

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 WEYMOUTH TWSP

Reviewer

School Name WEYMOUTH TWSP

Date 4/11/16

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 checked="" 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: MRS FULLMER / SUPERVISOR
 - We make our policy available to the public.

Please describe: ON DISTRICT WEBSITE
 - We measure the implementation of our policy, goals and communicate results to the public.

Please describe: ON DISTRICT WEBSITE
 - Our district reviews the wellness policy at least annually.

- II. Nutrition Education**
- Yes No
- 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:

<input checked="" type="checkbox"/> Elementary School	<input checked="" type="checkbox"/> Middle School	<input type="checkbox"/> High School
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- III. Nutrition Promotion**
- Yes No
- 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:

<input type="checkbox"/> Vending Machines	<input type="checkbox"/> School Stores	<input type="checkbox"/> Snack Bars	<input checked="" type="checkbox"/> à La Carte
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 - 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)

- Yes No Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- Yes No We operate the School Breakfast program: Before School In the Classroom Grab & Go
- Yes No We follow all nutrition regulations for the National School Lunch Program (NSLP).
- Yes No We operate an Afterschool Snack Program.
- Yes No We operate the Fresh Fruit and Vegetable Program.
- Yes No We have a Certified Food Handler as our Food Service Manager.
- Yes No 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**

- Yes No Our district's written wellness policy includes measurable goals for physical activity.
- Yes No We provide physical education for elementary students on a weekly basis.
- Yes No We provide physical education for middle school during a term or semester.
- Yes No We require physical education classes for graduation (high schools only).
- Yes No We provide recess for elementary students on a daily basis.
- Yes No We provide opportunities for physical activity integrated throughout the day.
- Yes No We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Yes No Teachers are allowed to offer physical activity as a reward for students.
- Yes No We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

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

- Yes No Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- Yes No We provide training to staff on the importance of modeling healthy behaviors.
- Yes No We provide annual training to all staff on: Nutrition Physical Activity
- Yes No We have a staff wellness program.
- Yes No We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- Yes No We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- Yes No We have a recycling/environmental stewardship program.
- Yes No We have a recognition/reward program for students who exhibit healthy behaviors.
- Yes No 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

ELIMINATE NON COMPLIANT FOODS BEING SOLD IN FOR SPECIAL OCCASIONS. IMPLEMENT A "BIRTHDAY CLUB" SO COMPLIANT FOODS MAY BE PURCHASED.

VIII. Contact Information:

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

Name Position/Title

Email Phone