

Date Reviewed	School Wellness Policy Assessment Form		Reviewer/s initials
Balsz School District			
Name of Policy			
District: _____ School(s): _____		Date Written/Revised	Number of Pages
Team Leader(s) *		Position(s)	
Address		Phone	
Zip		Email	

*Team Leader holds operational responsibility for ensuring that the school/district is meeting the policy

Please answer each question. † Enter comments – specific to this question. † Circle your answers.

1. Does the local school wellness policy:	Component 1: Nutrition Education	
1A. Have a goal for nutrition education ?		YES NO
1B. Provide for students in grades pre-K to 8 to receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors?		YES NO
1C. Require nutrition education/activities to be offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers ?		YES NO
1D. Provide for students to receive consistent nutrition messages throughout the school in media, in the classroom, in the cafeteria, to the home and community?		YES NO
1E. Refer to state and district health education curriculum standards and guidelines including both nutrition and physical education.		YES NO
1F. Integrate nutrition into the health education curricula or core curriculum (e.g., math, science, language arts)?		YES NO

1G. Require appropriate training for the staff that provides nutrition education?		YES NO
COMPONENT SUMMARY	<ul style="list-style-type: none"> ○ Meets NONE of criteria ○ Does NOT meet basic criteria of federal law ○ Meets basic criteria of federal law ○ Meets 50% of criteria ○ Meets 75% or more of criteria 	
2. Does the local school wellness policy:	Component 2: Physical Activity	
2A. Have a goal for physical activity ?		YES NO
2B Provide a physical education program with opportunities for every student to develop knowledge for specific physical activities?		YES NO
2C. Provide a physical education program with opportunities for every student to develop skills for specific physical activities?		YES NO
2D. Provide opportunities for every student to maintain physical fitness ? Possible opportunities include but are not limited to encouraging physical activity at recess, in PE classes, and by supporting other programs that emphasize lifelong physical activity such as walking programs and after-school fitness programs.		YES NO
2E. Provide opportunities for every student to regularly participate in developmentally appropriate physical activity, exercise, or physical education ? (Recommendation is a minimum of 30 minutes per day)		YES NO
2F. Integrate physical activity into the health education curricula or core curriculum (e.g., math, science, language arts)?		YES NO

2G. Require provision of on-going professional training and development for teachers in the area of physical education?		YES NO
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COMPONENT SUMMARY	<ul style="list-style-type: none"> ○ Meets NONE of criteria ○ Does NOT meet basic criteria of federal law ○ Meets basic criteria of federal law ○ Meets 50% of criteria ○ Meets 75% or more of criteria 	
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3. Does the local school wellness policy:	Component 3: Nutrition Standards	
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3A. Establish or adapt nutrition standards for all foods available on school campus during the school day?		YES NO
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3B. Ensure that reimbursable school meals meet the program requirements and nutrition standards.		YES NO
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3C. Establish standards to address all foods and beverages sold or served to students, including those available outside of the school meal programs?		YES NO
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3Ci. Guidelines for foods and beverages in a la carte sales in the food service program on school campuses?		YES NO
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3Cii. Guidelines for foods and beverages sold in vending machines, snack bars, school stores, and concession stands on school campuses?		YES NO
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3Ciii. Guidelines for foods and beverages sold as part of the school sponsored fundraising activities?		YES NO
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3Civ. Guidelines for refreshments served at parties, celebrations, and meetings during the school day?		YES NO
3D. Provide a qualified school nutrition/food service director, credentialed from an approved program (including but not limited to the School Nutrition Association) to oversee the operation of school meals, to maintain proper resources that meet state and federal regulations, and maintain state health requirements for each school site in the district.		YES NO
3E. Require that all food service employees, within their first year of employment, obtain a certification of completion of an approved sanitation course.		YES NO
COMPONENT SUMMARY	<ul style="list-style-type: none"> ○ Meets NONE of criteria ○ Does NOT meet basic criteria of federal law ○ Meets basic criteria of federal law ○ Meets 50% of criteria ○ Meets 75% or more of criteria 	
4. Does the local school wellness policy:	Component 4: School Environment	
4A. Set goals for other school-based activities designed to promote student wellness?		YES NO
4B. Create a school environment that is conducive to healthy eating?		YES NO
4Bi. Require provision of a safe, enjoyable meal environment for students?		YES NO
4Bii. Require provision of adequate time for students to enjoy eating healthy foods with friends. (Recommendation is 10 minutes for breakfast and 20 minutes for lunch meal)		YES NO

4Biii. Require that lunch time is scheduled as near the middle of the school day as possible?		YES NO
4Biv. Prohibit use of food as a reward or punishment?		YES NO
4Bv. Require provision of enough space and serving areas to ensure students access to school meals with a minimum of wait time?		YES NO
4Bvi. Ensure fundraising efforts are supportive of healthy eating?		YES NO
4Bvii. Require the scheduling of recess for elementary grades before lunch so that children will come to lunch less distracted and ready to eat?		YES NO
4B viii. Require development of strategies for parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating both in school and at home?		YES NO
4C. Create a school environment that is conducive to being physically active?		YES NO
4Ci. 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?		YES NO
4Cii. Provide for student access to physical activity facilities outside school hours?		YES NO
4Ciii. Require development of strategies for parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing being physically active both in school and at home?		YES NO

COMPONENT SUMMARY	<ul style="list-style-type: none"> ○ Meets NONE of criteria ○ Does NOT meet basic criteria of federal law ○ Meets basic criteria of federal law ○ Meets 50% of criteria ○ Meets 75% or more of criteria 	
5. Does the local school wellness policy:	Component 5: Evaluation	
5A. Establish a plan for measuring implementation of the local wellness policy?		YES NO
5B. Identify a person responsible for overseeing the evaluation of the policy implementation?		YES NO
5C. Require communication of evaluation progress and results to school administration ?		YES NO
5D. Require communication of evaluation progress and results to the public ?		YES NO
COMPONENT SUMMARY	<ul style="list-style-type: none"> ○ Meets NONE of criteria ○ Does NOT meet basic criteria of federal law ○ Meets basic criteria of federal law ○ Meets 50% of criteria ○ Meets 75% or more of criteria 	
6. Did the development of the local school wellness policy involve:	Component 6: Policy Development Committee	

6A. Parents?		YES NO
6B. Students?		YES NO
6C. Designee of the school food authority?		YES NO
6D. Representatives of the school board?		YES NO
6E. Representatives of the school administration?		YES NO
6F. Representatives of the public?		YES NO
6G. Other team participants? For example: <ul style="list-style-type: none"> • School food service personnel? • School nurse? • Classroom teacher? • Health educator? • Family and Consumer Sciences teacher? • Physical education teacher? • Health Professionals? 		YES NO
COMPONENT SUMMARY	<ul style="list-style-type: none"> ○ Meets NONE of criteria ○ Does NOT meet basic criteria of federal law ○ Meets basic criteria of federal law ○ Meets 50% of criteria ○ Meets 75% or more of criteria 	

SCORE CARD

SCORECARD	DOES NOT MEET BASIC CRITERIA OF LAW	MEETS BASIC CRITERIA OF LAW	MEETS AT LEAST 50% OF CRITERIA	MEETS AT LEAST 75% OF CRITERIA
1. NUTRITION EDUCATION				
2. PHYSICAL ACTIVITY				
3. NUTRITION STANDARDS				
4. SCHOOL ENVIRONMENT				
5. EVALUATION				
6. POLICY DEVELOPMENT COMMITTEE				
TOTALS				

1. Nutrition Education	2. Physical Activity	3. Nutrition Standards	4. School Environment	5. Evaluation	6. Policy Development Committee
/7	/7	/9	/14	/4	/7
%	%	%	%	%	%

General Comments

