

### School Wellness Assessment

Date: \_\_\_\_\_ School: \_\_\_\_\_

Assessors' name(s): \_\_\_\_\_

<b>Comprehensive Learning Environment</b>	<b>Fully in Place</b>	<b>Partly in Place</b>	<b>Not in Place</b>	<b>Not Applicable</b>
Nutrition promotion is offered at each grade level designed to provide students with knowledge and skills to promote and protect their health.	2	1	0	N/A
Education and Promotion is part of physical education and health education classes and linked to standards in other classes.	2	1	0	N/A
Education is enjoyable, developmentally appropriate, culturally-relevant, and includes participatory activities.	2	1	0	N/A
Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products.	2	1	0	N/A
Links with school meal programs, other school foods, and nutrition-related community services.	2	1	0	N/A
Includes training for teachers and other staff to learn about nutrition and physical activity, including how to integrate them into core instruction.	2	1	0	N/A
Provide parent's information about physical education and other school based physical opportunities before, during, and after school.	2	1	0	N/A
Advertisements within the school reinforce the goals of health education and nutrition standards.	2	1	0	N/A
School spaces and facilities are available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations to offer physical activity and nutrition programs.	2	1	0	N/A
Activities and policies planned and implemented for staff members that support personal efforts by staff to maintain a healthy lifestyle.	2	1	0	N/A
Establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist.	2	1	0	N/A

**Total score:** \_\_\_\_\_ / 22 = \_\_\_\_\_ %

This institution is an equal opportunity provider.

<b>Healthy Eating Opportunities &amp; Practices</b>	<b>Fully in Place</b>	<b>Partly in Place</b>	<b>Not in Place</b>	<b>Not Applicable</b>
Students have access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.	2	1	0	N/A
Students are provided clean, safe, and pleasant settings and adequate time for students to eat.	2	1	0	N/A
Nutritional quality includes: <ul style="list-style-type: none"> <li>Elementary Schools: food in elementary schools should be sold as balanced meals. Foods and beverages sold individually shall include (but not be limited to) low-fat and non-fat milk, fruits, and non-fried vegetables.</li> <li>Middle and High Schools: All foods and beverages sold individually outside the reimbursable meal programs will meet nutrition and portion size standards.</li> </ul>	2	1	0	N/A
Sugar sweetened beverages, such as soda, are prohibited from the cafeteria.	2	1	0	N/A
Foods and beverages offered over the course of a school week should be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables.	2	1	0	N/A
Choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on a school site where foods are sold.	2	1	0	N/A
Foods and beverages available during the school day include products that are zero transfat and minimized saturated fats, sodium, and sugar.	2	1	0	N/A
Ala Carte foods include a variety of choices of nutritious foods, such as fruits, vegetables, whole grains, and low-fat or non-fat dairy foods.	2	1	0	N/A
Nutrition information is provided for products offered in snack bars, ala carte, vending, and school stores.	2	1	0	N/A
Foods and beverages offered are modest portion sizes and age-appropriate for elementary, middle and high school students.	2	1	0	N/A

**Total Score:** \_\_\_\_\_ / 20 = \_\_\_\_\_ %

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<b>Physical Activity</b>	<b>Fully in Place</b>	<b>Partly in Place</b>	<b>Not in Place</b>	<b>Not Applicable</b>
All students in grades K - 12 will have opportunities, support, and encouragement to be physically active on a regular basis.	2	1	0	N/A
Students with disabilities, special health-care needs, and in alternative educational settings, will have access to physical activity.	2	1	0	N/A
Physical education will be taught by a certified physical education teacher.	2	1	0	N/A
Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.	2	1	0	N/A
All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.	2	1	0	N/A
Schools discourage extended periods of inactivity (i.e. periods of two or more hours).	2	1	0	N/A
Physical activity is promoted in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	2	1	0	N/A
After school child care and enrichment programs will provide and encourage daily periods of moderate to vigorous physical activity.	2	1	0	N/A

**Total score:** \_\_\_\_\_ /16 = \_\_\_\_\_ %

