



School Wellness Policy Assessment Tool

Instructions: This assessment tool is to be used by schools to assess the current status of the wellness policy and procedures. There are four sections (Comprehensive Learning Environments, Healthy Eating Opportunities and Practice, Physical Activity, and Evaluation) using board policy [ADF](#) and Procedure 741-ADF School Wellness as guiding documents. These sections detail “examples of evidence” that schools can use to determine the extent of which school wellness policies are being implemented, and what additional work remains to be done.

For each item, implementation is rated “0”, “1”, or “2”, using the definitions below. Check the box corresponding to the current status of each item:

Rating	Definition	Assign a rating when:
0	= Has not been implemented	The practice is not in place at all. It may have been discussed but no action has been taken yet.
1	= Partial Implementation	The practice has begun but has not been fully implemented yet.
2	= Fully Implemented	The practice has been fully implemented.

Please answer every item to the best of your ability. This form is intended to be filled out by a team of members from each school. This could be your school wellness team, your building improvement team, or a team selected by the Principal. Any one person may not be able to answer all the items within every section, so it is important to have various members of the school aid in filling out the assessment.

Please do not leave any section incomplete. There are comment areas at the end of each section, please use these to give additional details about your schools implementation status. If at the end of the assessment you have other evidence of implementation not listed here, or initiatives your school has implemented, please attach a separate page with a brief description, participation numbers, or ongoing status.

This assessment shall be completed annually and made public on the schools website, along with a copy of the ADF and Procedure 741-ADF

When finished, please also send a completed copy to **School Wellness Coordinator: Clover Basin ESC or harter_sarah@svvsd.org**.

<< Please proceed to Page 2 to begin Assessment>>

School Wellness Policy Assessment Tool

School Name: [Click here to enter text.](#)

Level: ES MS HS K-8 K-12 Other: [Click here to enter text.](#)

Team Lead (Name, Position): [Click here to enter text.](#)

Team Lead (Contact Info): [Click here to enter text.](#)

Team completing assessment (Name and Positon):

- 1) [Click here to enter text.](#)
- 2) [Click here to enter text.](#)
- 3) [Click here to enter text.](#)
- 4) [Click here to enter text.](#)

- 5) [Click here to enter text.](#)
- 6) [Click here to enter text.](#)
- 7) [Click here to enter text.](#)
- 8) [Click here to enter text.](#)

Section 1: Comprehensive Learning Environment			
	"0" - Not Addressed	"1" - Partially Implemented	"2" - Fully Implemented
1. Age-appropriate instruction is provided to students that teaches lifelong healthy eating habits and healthy level of physical activity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Nutrition education is part of a systematic and structured unit of instruction.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Nutrition education is included: <i>(800 minutes per year)</i> <ul style="list-style-type: none"> • Elementary schools: provided to all full-day students in all grades. • Middle schools: offered in at least one grade. • High schools: offered in two courses required for graduation. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Staff is provided with educational opportunities (distribution of educational materials, presentations, workshops, etc.) to learn about nutrition and physical activity, including how to integrate them into the core instruction.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Teachers have adequate materials and resources to provide current nutrition education in the classroom.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Nutrition education opportunities are offered to parents and families.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Advertisements within the school reinforce the goals of health education and nutrition standards.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Healthy eating, physical activity and the school meal program are actively promoted to students, parents, school staff, and the community at school registrations, parent-teacher meetings, open houses, in-services, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Parents have the opportunity to participate in wellness-related activities in the school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. School has a school garden, and students are active participants in the garden.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			Section 1 Score: ____/20= ____%
Comments: Click here to enter text.			

Section 2: Healthy Eating Opportunities and Practice			
	"0" - Not Addressed	"1" - Partially Implemented	"2" - Fully Implemented
1. School encourages participation in the school breakfast and school lunch program as available.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Applications for free/reduced priced meals are sent home to families at the beginning of the school year.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. School ensure that students qualifying for free or reduced priced meals are not overtly identified in any way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Lunch is scheduled between 10:00 a.m. and 2:00 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Students are given at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. The cafeteria has appropriate supervision and rules for safe behavior are consistently enforced.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Free drinking water is available in the cafeteria and throughout the day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Students have access to hand washing or hand sanitizing before and/or after they eat meals or snacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. All foods sold to students during the school day, and during the extended school day (30 minutes after the last bell) are compliant with USDA Smart Snacks federal nutrition standards (<i>including school stores</i>).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. All beverages sold to students during the school day are compliant with Colorado Healthy Beverages Policy . (<i>Including School Stores</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Food or beverages, are not used as rewards for academic performance or good behavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Food or beverages are not withheld as a punishment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Classroom celebrations include no more than one food or beverage that does not meet Smart Snacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. A list of healthy party ideas is disseminated to parents and teachers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. No more than three fundraisers that do not meet Smart Snacks are allowed each year and those exemptions are tracked.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Fundraisers sold outside of the school day are primarily non-food or healthy food items.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. 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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			Section 2 Score: ___/34= ___%
Comments: Click here to enter text.			

Section 3: Physical Activity			
	"0" - Not Addressed	"1" - Partially Implemented	"2" - Fully Implemented
1. 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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Physical-activity is available in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Students are not withheld from physical education, recess, or other physical activities as a consequence of poor behavior or punishment for any reason.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Students are not required to engage in physical activity as a behavioral consequence (<i>extra laps, push-ups, etc.</i>).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Teachers use extra physical activity such as extra recess, as a reward or in place of food based celebrations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Teachers incorporate physical activity into other subject areas (i.e. reading, math, science, social studies).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. The school has adequate physical activity equipment for PE, recess, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Staff promotes healthy lifestyles including healthy eating and physical activity through positive role modeling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. School works with local public works, public safety, and/or police departments to make it safer and easier for students to walk and bike to school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. School offers both pedestrian and bicycle safety education.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Parents are provided with information about physical education, school- based physical activity or wellness opportunities that take place at school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			Section 3 Score: ___/22= ___%
Comments: Click here to enter text.			

Section 4: Evaluation			
	"0" - Not Addressed	"1" - Partially Implemented	"2" - Fully Implemented
1. District wellness policy (ADF) is posted on schools website.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. District wellness procedures (741-ADF) is posted on schools website.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. School has assembled a school level wellness committee.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. A school representatives is tracking compliance with the ADF and Procedure 741-ADF policy within your school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			Section 3 Score: ___/8= ___%
Comments: Click here to enter text.			

**School Wellness Policy Assessment Tool
Scoring Information**

Section 1 – Comprehensive Learning Environment	___/20
Section 2 – Healthy Eating Opportunities and Practice	___/34
Section 3 – Physical Activity	___/22
Section 4 - Evaluation	___/8
	___/86 = ___%

Summary of events related to the school wellness policy implementation. Please attach pictures. *Required
(Jog-a-thons, movement breaks, healthy fundraisers, etc.)
[Click here to enter text.](#)

How can parents/community get involved with the wellness activities happening at your school? *Required
(Examples of volunteer opportunities/duties, how are parents/community notified of opportunities, etc.)
[Click here to enter text.](#)

Are there any projects/initiatives that you would like the School Wellness Department to assist you with? *Required
(How to build a wellness team, implementing healthy celebrations, healthy fundraising, etc.)
[Click here to enter text.](#)

Principal Signature

Date