

PVPUSD

School Site Nutrition Wellness Assessment

Thank you in advance for dedicating time to complete this School Site Nutrition Wellness Assessment. This may be completed by the Principal or designed Nutrition Wellness Champion.

PART 1: GENERAL INFORMATION

Date of Assessment: _____	School Site: _____ Principal Name: _____
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PART 2: BACKGROUND INFORMATION SURVEY

Please circle "Yes" or "No" for each of the questions below.

Questions	Yes or No
1. I know that the District has a Student Wellness Policy.	Yes or No
2. I am aware that the District Wellness Policy requires having a Wellness Committee.	Yes or No
3. I am aware that the District Wellness Policy and Wellness Committee is a legislative requirement identified in the 2010 Healthy, and Hunger Free Kids Act.	Yes or No
4. I have read the Student Wellness Policy.	Yes or No
5. I have students and staff who I know will want to get involved to promote nutritional wellness.	Yes or No

PART 3: SCHOOL SITE WELLNESS EVALUATION

Please circle "Needs Improvement", "Meets Expectations", or "Exceeds Expectations".

OVERALL HEALTH AND SAFETY QUESTIONS	
1. Your school site promotes a healthy lifestyle to you staff, students, and parents.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
2. A drug- and substance-free environment is promoted.	Needs Improvement Meets Expectations Exceeds Expectations Need more information

3. Your school site hosts events that are based around promoting nutrition.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
4. Your school site hosts events that are based around promoting sleep.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
5. Your school site hosts events that are based around promoting physical activity.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
6. Teachers and staff model healthy behaviors.	Needs Improvement Meets Expectations Exceeds Expectations Need more information

NUTRITION QUESTIONS	
1. The cafeteria staff promotes balanced and healthful food options to students.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
2. Teachers promote balanced and healthful food options to students.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
3. The PTA promotes balanced and healthful food options to students.	Needs Improvement Meets Expectations Exceeds Expectations Need more information

<p>4. The ASB/ Student council promotes balanced and healthful food options to students.</p>	<p>Needs Improvement Meets Expectations Exceeds Expectations Need more information</p>
<p>5. Fundraisers, awards, and incentives comply with the currently wellness policy regulations.</p>	<p>Needs Improvement Meets Expectations Exceeds Expectations Need more information</p>
<p>6. Cafeteria staff are well-prepared and efficiently serve meals to your students.</p>	<p>Needs Improvement Meets Expectations Exceeds Expectations Need more information</p>
<p>7. Fresh, safe, free drinking water is available to students on campus.</p>	<p>Needs Improvement Meets Expectations Exceeds Expectations Need more information</p>
<p>8. Each school ensures foods and beverages sold and served on school campus to students starting at midnight and up to one half hour after the school day will comply with the California Education Code and California Code of Regulations.</p>	<p>Needs Improvement Meets Expectations Exceeds Expectations Need more information</p>
<p>9. Food safety and sanitation standards are followed at all school-related events (i.e. cafeteria, class celebrations, fundraisers, athletic events, etc).</p>	<p>Needs Improvement Meets Expectations Exceeds Expectations Need more information</p>
<p>10. Marketing and advertising of noncompliant foods and beverages is not permitted on school campus.</p>	<p>Needs Improvement Meets Expectations Exceeds Expectations Need more information</p>
<p>11. Fundraising efforts support healthy eating by selling non-food items or foods that are low in fat, sodium and added sugars.</p>	<p>Needs Improvement Meets Expectations Exceeds Expectations Need more information</p>

12. Students are encouraged to consume nutrition dense food over empty calories both on and off campus.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
13. Non-food rewards are encouraged for student achievement.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
14. Classroom celebrations involving food for kindergarten through 5th grade (K-5) occur after the lunch period.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
15. Nutrition education is provided as part of a sequential health education program and is integrated into other academic subjects.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
16. School website has a link to Nutrition Services to ensure parents have access to nutritional content of food and beverage sold through the school meal programs.	Needs Improvement Meets Expectations Exceeds Expectations Need more information

PHYSICAL ACTIVITY QUESTIONS	
1. Your school provides all students with the opportunity to be physically active on a regular basis through physical education instruction and physical activity programs.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
2. The physical education curriculum at your school follows the California Education Code requirements.	Needs Improvement Meets Expectations Exceeds Expectations Need more information

3. Physical education/activity is not used for disciplinary purposes.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
4. Physical education is delivered by well-prepared and well-supported staff.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
5. School offers a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special healthcare needs.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
6. Physical activity is available in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
7. Students are not withheld from physical education, recess, or other physical activities as a consequence of poor behavior or punishment for any reason.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
8. Students are not required to engage in physical activity as a behavioral consequence (extra laps, push-ups, etc.).	Needs Improvement Meets Expectations Exceeds Expectations Need more information
9. Teachers use extra physical activity such as extra recess, as a reward or in place of food-based celebrations.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
10. Teachers incorporate physical activity into other subject areas (i.e. reading, math, science, social studies).	Needs Improvement Meets Expectations Exceeds Expectations Need more information

11. The school has adequate physical activity equipment for PE, recess, etc.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
12. Staff promotes healthy lifestyles including healthy eating and physical activity through positive role modeling.	Needs Improvement Meets Expectations Exceeds Expectations Need more information
13. Parents are provided with information about physical education, school- based physical activity or wellness opportunities that take place at school.	Needs Improvement Meets Expectations Exceeds Expectations Need more information

PART 4: WRITTEN RESPONSE QUESTIONS

1. Please describe any wellness initiatives (nutrition, physical activity, etc.) that you are most proud of at your site.

2. Are there any projects/initiatives that you would like the Nutrition Wellness Committee to assist you with? (How to build a wellness team, implementing healthy celebrations, healthy fundraising, etc.)

3. How can parents/community get involved with the wellness activities happening at your school?

Additional Comments: _____
