

Wellness Policy Assessment

A. Food and Beverage in Schools

2016-2017 YR 1

| Wellness Policy Language | Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3 | 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 the 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 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 10:10 AM and 1:30 PM. | | X | | |
| 7. Lunch periods are <u>after recess</u> in elementary schools in order to increase student nutrient intake and reduce food waste. | | | | Reevaluate due to Millstream and H.S. scheduling of courses |
| 8. Offering attractive dining areas which have enough space for seating all students scheduled for that meal period. | | X | | |
| 9. Schools will evaluate their policy of competitive food sales. | yrly | X | | |
| 10. Food service will strive to be financially self-supporting. | yrly | X | | |
| Food and Behavior | | | | |
| 11. Foods or beverages are NOT used as rewards for academic performance or good behavior (unless this practice is allowed by a student's Individual Educational Plan, Behavior Intervention Plan, or a 504 Individual Accommodation Plan). | yrly | | | Revisited and needs to be added to teacher handbook upon board approval |

| Wellness Policy Language | Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3 | 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 |
|--|---|---------------------|-------------------------|--|
| Fundraising | | | | |
| 12. Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items. | 2 | | X | Encourage groups to follow this. Place in handbook as a suggestion for coaches/advisors. |
| 13. Fundraising activities involving the sale of food will take place outside the school day (school day is defined as ½ hour before school starts until after the school bell rings at the end of the school day) and must meet the guidelines for foods sold outside of reimbursable meals menu. | 1 | X | | |
| 14. Students and staff are prohibited from personal fundraising efforts that include the sale of foods or beverages on campus. | 1 | X | | |
| 15. External organizations, parents, and others using school property are notified of the "healthy" fundraising policy. | 2 | | | Encourage external organizations and place in handbook for coaches/advisors. |
| Celebrations | | | | |
| 16. Classroom celebrations encourage healthy choices and portion control and not include more than one item from outside the criteria established for "healthy" foods. | 2 | | | Place in teacher handbook. |
| Sharing Foods and Beverages | | | | |
| 17. Sharing of foods and beverages is not allowed unless completely unopened. | 1 | X | | |
| Snacks | | | | |
| 18. Only "healthy" snack options are offered in vending machines and a la carte choices. | 1 | X | | |
| Beverages – ALLOWED for Sale in all of Vanlue Local School | | | | |
| 19. Unflavored or flavored low fat or fat-free fluid milk and nutritionally equivalent nondairy beverages (to be defined by USDA). | 1 | X | | |
| 20. Water without added caloric sweeteners or artificial sweeteners. | 1 | X | | |
| 21. 100% juice | 1 | X | | |

| Wellness Policy Language | Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3 | 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 |
|--|---|---------------------|-------------------------|--|
| Portion Sizes - Except in cases where the National School Lunch Program or School Breakfast Program require a larger serving size to meet meal pattern requirements, portion sizes of the following items will be limited to: | | | | |
| 22. One and one quarter ounces for baked chips, crackers, popcorn, cereal, trail mix, nuts, seeds, and dried fruits. | 1 | X | | |
| 23. One ounce for cookies. | 1 | X | | |
| 24. Two ounces for cereal bars, granola bars, and other bakery items. | 1 | X | | |
| 25. Four fluid ounces for frozen desserts, including by not limited to low-fat or fat free ice cream. | 1 | X | | |
| 26. Eight ounces for non-frozen yogurt. | | | | Not applicable |
| 27. Twelve fluid ounces for beverages, except: 16 ounces for milk, and unlimited for water. | 1 | X | | |
| 28. Fruits and non-fried vegetables are exempt from portion size limits. | 1 | X | | |
| Competitive Food Sales | | | | |
| 29. The cafeteria will comply with provisions set in Federal law regarding sale of competitive food and foods with minimal nutritional value. | Yrly | X | | |
| 30. Only the cafeteria shall sell food and beverages during regular school hours. | 1 | X | | |

B. Nutrition Education

| Wellness Policy Language | Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3 | 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 |
|---|---|---------------------|-------------------------|--|
| Nutrition Education - Schools will provide nutrition education as a part of a holistic, sequential, 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. Development and adoption of Nutrition Education curricula will follow district policies and the accompanying regulations regarding new curricula. Nutrition Education will: | | | | |
| 31. Health Education, includes nutrition education, is delivered by a licensed Educator. | 1 | X | | |
| 32. The district will encourage students to increase their consumption of healthy foods and encourage healthy eating habits. | 2 | | X | verbal encouragement occurs, education elementary grades on this |

C. Physical Activity

| Wellness Policy Language | Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3 | 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 |
|---|---|---------------------|-------------------------|--|
| Physical Education | | | | |
| 33. Provide all K-5 students with 90 minutes per week of PE throughout the entire year. | 2 or 3 | | X | K-2 and 5+6. Fulfilled Work on 3+4 |
| 34. Provide all 6-8 students with 90 minutes per week of PE throughout the entire year. | 2 or 3 | | X | revisit schedule. 7th grade receives a semester course, 8th does not |
| 35. Schools maintain a graduation requirements of both Health and Physical Education in High School. | 1 | X | | |
| 36. Physical education is provided in appropriate student-teacher ratio that ensures adequate supervision and minimized risk of injuries. <i>(The district will work towards establishing an enrollment cap.)</i> | 1 | X | | |
| 37. School has physical education electives available to high school students and is working to increase offerings. | 1 | X | | |
| Integrating Physical Activity into the Classroom | | | | |
| 38. In addition to physical education, provide all students with other opportunities to be physically active during the school day. | 1 | X | | |
| 39. Classroom health education reinforces knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television. | 1 | X | | |
| 40. Integrate physical activity into health and other classroom curriculum such as science, math, and social studies when appropriate. | 1 | X | | |
| 41. Elementary classroom teachers provide short physical activity breaks between lessons or classes, as appropriate. | 1 | X | | |

| Wellness Policy Language | Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3 | 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 |
|--|---|---------------------|-------------------------|--|
| Integrating Physical Activity into the Classroom Continued | | | | |
| 42. Extended periods (2+ hours) of inactivity is discouraged in classrooms. | | X | | |
| Daily Recess | | | | |
| 43. Provide ELEMENTARY school students with at least 20 minutes a day of supervised recess each day. | | X | | |
| 44. Prepare and encourage ELEMENTARY students to have a physically active recess period. | | X | | |
| Physical Activity and Punishment | | | | |
| 45. Provide every student with opportunities to voluntarily participate in extra-curricular physical activities that meets his or her needs interests and abilities. | | X | | |
| 46. Provide safe opportunities for both <u>organized and informal</u> use of indoor and outdoor facilities, before and after school. <i>(If partially in place, please specify.)</i> | | X | | |
| 47. 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 | | | | |
| 48. School staff serve as role models for students and are the key to successful implementation of wellness programs. | | X | | |
| 49. The district and schools offer wellness programs as well as general wellness resources and opportunities. | | X | | |