



Talawanda School District Wellness Policy Assessment 2016-2017

All five buildings participated in the assessment by filling out a survey on topics covered within the Wellness Policy. Here is a summary of the information gathered:

- **Nutrition Education & Healthy Eating**
 - 100% of our schools state that nutrition education is integrated into the curriculum or the food service program.
 - 80% of our schools feel they engage families and the community in opportunities to promote healthy eating.
 - Examples of how our buildings promote nutrition education.
 - Nutrition is stressed in both classroom presentations, as well as in the cafeteria.
 - Miami University Dietetics Program provide nutrition education lessons.
 - The District adopted Health and Physical Education curriculum shares information on adopting good nutrition habits.
 - Healthy snack lists are shared with parents/caregivers.
 - Posters in the classroom and cafeterias promote healthy food choices.
 - Career and community groups present to students.

- **Physical Education & Activity**
 - 100% of our schools say students are engaged in moderate to rigorous physical activity 50% or more of the PE class period.
 - 100% of our schools say that physical activity is NOT implemented as a form of punishment.
 - Examples of how our buildings promote opportunities for physical activity for students, families and the community:

- Playgrounds and sidewalks are open to the community.
 - School-wide fundraisers that involve physical activity are publicized.
 - Community events and programs are shared with the greater community and families.
 - After-school programs and clubs promote activity.
- **Food Service Promotion**
 - Menus are read on announcements, shared on E-news, and sent home with elementary students.
 - Improvements have been made to make the meal options more enticing and the flow of the line more manageable.
 - Adults are talking with students as they are going through the line.
 - Guest speakers during lunch periods.
- **Non-Food Rewards to Reinforce Positive Behavior**
 - School wide systems to promote positive behavior where students earn non-food prizes, fun trips, etc.
 - Student recognition on the announcements, on the website and in the classroom.
 - Extra recess is offered for positive behavior.
 - Exam incentives are offered.