

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 Walnut Springs

Reviewer Garrett - Halbert - Prescher

School Name Walnut Springs

Date 8-5-2020

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

I. Public Involvement

Yes No 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

Yes No We have a designee in charge of compliance.

Name/Title: Pat Garrett

Yes No We make our policy available to the public.

Please describe: web page

Yes No We measure the implementation of our policy goals and communicate results to the public.

Please describe: Web page

Yes No Our district reviews the wellness policy at least annually. DOI - Board approval annually

II. Nutrition Education

Yes No Our district's written wellness policy includes measurable goals for nutrition education.

Yes No We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc). FCS/Health/PE Elem

Yes No We offer nutrition education to students in: Elementary School Middle School High School
Sci Health Sci Health PE Foundations FCS

III. Nutrition Promotion

Yes No Our district's written wellness policy includes measurable goals for nutrition promotion.

Yes No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

Yes No We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

Yes No We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

Yes No We ensure students have access to hand-washing facilities prior to meals.

Yes No We annually evaluate how to market and promote our school meal program(s). work w TDA + ESC/IZ

Yes No We regularly share school meal nutrition, calorie, and sodium content information with students and families. on web

Yes No We offer taste testing or menu planning opportunities to our students. cookies @ program ESC chef + student input

Yes No We participate in Farm to School activities and/or have a school garden. Farm Bureau Ag Day /18-A 3rd planted veg garden

Yes No We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc). veg on the advertise

NA Yes No We price nutritious foods and beverages lower than less nutritious foods and beverages.

Yes No We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

Yes No We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc. don't tell Parents

Yes No We provide teachers with samples of alternative reward options other than food or beverages. tickets to games book fair

Yes No We prohibit the use of food and beverages as a reward. - not encouraged.

none during school day & only @ after school activities

IV. Nutrition Guidelines (Cont. from page 1)

- Yes No Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- Yes No We operate the School Breakfast program: Before School In the Classroom Grab & Go
- Yes No We follow all nutrition regulations for the National School Lunch Program (NSLP).
- Yes No We operate an Afterschool Snack Program.
- Yes No We operate the Fresh Fruit and Vegetable Program.
- Yes No We have a Certified Food Handler as our Food Service Manager. *KP*
- Yes No 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

V. Physical Activity

- Yes No Our district's written wellness policy includes measurable goals for physical activity. *team roster lesson plans*
- Yes No We provide physical education for elementary students on a weekly basis. *daily - 50-60 min*
- Yes No We provide physical education for middle school during a term or semester. *All year long-daily*
- Yes No We require physical education classes for graduation (high schools only).
- Yes No We provide recess for elementary students on a daily basis.
- Yes No We provide opportunities for physical activity integrated throughout the day.
- Yes No We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Yes No Teachers are allowed to offer physical activity as a reward for students.
- Yes No We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

VI. Other School Based Wellness Activities

- Yes No Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- Yes No We provide training to staff on the importance of modeling healthy behaviors.
- Yes No We provide annual training to all staff on: Nutrition Physical Activity
- Yes No We have a staff wellness program.
- Yes No We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- Yes No We actively promote walk or bike to school for students with Safe Routes to School or other related programs. *Bikeracks*
- Yes No We have a recycling/environmental stewardship program.
- Yes No We have a recognition /reward program for students who exhibit healthy behaviors. *meals provided for out of town games*
- Yes No We have community partnerships which support programs, projects, events, or activities. *Food Pantry moved from Foyer to WSB4A bld NMS+ Stel assist*

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

Goals
 Ensure teachers understand their roles promoting wellness policy
 Look @ implementing recycling & wellness programs

Things we do:
 Field Day PK-5
 End of year parties encourage outdoor activities - zoo, state park, swimming

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

Email Phone