

School Wellness Policy Building Assessment Tool

School Name: Tri-Center CSD

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This tool is to be completed to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. Provide students with the knowledge and skills necessary to promote and protect their health	X			Discussed in regular education, guidance, and physical education.	
2. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods	X			Nutrislice program. Offered in the lunch program.	
3. Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise.	X			Discussed in regular education, guidance, Health and physical education.	
4.					
Physical Education and Physical Activity Goals					
1. Promote the benefits of a physically active lifestyle and help student to develop skills to engage in lifelong healthy habits.	X			Discussed in regular education, guidance, Health and physical education.	
2. Engage students in moderate to vigorous activity during at least 50 % of physical education class time.	X			Regular scheduled PE classes	
3. Afford elementary students with recess according to the following: at least 20 minutes a day; outdoors as weather permits; encourages moderate to vigorous physical activity.	X			Recess	
Nutrition Guidelines for All Foods Available to Students					
1. Meals served through the National School Lunch and School Breakfast program will be appealing and	X			Breakfast/Lunch Program	

meet, at a minimum, nutrition requirements established by state and federal law.					
2. Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and 30 minutes after school shall meet the USDA's Smart Snacks in Schools nutrition standards.	X				
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1. Offer classroom health education that complements physical education by reinforcing knowledge and self-management skills needed to maintain a physically active lifestyle.	X			Health class, Science curriculum, Elementary Guidance.	
2.					
3.					
4.					
<i>Communication with Parents</i>					
1. Share information about the nutritional content of meals with parents and students.	X			Nutrislice TC Website and Social Media sites	
4. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.	X				
3.					
4.					
<i>Food Marketing in Schools</i>					
1. Share information about the nutritional content of meals with parents and students.	X			Nutrislice PowerSchool Announcements	
3. Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus during the school day.	X				
3.					
<i>Staff Wellness</i>					
1. Bottled water is made available to all staff.	X				

2. Flu Shots offered free to employees.	X				
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