

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Saltville ISD

Reviewer Amanda Scott/Susan Smith

School Name Saltville ISD

Date

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

I. Public Involvement

5 We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- Administrators School Food Service Staff P.E. Teachers Parents
 School Board Members School Health Professionals Students Public

5 We have a designee in charge of compliance.

Name/Title:

Campus administrators

5 We make our policy available to the public.

Please describe:

on school website

4 We measure the implementation of our policy goals and communicate results to the public.

Please describe:

on school website

5 Our district reviews the wellness policy at least annually.

II. Nutrition Education

3 Our district's written wellness policy includes measurable goals for nutrition education.

5 We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

5 We offer nutrition education to students in: Elementary School Middle School High School

III. Nutrition Promotion

5 Our district's written wellness policy includes measurable goals for nutrition promotion.

5 We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

5 We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

5 We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

5 We ensure students have access to hand-washing facilities prior to meals.

5 We annually evaluate how to market and promote our school meal program(s).

1 We regularly share school meal nutrition, calorie, and sodium content information with students and families.

1 We offer taste testing or menu planning opportunities to our students.

5 We participate in Farm to School activities and/or have a school garden.

1 We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

3 We price nutritious foods and beverages lower than less nutritious foods and beverages.

5 We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

4 We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

2 We provide teachers with samples of alternative reward options other than food or beverages.

5 We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

Yes No IV. Nutrition Guidelines (Cont. from page 1)

- 5 Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- 5 We operate the School Breakfast program: Before School In the Classroom Grab & Go
- 5 We follow all nutrition regulations for the National School Lunch Program (NSLP).
- 1 We operate an Afterschool Snack Program.
- 1 We operate the Fresh Fruit and Vegetable Program.
- 3 We have a Certified Food Handler as our Food Service Manager.
- 3 We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 - as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

Yes No V. Physical Activity

- 3 Our district's written wellness policy includes measurable goals for physical activity.
- 5 We provide physical education for elementary students on a weekly basis.
- 5 We provide physical education for middle school during a term or semester.
- 5 We require physical education classes for graduation (high schools only).
- 5 We provide recess for elementary students on a daily basis.
- 5 We provide opportunities for physical activity integrated throughout the day.
- 5 We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- 5 Teachers are allowed to offer physical activity as a reward for students.
- 5 We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

Yes No VI. Other School Based Wellness Activities

- 5 Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- 5 We provide training to staff on the importance of modeling healthy behaviors.
- 5 We provide annual training to all staff on: Nutrition Physical Activity
- 5 We have a staff wellness program.
- 5 We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- 5 We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- 5 We have a recycling /environmental stewardship program.
- 5 We have a recognition /reward program for students who exhibit healthy behaviors.
- 5 We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

1 ~~needs improvement~~ not started 83%.

3 = needs improvement

5 = doing great

4.27 out of 5.00

Total Points 205 / 48 questions = 210 possible = 4.27%

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name	Position/Title
Amanda Scott	School Nurse
Email	Phone
ascotte@saltilloisd.net	903-537-2386