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Local Wellness Policy Assessment/Evaluation

Date: 10/10/17 School: Como-Bixton CSD
 Assessor's name(s): SAAC Committee

Learning Environment/ Other School-Based Activities	Fully in Place	Partly in Place	Not in Place	N/A	List steps that have been taken to implement goal and list challenges of implementation
Age-appropriate instruction is provided to students that teaches lifelong healthy eating habits and healthy level of physical activity.	2	1	0		
If healthy eating, physical activity and the school meal program(s) are actively promoted to students, parents, school staff, and the community at school registrations, parent-teacher meetings, open houses, in-services, etc.	2	1	0		
Staff is provided with educational opportunities (distribution of educational materials, presentations, workshops, etc.) to learn about nutrition and physical activity, including how to integrate them into the core instruction.	2	1	0		
Advertisements within the school reinforce the goals of healthy education and nutrition standards.	2	1	0		
Adequate materials and resources are provided for current nutrition education in the classroom.	2	1	0		
Nutrition education opportunities are offered to parents and families.	2	1	0		
Parents have the opportunity to volunteer for wellness-related activities in the school.	2	1	0		
School participates in Chef in the Classroom program, teaching students how to cook fresh meals.	2	1	0		
Breakfast and lunch menus, along with nutrition information is posted on the district website	2	1	0		
Add additional policies that are specific to District's Local Wellness Policy	2	1	0		
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List next steps that will be taken to fully implement and/or expand on goal in this category:					

Nutritional Guidelines for All Foods Available to	Fully in	Partly in	Not in	N/A	List steps that have been taken to implement goal and list challenges of implementation

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Students	Place	Place	Place	Place
All students have access to healthful food choices in the school cafeteria.	2	1	0	
Students have adequate time to eat lunch every day.	2	1	0	
All foods sold during the "School Day" meet Smart Snack Regulations	2	1	0	
No Competitive Foods are being sold during the serving times of the school meal programs	2	1	0	
Nutrition information is accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through the school meal programs.	2	1	0	
Fundraisers sold outside of the school day are primarily non-food items or healthy food items.	2	1	0	
Food is not used as a reward or punishment.	2	1	0	
The cafeteria atmosphere is clean and inviting and offers a pleasant eating environment (artwork, plants, natural light, health education information, reduced noise).	2	1	0	
Appropriate portion sizes, per MyPlate recommendations, are promoted whenever foods are available.	2	1	0	
Staff encourages students to take and eat fruits and vegetables in the lunchroom. However, students are not forced to eat or finish their plate.	2	1	0	
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List next steps that will be taken to fully implement and/or expand on goal in this category:

Physical Activity	Fully in Place	Partly in Place	Not in Place	N/A	List steps that have been taken to implement goal and list challenges of implementation
Fitness-assessments are administered each year to help students determine their own level of fitness and create their own fitness plans.	2	1	0		
Health-promotion activities are available that encourage physical					

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activity, such as speakers, recreational demonstrations, and walking clubs.	2	1	0	
Physical activity is promoted in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	2	1	0	
Physical activity opportunities (i.e. recess) are not withheld as a punishment.	2	1	0	
Physical activity is never required as a form of punishment.	2	1	0	
Full-day students are provided with unstructured daily opportunities for physical activity, such as recess.	2	1	0	
Students receive adequate recess time every day.	2	1	0	
Teachers incorporate physical activity into other subject areas (i.e. reading, math, science, social studies).	2	1	0	
The school has adequate physical activity equipment for PE, recess, etc.	2	1	0	
Indoor and outdoor facilities are safe and adequate so that PE classes are not displaced by other activities.	2	1	0	
Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.	2	1	0	
Physical activity programs motivate students to be more physically active, which can result in improved academic achievement and cognitive skills.	2	1	0	
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