

Wellness Policy Assessment Tool

District: North Pemiscot R-1 Reviewer: Nutrition & Physical Activity Advisory Committee

School: High School Date: March 10, 2017

Select all grades: K 1 2 3 4 5 6 7 8 9 10 11 12

Y	P	N	N/A	I. LEARNING ENVIRONMENT
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Entire school environment aligned with health school goals.

Y	P	N	N/A	II. PROPER DIETARY HABITS
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	All foods available on school grounds and at school-sponsored activities during the instructional day meet or exceed the district nutritional standards.

Y	P	N	N/A	III. PHYSICAL ACTIVITY
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Physical activity is included in a school's daily education program.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Goal: elementary: 150 minutes per week
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Goal: middle school: 225 minutes per week
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Goal: high school: 2 units of PE during high school years

Y	P	N	N/A	IV. ACADEMIC PERFORMANCE
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Conduction of a public awareness campaign highlighting research demonstrating the positive relationship between good nutrition, physical activity, and capacity of students to develop and learn.

Y	P	N	N/A	V. DISTRICT-WIDE NUTRITION & PHYSICAL ACTIVITY ADVISORY COUNCIL
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Establish and maintain an advisory council
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. Developing guidance to wellness policy
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. Monitor the implementation of wellness policy
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. Evaluate wellness policy progress
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. Serve as a resource to school sites
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. Revise policy as necessary

Y	P	N	N/A	VI. ADVISORY COMMITTEE
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Committee meets at least two times a year
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. Required members are included
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. Prepares report: menu, meal counts, listing of foods and foods for sale, listing of physical activity programs and activities, outcomes of committee activities

Measure Met Key: Y = Yes P = Partially N = No N/A = not applicable

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Y	P	N	N/A	VII. STUDENT NUTRITION
				School Breakfast/Lunch Program:
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1. Follows USDA requirements
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	2. Follows district standards for a la carte and “competitive foods”
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3. Food and Service Director work closely with the Nutrition & Physical Activity Advisory committee.
				Cafeteria Environment
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4. Provides a relaxed, enjoyable climate
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5. Adequate space to eat in clean, pleasant surroundings
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6. Adequate time to eat meals
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	7. Convenient access to hand washing or hand sanitizing facilities before meals
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	8. When possible recess time will provided for elementary students before lunch.
				Fundraising
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	9. The District’s Nutrition Standards will be followed when determining items to be sold for fundraising projects involving the sale and consumption of food items within and prior to the instructional day.

Y	P	N	N/A	VIII. STUDENT NUTRITION EDUCATION
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1. Parent nutrition education provided
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2. Staff nutrition & physical activity education

Y	P	N	N/A	IX. DISTRICT NUTRITION STANDARDS
				Food
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1. Consumption of nutrient dense foods are encouraged.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	2. Food items for sale prior to the start of the school day and throughout the instructional day, will generally have no more than 35% of its total calories derived from fat and no more than 10% from saturated fat. (nuts/seeds are exempt)
				Candy
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3. Vending sales of candy will not be permitted on school grounds
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4. Non-vending sales of candy will be permitted ONLY at the conclusion of the instructional school day

Y	P	N	N/A	X. STUDENT PHYSICAL ACTIVITY
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1. Physical education classes and physical activity opportunities will be available to all students
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2. Physical activity opportunities will be offered daily before school, during school (recess), or after school.
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3. School leaders of physical activity and education will guide students through a process that will enable them to achieve and maintain a high level of personal fitness.
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4. Introduce developmentally appropriate components of a health-related assessment to the student at an early age to prepare them for future assessments
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5. Physical education classes shall be sequential, and content will include movement, personal fitness, and personal and social responsibility.

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Measure	Comments:
II	Foods I and Foods II classes occasionally prepare a variety of foods that may not meet the standards.
III	Sixth, seventh, and eighth grades have PE one semester per year. High School students meet the guidelines.
IV	OPAA! places posters in the cafeteria, menus and additional information located on the OPAA! website (address on posted and distributed menus), Superintendent incorporates in radio program.
VII-2	A la carter not offered.
VII-9	No food fund raising.
VIII	OPAA! website is provided to parents at the beginning of the year and is listed on menus.
IX-1	Per federal guidelines, students are required to place the minimum on their breakfast and lunch trays.
IX-2	No sales.
IX-4	At after school athletic events in concession stands.

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