School In the Classroom Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- 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**

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

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

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on: Nutrition Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling /environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- 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

VIII. Contact Information:

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

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