

NYS Wellness Policy Assessment Tool

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. The wellness policy and completed assessment must be made available to the public.

LEA Name:	
School Name:	Date:
Grades:	
Name/Title of person completing report:	

Yes	No	Nutrition Education
<input type="checkbox"/>	<input type="checkbox"/>	The written wellness policy includes measurable goals for nutrition education that are designed to promote student wellness.
<input type="checkbox"/>	<input type="checkbox"/>	Standards based nutrition education is offered in a variety of subjects (i.e. science, math).
<input type="checkbox"/>	<input type="checkbox"/>	Lifelong lifestyle balance is reinforced by linking nutrition and physical activity.
<input type="checkbox"/>	<input type="checkbox"/>	Age appropriate nutrition education and activities are provided to students in: <div style="display: flex; justify-content: space-around; text-align: center;"> elementary school middle school high school </div>
<input type="checkbox"/>	<input type="checkbox"/>	Families and the community are engaged in nutrition education efforts.

Indicate additional nutrition education activities that occur or are planned for the future:

Our school has nutrition information on the school website through the link to SLA. SLA always keeps the current menu posted, as well as nutrition information and teaching points. In K-8th grade PE classes, students receive age-appropriate nutrition instruction such as identifying healthy foods from different food groups, reading nutrition labels, balancing meals and snacks, and understanding nutrition's impact on growth, development and physical health. Classroom teachers facilitate nutrition-focused morning meetings 2-3 time per week, covering topics such as healthy breakfast options, trying new fruits and vegetables, staying hydrated by drinking water, and limiting unhealthy snacks and sweets. Our school also takes annual field trips to places such as the Community Garden, and to Green Meadow Farms, where students meet farm animals and even learn to milk cows. We also have health fairs and events that are focused on nutrition and provide even more learning opportunities. There are also after-school cook-offs/challenges, where we host friendly competitions around nutrition, like making healthy recipes, taste testing nutritious snacks, or creating menus.

Yes	No	Physical Activity
		The local wellness policy includes measurable goals for physical activity.
		Physical education is provided to students on a weekly basis.
		Before or after school physical activity is offered in sports or other clubs.
		Community partnerships are available that support programs, projects, events, or activities.
		A staff wellness program is available.
		Opportunities are provided for physical activity throughout the day.
		The written physical education curriculum for each grade is aligned with national and/or State physical education standards.
		Recess is available for all elementary students (skip this question if no elementary schools).
		Walk or bike to school is promoted for students with Safe Routes to School or other related programs.
		The local wellness policy addresses physical activity not being used as a punishment and not withheld as punishment.
Other physical education/physical activity/school-based activities that are available:		
Future goals for physical activity:		

Yes	No	Standards for USDA Child Nutrition Programs and School Meals
		The local wellness policy addresses nutrition standards for USDA reimbursable meals.
		The local wellness policy addresses access to the USDA School Breakfast Program.
		Alternate school breakfast service models are available to increase participation such as “grab and go”, breakfast served in the classroom, and breakfast after the bell.
		Steps are taken to protect the privacy of students who qualify for free or reduced-priced meals.
	N/A	
		Free drinking water is available during meals.
		Annual training is provided for food and nutrition staff in accordance with USDA Professional Standards.
		School nutrition staff meet hiring criteria in compliance with federal criteria.
		The local wellness policy addresses purchasing local foods when possible for the school meals program.
Other ways the local wellness policy addresses school meals and nutrition standards:		

Yes	No	Nutrition Standards for Competitive and Other Foods and Beverages
		The local school wellness policy addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day including: as a la carte offerings in school stores in vending machines as fundraisers
	N/A	
		Nutrition standards are followed for food/beverages served at school parties, celebrations, events, etc. Our school does not hold fundraising events involving food.
	N/A	

Notes and future goals on nutrition standards for competitive and other foods and beverages:

Yes	No	Wellness Promotion and Marketing
		Marketing on the school campus during the school day is only allowable for those foods and beverages that meet Smart Snacks standards.
		Steps are taken to address strategies to support employee wellness.
	N/A	Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.
		Healthy meal choices are offered and being promoted in the school meal programs.
		Farm to School activities take place at the school such as having a school garden, taste-testing local products, and educating students in the classroom and on field trips about local agriculture.

Other ways wellness is promoted at the school:

Future wellness goals:

	Implementation, Evaluation, and Communication
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The following are encouraged to participate in the development, implementation, and periodic review and update of our local wellness policy:

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| <input type="checkbox"/> Administrator | <input type="checkbox"/> School Food Service Staff | <input type="checkbox"/> P.E. Teachers |
| <input type="checkbox"/> Parents | <input type="checkbox"/> School Board Members | <input type="checkbox"/> School Health |
| <input type="checkbox"/> Professionals | <input type="checkbox"/> Students | <input type="checkbox"/> Public |

The designee responsible for the implementation and compliance of the local wellness policy is:

Name/Title:

The wellness policy is made available to the public by (describe):

The implementation of policy goals are measured and communicated to the public at least once every three years (describe):

	Yes	No	
			The wellness policy is reviewed at least annually.
			Triennial assessment results are/will be made available to the public and will include: <ol style="list-style-type: none"> 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.
			A plan will be put together to update the local wellness policy based on results of the triennial assessment.

Indicate additional wellness practices and/or future goals and describe progress made in attaining the goals of the wellness policy:

At our school, nutrition and health are integrated into our teachings as essential aspects of good living and good learning. We are always looking for new ways to engage and teach our students in ways that will excite and interest them. To that end, we continue to offer popular programs that have been effective, and keep an eye out for new ones. We demonstrate healthy eating and living for our students. We see that meal participation is increasing, and the students are enjoying eating the healthy food offered. They also appreciate that we are open to feedback from them. The committee will continue to meet to assess if any changes should be made, and to mark progress made on previous goals.