

<b>Wellness Policy Evaluation in School</b>				
Questions & Observations	Not In Place	Under Development	Partially in Place	Fully in Place
<b>School/District Policy &amp; Coordination</b> 1. Have you read and discussed:				
<input checked="" type="checkbox"/> The Board Approved District Wellness Policy <input type="checkbox"/> The MSD of NP Wellness Policy Infographic <input type="checkbox"/> The MSD of NP Wellness Policy At-A-Glance				✓
2. Do you and your staff know your school will be evaluated on the MSD of NP Wellness Policy?				✓
3. There is a formalized discussion about school wellness at the meeting.				✓
5. The MSD of NP Wellness Policy is regularly:				
<input checked="" type="checkbox"/> Enforced <input type="checkbox"/> Customized to meet the needs of the school <input checked="" type="checkbox"/> Reviewed with staff				
6. The MSD of NP Wellness Policy is communicated to students, parents, staff members, and visitors.				✓
7. The school principal participates and encourages students and staff to engage in school wellness efforts.				✓
8. There is both parent and community involvement on a school advisory/wellness committee.				✓
9. There is a comprehensive written wellness policy specific to the school building.			✓	
<b>Nutrition Environment</b>				
1. Choices of fruits & vegetables, as part of lunch service, vary on a daily basis.				✓
2. Outside of the school lunch, USDA Smart Snack in School Nutrition Standards are met:				✓
<input checked="" type="checkbox"/> In all foods sold during the school day <input checked="" type="checkbox"/> In all beverages sold during the school day <input checked="" type="checkbox"/> In all vending machines used during the school day				

Wellness Policy Evaluation Sheet

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3. All foods and beverages offered during the school day for rewards, celebrations, and holidays meet the USDA's Smart Snack in School Nutrition standards.				✓
4. Fundraising efforts during school hours meet the USDA's Smart Snack in School Nutrition standards and only 2 fundraisers a year do not meet these standards.				✓
5. Fundraising outside school hours meet the USDA's Smart Snack in School Nutrition standards.	✓			
6. There is an enforced school policy that prohibits using food as a reward or punishment.	✓			
7. Students are allowed to have water bottles throughout the day.				✓
8. Marketing of food and beverages are consistent with nutrition education and health promotion and is limited to food and beverages that meet Smart Snack requirements that are found in:				✓
<input checked="" type="checkbox"/> Cafeteria <input checked="" type="checkbox"/> Gym <input checked="" type="checkbox"/> Vending Machines				

**Health Education**

1. Physical Education (that is outside of the PE class) and nutrition education are a prioritized focus by incorporating health and wellness standards in all classrooms.			✓	
2. Nutrition education is incorporated into multiple school settings (e.g. cafeteria, science classroom, PE, etc.)				✓

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3. To enhance health education, a variety of taste tests are offered to broaden student food preferences and knowledge.

			✓	
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4. Collaborative nutrition education efforts between various parties (e.g. nutrition services, staff, teachers, students, parents and community) include a variety of experiential learning and interaction with family and community.

			✓	
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**Physical Education**

1. PE classes apply principles for constant movement in PE classes resulting in students being active at least 70% of class, this could include the use of traditional and non-traditional equipment (e.g. exercise bands, hula hoops, scarves, etc.)

			✓	
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2. Students have access to physical activity facilities outside of school hours and receive support for participating in communitybased physical activity (e.g. fitness training for events, bonus points for attending events)

				✓
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3. School staff participate in professional development to integrate more physical activity into the school day.

	✓			
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4. The school offers before and/or afterschool physical activity opportunities for students.

				✓
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5. Physical activity breaks are provided daily in classrooms (e.g. brain breaks).

			✓	
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6. There are designated indoor and outdoor walking spaces for PE and before/after school activities.

			✓	
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7. There is an enforced school policy that prohibits withholding of recess or prohibits excessive use of physical activity as a punishment.

✓				
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8. Students have 150 minutes of Physical Activity per week in:

- PE
- Recess
- Before School

			✓	
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Wellness Policy Evaluation Sheet

1. There is a diverse representation on the MSD of NP Wellness Policy

Advisory Council (e.g. Administrators, teachers, nurse, food  Yes  No service, staff, students, parents, and community partners), would you know of someone who would like to represent your school?

Name: \_\_\_\_\_

Name: \_\_\_\_\_

**Additional Information about the Conversation**

Your Name

\_\_\_\_\_

School Name

\_\_\_\_\_

Principal

\_\_\_\_\_

Other Staff

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Notes:

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