

Wythe County Public Schools



Wellness Policy

2017-2021 Triennial Assessment

Wythe County Public Schools

Wellness Policy

2017-2021 Triennial Assessment

Overview & Purpose

In accordance with the Final Rule of the Federal Healthy, Hunger Free Kids Act of 2010 and the Virginia Administrative Code: 8VAC20-740, Wythe County Public Schools presents the 2017-2021 Triennial Assessment which includes the timeframe from 7/1/2017-6/30/2021. The Triennial Assessment indicates updates on the progress and implementation of Wythe County's Wellness Policy and wellness initiatives, and provides required documentation of actions, steps, and information as outlined in the Final Rule. The school(s) included in this Triennial Assessment are: Spiller Elementary School, Scott Memorial Middle School, George Wythe High School, Max Meadows Elementary School, Fort Chiswell Middle School, Fort Chiswell High School, Jackson Memorial Middle School, Sheffey Elementary School, Speedwell Elementary School, Rural Retreat Elementary School, Rural Retreat Middle School, Rural Retreat High School.

Wellness Policy

The Wythe County Public Schools Wellness Policy includes all the identified regulations outlined in the Healthy, Hunger Free Kids Act of 2010 as well as important division level expectations for our schools. The WCPS Wellness Policy can be found at <http://www.schoolnutritionandfitness.com/schools/1496247394713/wellness/WellnessPolicy.pdf>. Wythe County updates or modifies the Wellness Policy as appropriate. The policy is made available to the public through updates announced under the News and Announcements and Nutrition sections on the WCPS website. The Wellness Policy has been through multiple revisions over the past few years. Revisions were triggered by the introduction of the Healthy, Hunger Free Kids Act of 2010 *Proposed Rule*, *Final Rule*, and state regulation changes.

Dates of Revisions:

Current Policy- June 24, 2021

Past Revisions: June 10, 2013; June 11, 2015; July 13, 2017; June 26, 2018

Originally Adopted: August 8, 2012

School Wellness Committee

WCPS established a Wellness Policy leadership of one or more school officials who has the authority and responsibility to ensure each school complies with the Wellness Policy. The WCPS Wellness Team meets

Document last modified June 24, 2021

biannually. Meetings are held in the fall and the spring for periodic review and update of the Wellness Policy. The general public and the school community are allowed and encouraged to participate in the Wellness Policy process. This may include parents, students, and representatives of the School Food Authority, teachers, school health professionals, and the School Board and school administrators. Wellness policy team meetings are posted on the WCPS website under News and Announcements two weeks prior the meeting date. All school and community stakeholders are encouraged to participate. Contact information for Wellness Team leadership is listed on page 2 and 3 of the Wellness Policy.

Wellness Policy Compliance

WCPS must conduct an assessment of the Wellness Policy every three years, at a minimum. The final rule requires State Agencies to assess compliance with the Wellness Policy requirements as a part of the general areas of the Administrative Review every three years.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;

The position/person responsible for managing the triennial assessment and contact information is Gretchen Robinson, School Health Coordinator, 1570 West Reservoir Street Wytheville. VA 24382, phone 276-228-5411 or email grobinson@wythek12.org.

The School Wellness Team, in collaboration with schools, will monitor schools’ compliance with this wellness policy.

The availability of the triennial progress report will be available to all stakeholders on the WCPS website.

Revisions and Updating the Policy

The School Wellness team will update or modify the wellness policy based on the results of triennial assessments, and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Standards and Nutrition Guidelines for all Foods and Beverages Sold

Standard/Guideline	Met	Not Met
We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Fully Met	

Standard/Guideline	Met	Not Met
We have implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: a la carte offerings, items in school stores, and items in vending machines.	Fully Met	
<p>We follow WCPS's policy on exempt fundraisers as outlined in our Division's Wellness Policy.</p> <p><u>Fundraising</u> JHCF-W Page 7 of 17 WYTHE COUNTY PUBLIC SCHOOLS Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. The District will make available to parents and teachers a list of healthy fundraising ideas from the Alliance for a Healthier Generation and the USDA. The Division shall permit each public school to conduct on school grounds, during the regular school hours, no more than 30 school-sponsored fundraisers per school year, during which food and beverages that do not meet the nutrition guidelines for competitive foods may be sold to students. Pursuant to the Regulations for the School Breakfast Program and the Regulations Governing School Lunch Sale of Food Items, the sale of any such food or beverage items CANNOT take place in competition with the National School Lunch and School Breakfast Programs from 6 a.m. until after the close of the last breakfast period and from the beginning of the first lunch period to the end of the last lunch period.</p>	Fully Met	

**Standards and Nutrition Guidelines for all Foods and Beverages Sold
(Question V on VDOE School Level Report Card)**

Standard/Guideline	Met	Not Met
<p>We follow WCPS's policy on standards for all foods and beverages provided, but not sold, as outlined in our Division's Wellness Policy.</p> <p><u>Nutrition (pages 5-7)</u> School Meals</p>	Fully Met	

Standard/Guideline	Met	Not Met
<ul style="list-style-type: none"> • Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer’s specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs. • All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Summer Food Service Program (SFSP). The District also operates additional nutrition-related programs and activities including: Breakfast in the Classroom, Mobile Breakfast carts, and Grab ‘n’ Go Breakfast. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that: <ul style="list-style-type: none"> • Are accessible to all students; • Are appealing and attractive to children; • Are served in clean and pleasant settings; • Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.) • Promote healthy food and beverage choices: – Sliced or cut fruit is available daily. • – Daily fruit options are displayed in a location in the line of sight and reach of students. • – All staff members, especially those serving, have been trained to politely prompt students to select 		

Standard/Guideline	Met	Not Met
<p>and consume the daily vegetable options with their meal.</p> <ul style="list-style-type: none"> • – A reimbursable meal can be created in any service area available to students Student taste testing opportunities are used to inform menu development, dining space decor and promotional ideas. • - Daily announcements are used to promote and market menu options. • - Menus will be posted on the District website or individual school websites, • - School meals are administered by a team of child nutrition professionals. - Lunch may not be used as a reward/punishment or as homework time • - The District child nutrition program will accommodate students with special dietary needs. • - Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated. • - Students are served lunch at a reasonable and appropriate time of day. • - Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s school. <p><u>Water</u></p> <p>To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* (“school campus” and “school day” are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.</p> <p>Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.</p> <p>All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.</p>		

Standard/Guideline	Met	Not Met
In some schools, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day		

Policy for Food and Beverage Marketing

Standard/Guideline	Met	Not Met
<p>All food and beverage marketing meets Smart Snacks standards.</p> <p><u>Food and Beverage Marketing in Schools</u></p> <p>Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition.</p>	Fully Met	

Description of Public Involvement

Standard/Guideline	Met	Not Met
<p>WCPS permits participation by the general public and the school community in the Wellness Policy process. This includes parents, students, and representatives of the School Food Authority, teachers of physical education, school health professionals, the School Board, and school administrators.</p> <p><u>Community Partnerships</u></p> <p>The District will continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.</p> <p>1. The District will partner with the local health department as much possible, to administer influenza immunizations, other required immunizations and in providing health related services.</p>	Fully Met	

Standard/Guideline	Met	Not Met
<p>2. The District will partner with the Wythe County Sheriff's Department to provide the Dare Program to elementary and middle school students each year.</p> <p>3. The District will partner with the Wythe County Sheriff's Department to provide the AntiTobacco Programs to middle and high school students each year as available.</p> <p>4. The District will partner with WCCH and WorkPoint Wellness to provide healthy incentives and programs for staff.</p> <p><u>Community Health Promotion and Family Engagement</u></p> <p>The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.</p>		

Description of Public Updates

Standard/Guideline	Met	Not Met
<p>The Wellness Policy is made available to the public on an annual basis, at minimum. This includes any updates to and about the Wellness Policy.</p> <p><u>Annual Notification of Policy</u></p> <p>The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications.</p> <p>The District will provide as much information as possible about the school nutrition environment. This will include a summary of</p>	Fully Met	

Standard/Guideline	Met	Not Met
the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.		
The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2021.		Extension Due to Covid-19 Pandemic. Triennial Assessment completed and made public on June 30, 2021.

Description of Policy Leadership

Standard/Guideline	Met	Not Met
<p>Leadership The School Health Coordinator or designees will convene the School Wellness Team and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.</p> <p>Designees: Gretchen Robinson, School Health Coordinator grobinson@wythek12.org Assists in the evaluation of the wellness policy implementation Tracy Webster School Nutrition Coordinator twebster@wythek12.org Assists in the evaluation of the wellness policy implementation II.</p>	Fully Met	

Description of Evaluation Plan

Standard/Guideline	Met	Not Met
<p><u>Triennial Progress Assessments</u></p> <p>At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:</p> <p>The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;</p> <p>The position/person responsible for managing the triennial assessment and contact information is Gretchen Robinson, School Health Coordinator, 1570 West Reservoir Street Wytheville, VA 24382, phone 276-228-5411 or email grobinson@wythek12.org.</p> <p>The School Wellness Team, in collaboration with schools, will monitor schools' compliance with this wellness policy.</p> <p>The availability of the triennial progress report will be available to all stakeholders on the WCPS website.</p> <p><u>Revisions and Updating the Policy</u></p> <p>The School Wellness team will update or modify the wellness policy based on the results of triennial assessments, and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.</p> <p>The Well SAT 3.0 was used to evaluate this triennial assessment. Please see the results attached below.</p>	Fully Met	

Quality of Wellness Policy

Thoroughly reviewed by USDA Food and Nutrition Service, the Alliance for a Healthier Generation's model policy template is in compliance with the requirements set forth in the final rule. Please see the WellSAT 3.0 Wellness School Assessment Tool attached below to see how the WCPS Wellness Policy met with the requirements set forth above.

Wythe County Public Schools (here to referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better

performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance. This policy outlines the District’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objective

Progress towards Nutrition Promotion and Education Goals

Wythe County Public Schools is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. We will update our Wellness Policy in accordance with the findings of this triennial assessment and continue to update our policy as needed to meet the wellness needs of our students and staff. The Wellness Team will reconvene in the fall and make recommendations from this assessment to the Wythe County School Board for updates and changes to be made to our current policy.

Description	Met	Not Met
<u>Nutrition Promotion</u> Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least: Implementing evidence-based healthy food	Fully Met	

Description	Met	Not Met
<p>promotion techniques through the school meal programs; and Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.</p> <p><u>Nutrition Education</u></p> <p>The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion taught by school nurses as well as through cross curriculum activity that: Is designed to provide students with the knowledge and skills necessary to promote and protect their health; Meets the Virginia Department of Education (VDOE) Health Standard of Learning (SOL) curriculum for all grades and is sequential and comprehensive in nature. Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods; Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise); Links with school meal programs and cafeteria nutrition promotion activities</p>		
<p><u>Essential Healthy Eating Topics in Health Education The District will include in the health education curriculum for some grades a minimum of 12 of the following essential topics on healthy eating:</u></p> <p>Relationship between healthy eating and personal health and disease prevention</p> <p>Food guidance from MyPlate</p> <p>Reading and using FDA's nutrition fact labels</p> <p>Eating a variety of foods every day</p> <p>Balancing food intake and physical activity</p> <p>Eating more fruits, vegetables and whole grain products</p> <p>Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat</p> <p>Choosing foods and beverages with little added sugars</p> <p>Eating more calcium-rich foods</p> <p>Food safety</p> <p>Importance of water consumption</p> <p>Importance of eating breakfast</p>		

Description	Met	Not Met
<p>Eating disorders (on WCPS WEBSITE)</p> <p>Reducing sodium intake</p> <p>Resisting peer pressure related to unhealthy dietary behavior</p> <p>Influencing, supporting, or advocating for others' healthy dietary behavior</p> <p>The Wythe County Website Nutrition page provides multiple resources for employees, parents and students as well as Nutrition education.</p>		

Progress towards Physical Activity Goals

Description	Met	Not Met
<p><u>Physical Activity</u></p> <p>Children and adolescents should participate in at least 150 minutes of physical activity every week. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason. This does not include participation on sports teams that have specific academic requirements. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.</p> <p><u>Physical Education (PE)</u></p> <p>The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for</p>	Fully Met	

Description	Met	Not Met
<p>physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education and follow the VDOEs SOL curriculum for PE.</p> <p>All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.</p> <p>All District elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.</p> <p>All District middle school students are required to take 3 years of physical education classes and all high school students are required to take two classes of physical education. Middle and High School PE will consist of 150 minutes a week in the classes offered and meet the DOEs SOL curriculum requirements for PE. The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Health Fitness Zone other appropriate assessment tool) and will use criterion-based reporting for each student (Fitness Gram tool data warehouse).</p> <p>Additionally:</p> <p>Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions. All physical education teachers in the District will be required to participate in at least a once a year professional development (PD) in education.</p> <p>Physical Education staff have a Health and PE Google classroom set up to offer PD opportunities and networking for staff.</p> <p>All physical education classes in the District are taught by licensed teachers who are certified or endorsed to teach physical education.</p> <p>Waivers, exemptions, or substitutions for physical education classes are granted on a limited basis.</p>		

Description	Met	Not Met
<p>Support for the health of all students will demonstrated by promoting eligible children to the availability of Medicaid and other state children's health insurance programs.</p> <p>Height and weight will be collected and maintained on students in grades K, 3, 5, 7 and 10. This information will be utilized for division-wide but not individual data purposes.</p> <p>Dental screenings will be offered with parental permission.</p> <p>Parents will receive written notification of any dental concerns.</p> <p>Schools will be encouraged to organize individual wellness committees comprised of families, teachers, administrators and students to help implement this policy and to plan, implement, and improve nutrition, physical activity and mental health in the school environment.</p> <p>An adequate amount of time is allowed for students to eat meals in adequate lunchroom facilities.</p> <p>All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.</p>		

Progress towards other School-Based Wellness Activity Goals

Description	Met	Not Met
<p>Recess (Elementary)</p> <p>All elementary schools will offer an average of 20 minutes of recess on all days during the school year (This policy may be waived on early dismissal or late arrival days). If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just near the cafeteria to ensure proper hygiene prior to eating.</p> <p>Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models</p>	Fully Met	

Description	Met	Not Met
<p>by being physically active alongside the students whenever feasible. Active Academics</p> <p>The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects. Teachers will serve as role models by being physically active alongside the students whenever feasible.</p> <p>Before and After School Activities</p> <p>The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by: such as physical activity clubs, physical activity in aftercare, and interscholastic sports.</p> <p>Other Activities that Promote Student Wellness</p> <p>Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District’s curriculum experts. All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the SWT.</p>		

Please see the attached results of the WELLSAT 3.0 Assessment of the Wythe County Public School Wellness Policy. Current and past goals have helped to establish a framework and foundation to implement our current Wellness Policy. We will continue to adapt, change and move in a positive direction with the implementation of our updated wellness plan in the coming school year 2021-20222.

Goals for the next three years (2021-2024)

Wythe County Public Schools will continue to be committed to our wellness goals as outlined in our current policy as well as additional goals and updates identified by the completion of the WELLSAT 3.0. All schools will continue to have their own individual goals as well.

Goals to be completed by the next triennial report (2024):

1. All schools will have a functioning School Wellness Council.
2. **Nutrition Goals:** The Sip Smarter campaign will continue to be taught in our middle schools. With the goal of 80% participation from our students and parents.

3. We will have non touch water bottle refill fountains in place in every school in the county.
4. The hydroponic and raised bed gardens, and farm to table goals will be up and producing nutrition for our schools in at least one High School.
5. **Physical Activity Goals:** Continue to have individual school programs like Splish Splash at Max Meadows, Shape up Sheffey, Wellness Night at Spiller Elementary, and our annual Employee Fitness Challenge.

Quality of Wythe County Public Schools Wellness Policy

To fulfill the federal requirement of assessing the quality of our wellness policy under the Final Rule, we used the WellSAT 2.0 tool in 2018, which measures the quality of written wellness policies. Our wellness policy was revised and improved at that time. With the score from our WellSAT 3.0 assessment tool we will again update and revise our Wellness Policy to improve our overall comprehensive score.

Preparation of this report and additional information:

Preparation of this report was written by Gretchen Robinson MSN, RN, NCSN and reviewed by The School Wellness Team and the Nutrition Services Department. For more information please contact Gretchen Robinson, School Health Coordinator at grobenson@wythek12.org, or Tracy Webster, Food Services Coordinator at twebster@wythek12.org.

WellSAT: 3.0

Wellness School Assessment Tool

DISTRICT SCORECARD





Federal Requirement



Farm to School








Section 1: Nutrition Education

		Rating
 NE1	Includes goals for nutrition education that are designed to promote student wellness.	2 Pg. 8
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2 Pg. 8, 9
NE3	All elementary school students receive sequential and comprehensive nutrition education. Use N/A if no elementary schools in district.	2 Pg. 8, 9
NE4	All middle school students receive sequential and comprehensive nutrition education. Use N/A if no middle schools in district.	2 Pg. 8
NE5	All high school students receive sequential and comprehensive nutrition education. Use N/A if no high schools in district.	2 Pg. 8
NE6	Nutrition education is integrated into other subjects beyond health education	2 Pg. 8, 9
NE7	Links nutrition education with the school food environment.	2 Pg. 8
 NE8	Nutrition education addresses agriculture and the food system.	2 Pg. 8, 9
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100%









Section 2: Standards for USDA Child Nutrition Programs and School Meals

		Rating
 SM1	Assures compliance with USDA nutrition standards for reimbursable school meals.	2 Pg. 3, 4
SM2	Addresses access to the USDA School Breakfast Program.	2 Pg. 3
 SM3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2 Pg. 4
SM4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	2 Pg. 4, 5

SM5	Specifies how families are provided information about determining eligibility for free/reduced priced meals	2 Pg. 4
SM6	Specifies strategies to increase participation in school meal programs.	2 Pg. 5, 6, 9
SM7	Addresses the amount of "seat time" students have to eat school meals.	2 Pg. 5
 SM8	Free drinking water is available during meals.	2 Pg. 5
 SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2 Pg. 5
 SM10	Addresses purchasing local foods for the school meals program.	2 Pg. 8, 9
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100%



Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

		Rating
 NS1	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	2 Pg. 5
NS2	USDA Smart Snack standards are easily accessed in the policy.	2 Pg. 5, 6, 19, 20
 NS3	Regulates food and beverages sold in a la carte.	2 Pg. 5
 NS4	Regulates food and beverages sold in vending machines.	2 Pg. 5
 NS5	Regulates food and beverages sold in school stores.	2 Pg. 5
 NS6	Addresses fundraising with food to be consumed during the school day.	2 Pg. 7
NS7	Exemptions for infrequent school-sponsored fundraisers.	1 Pg. 7
NS8	Addresses foods and beverages containing caffeine at the high school level. Use N/A if no high schools in district.	1 Pg. 5, 6
 NS9	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	1 Pg. 6
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.	2 Pg. 5
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.	2 Pg. 5
NS12	Addresses food not being used as a reward.	2 Pg. 6




NS13	Addresses availability of free drinking water throughout the school day.	2 Pg. 5
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	76.9%










Section 4: Physical Education Physical Activity

		Rating
PEPA1	There is a written physical education curriculum for grades K-12.	2 Pg. 9
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2 Pg. 9
PEPA3	Physical education promotes a physically active lifestyle.	2 Pg. 8, 9
PEPA4	Addresses time per week of physical education instruction for all elementary school students. Use N/A if no elementary school in district.	2 Pg. 9
PEPA5	Addresses time per week of physical education instruction for all middle school students. Use N/A if no middle school in district.	2 Pg. 9
PEPA6	Addresses time per week of physical education instruction for all high school students. Use N/A if no high school in district.	2 Pg. 10
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2 Pg. 9
PEPA8	Addresses providing physical education training for physical education teachers.	2 Pg. 9
PEPA9	Addresses physical education exemption requirements for all students.	1 Pg. 11
PEPA10	Addresses physical education substitution for all students.	1 Pg. 11
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	2 Pg. 13

PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	2 Pg. 12
PEPA13	Addresses recess for all elementary school students. Use N/A if no elementary schools in district.	2 Pg. 12
PEPA14	Addresses physical activity breaks during school.	2 Pg. 9, 12
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	2 Pg. 9
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	0

Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	80%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	60%
 Section 5: Wellness Promotion and Marketing		
		Rating
WPM1	Encourages staff to model healthy eating and physical activity behaviors.	2 Pg. 8
 WPM2	Addresses strategies to support employee wellness.	2 Pg. 12
WPM3	Addresses using physical activity as a reward.	2 Pg. 9
WPM4	Addresses physical activity not being used as a punishment.	2 Pg. 9
WPM5	Addresses physical activity not being withheld as a punishment.	2 Pg. 9
WPM6	Specifies marketing to promote healthy food and beverage choices.	2 Pg. 6
 WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2 Pg. 6
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).	2 Pg. 6
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).	2 Pg. 6
WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers, etc.).	2 Pg. 6
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, on school radio stations, in-school television, computer screen savers, school-sponsored Internet sites, or announcements on the public announcement (PA) system).	2 Pg. 6
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products).	2 Pg. 7
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100%

 Section 6: Implementation, Evaluation, and Communication		
		Rating
IEC1	Addresses the establishment of an ongoing district wellness committee.	2 Pg. 3, 16

 IEC2	Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.	2 Pg. 3, 4, 15
 IEC3	Identifies the officials responsible for the implementation and compliance of the local wellness policy.	2 Pg. 3, 16, 17
 IEC4	Addresses making the wellness policy available to the public.	2 Pg. 3, 6, 14, 15
 IEC5	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	2 Pg. 14
 IEC6	Triennial assessment results will be made available to the public and will include: 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy.	2 Pg. 14
 IEC7	Addresses a plan for updating policy based on results of the triennial assessment.	2 Pg. 14
IEC8	Addresses the establishment of an ongoing school building level wellness committee.	1 Pg. 2, 14, 16, 17
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100%
	Strength Score: Count the number of items rated as "2." Divide this number by the total number of items, excluding those that are not applicable (N/A). Multiply by 100.	100%

Overall District Policy Score		
		Score
	Comprehensiveness Score: Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	96.66%
	Strength Score: Add the strength scores for each of the six sections and divide this number by 6.	89.48%

