

Laramie County School District #1 Wellness Policy Annual Assessment Tool SY 14-15

This tool is used as a self-assessment of Laramie County School District #1 Wellness Policy implementation at each school campus. Although this is required documentation, more importantly, it is an opportunity to identify areas of potential growth. All items are based on USDA regulations and Board Policy. Please take time to complete each "School Administrator" section. If you have questions or concerns, please contact Nutrition Services ext 11300. Send completed forms to Shannon Thompson-Emslie at Nutrition Services.

Rating Scale 0-3

0 – Not implemented. Please use comments section to provide reasoning and plan for improvement.

1 – Implemented sporadically or only among limited classrooms or grade levels.

2 – Implemented fully and followed on a regular basis.

3 – Implemented fully and exceed requirements. Please use comments section to provide details of successful implementation.

*= not applicable

	SCORES				Comments
	Central	East	South	Triumph	
Area 1 - Physical Activity - School Administrator Completes					
Physical education classes & physical activity opportunities are available.	3	3	3	3	CHS: By District Requirement THS: Spark room
Opportunities for staff development on physical activities that enhance academic achievement are utilized.	2	2	1	2	
Students receive minimum of 60 minutes, and up to several hours, of physical activity most days of the week.	1	2	1	1	
Students engage in a variety of physical activities that promote optimal health, wellness, fitness, and performance.	3	2	1	1	CHS: Within PE
Movement/activity methods are incorporated into the classroom.	1	2	1	2	
Area 2 - Smart Snacks in School - School Administrator Completes					
Classrooms, vending, school stores, concessions do not compete with USDA meal service at meal service times.	3	3	2	3	CHS: Closed when appropriate THS: We do what we are told
Caffeine containing beverages for HS students are evaluated by American Academy of Pediatric recommendations and are limited to amounts found naturally occurring in beverage. No caffeine or stimulant substances are added.	3	3	2	2	CHS: Not sold
No vending or school stores selling competitive foods & beverages in Elementary Schools.	*	*	*	*	CHS: Vending machines removed
All competitive foods and beverages follow USDA guidelines.	3	3	2	2	
Marketing of unhealthy foods is strongly discouraged on school grounds & educational material.	3	2	2	2	
Area 3 - Nutrition Education - School Administrator Completes					
School utilizes nutrition information in a practical application of purchasing and preparing healthy meals and snacks.	3	2	3	2	CHS: Requirement for School Store
Staff models and promotes with marketing nutrition education, healthy eating, and physical activity.	1	2	2	2	
Nutrition education opportunities for parents/staff are encouraged in a variety of activities and topics.	1	1	1	1	
School meal program works with District curriculum to create learning laboratory in school cafeteria.	1	2	1	1	
Area 4 - School Breakfast/Lunch - Nutrition Services Completes					
All school meals meet or exceed current USDA meal standards.	3	3	3	3	
Input from students on new and existing menu items.	2	2	2	2	
Nutrient analysis is available for all breakfast and lunch items online.	3	3	3	3	
Lunch is available at all LCSD1 schools that have an enrollment of at least 50 students.	3	3	3	3	
Effort is made to have breakfast available at schools that serve lunch.	3	3	3	3	
Universal breakfast offered to schools where 70% of students qualify for free/reduced meals. Breakfast service methods are used to increase participation (grab-n-go, breakfast after the bell, etc.).	*	*	*	*	
Free afterschool snacks are offered to all students in Title 1 schools that are enrolled in afterschool enrichment programs.	*	*	*	*	
Reduced rate snack program offered to students not in Title 1 schools enrolled in afterschool enrichment program.	*	*	*	*	
Area 5 - Other Healthy School Based Activities - School Administrator Completes					
School staff does not use food as a reward or punishment.	3	2	2	2	CHS: By mandate
Students are encouraged to actively participate in recess.	*	*	*	*	
Students have adequate time to eat, relax, and socialize during meal. 10 min. after sitting down for breakfast, 20 minutes after sitting down for lunch.	3	3	3	2	CHS: See Bell Schedule
Cafeterias have adequate seating, appropriate supervision, and clean and pleasant eating environment.	3	3	2	3	CHS: Large space THS: All staff work together to create clean, family environment, sanitizer everywhere (like a cruise ship)
Students have convenient access to hand washing facilities/sanitizer for use prior to consuming meals.	3	3	2	3	CHS: Portable stands in every line
Foods intended for immediate consumption are not sold as a fundraiser prior to and during the school day.	3	2	3	*	CHS: By mandate
Except for baked goods, staff prohibits the distribution/service of food items prepared in individual homes prior to and during the school day.	3	2	2	2	CHS: By mandate
Classroom parties focus on activities rather than food. List of healthy food alternatives are provided.	3	1	2	*	CHS: Don't have classroom parties
School is encouraged to develop non-food fundraisers that promote physical activity. Ideas for fundraisers provided.	1	1	2	2	
Area 6 - Student Wellness Advisory Council - Nutrition Services Completes					
LCSD1 utilizes a student wellness advisory council. Nutrition services, health, physical education, safe and drug free schools coordinator co-chair the committee.	3	3	3	3	
Student Wellness Advisory Council members can include District employees, community stakeholders, administrative personnel, nutrition services, teachers, health and wellness coordinator, community members such as: parents, pediatricians, dietitians, medical professionals, and interested community members.	2	2	2	2	This is open to anyone, need more community members
Student Wellness Advisory Council utilizes assessment tool to measure implementation of student wellness policy at each campus.	1	1	1	1	Implementing new tool
Student Wellness Advisory Council prepares an annual report for the Board of Trustees and public on the progress toward meeting the wellness goals outlined in the wellness policy. Made available to public online.	1	1	1	1	Implementing new regulation
Average Score	2.37	2.23	2.03	2.11	

Goals for Improvement:

Central: I would like to see more students benefit from the lunch program. I would also think a daily salad bar and fruit stand would be very popular.

East: We will continue to work with Nutritional Services to ensure that we give our students the best opportunities for a healthy future.

Triumph: Universal lunch and breakfast