

# School Wellness Policy Building Assessment Tool 2017

School Name: West Delaware CCSD

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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.
<b>Goal 1 - Nutrition Education and Promotion</b>					
1. Offer as part of sequential, comprehensive, standards-based program designed to provide students with knowledge and skills necessary to promote and protect their health.	X			Iowa Core curriculum requirements are met at all grade levels.	Physical Education Department will start using student heart rate monitors beginning in 2017-18 school year for grades 5-12.
2. Promote and encourage consumption of fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food prep methods and health-enhancing nutrition practices.	X			As per federal law, lunch each day includes a fruit, vegetable, whole grains, and low-fat dairy products and students are encouraged to at least try everything. Healthy food prep methods and nutrition are taught during Family Consumer Science classes at both the Middle School and High School and modeled by the food service department. Monthly district newsletter includes "Words on Wellness" from the Iowa State Extension Office and "Fit Future", which both focus on healthy eating and activity habits.	
<b>Goal 2 - Physical Activity</b>					
1. Physical education that includes students with disabilities, students with special health care needs may be provided in alternate education settings.	X			PE requirements are met for all students, and modified or accommodated as necessary as per IEP for each student needing alternate PE activities	
2. Physical education that engages students in moderate to vigorous activity for at least 50 percent of the class time.	X			PE activities may include dynamic stretching and warm up, weight room activities focusing on circuit and cross fit activities. High school	Physical Education Department will start using student heart rate

				offers Cardio Fitness- High intensity work outs. Insanity and P90 X video series.	monitors beginning in 2017-18 school year for grades 5-12.
3. Students in K-8 are offered physical education all year.	X			Elementary requires PE 2 days in a 5 day cycle for 30 min; MS requires PE 3 days in a 6 day cycle for 40 minutes each session. In addition to PE, there are classroom activity options using programs such as "Go Noodle" at Elementary School, in addition to activity before/after lunch in both buildings.	
4. Students in 9-12 will take a required PE class one term and complete physical activity contract stating planned physical activities for the terms the student is not enrolled in PE.	X			Students are scheduled for PE class each day for 1 term (9 weeks-90 min per day). Physical activity contracts are completed at start of school year and kept in HS office.	Continue to encourage students to participate in interscholastic athletics, Show Choir, Marching Band, and other activities. During 2016-17 school year, approximately 68 % of students were involved are involved in these activities.
5. Daily Recess—elementary students at least 15 min a day; preferably outdoors; and encourage moderate to vigorous physical activity.	X			JK-4 – 20 min after lunch Preschool – 30 min recess in AM In addition: Gr 1-2 – 15 min recess in AM Preschool – 30 min after lunch JK & Kdg – 15 min in PM  MS students: 5 <sup>th</sup> grade has 25 minute activity time after lunch; 6 <sup>th</sup> grade has 15 minutes activity time before lunch.	Consider adding additional equipment such as various balls to increase availability at recess.
<b>Goal 3 - Other School Based Activities that Promote Wellness</b>					
1. Discourage sedentary activities, such as watching TV, playing computer games.	X			Monthly district newsletter provides information on healthy activity choices through the "Fit Future" articles.	
2. Provide opportunities for physical activity to be incorporated into other subject lessons.	X			Multiple opportunities are available and encouraged, such as Go noodle and other physical breaks at elementary. Other opportunities include: Jump Rope for Heart, Lite it Up 5K, all buildings participate in Healthiest State Walk, info in the newsletter;	Individual classroom learning activities at times involve physical movement.

				Lambert Winter Games on Facebook page. A comprehensive activities program is available grades 7-12 as well.	
3. Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.	X			Multiple opportunities are available and encouraged, such as Go noodle, and other physical breaks. Other opportunities include: Jump Rope for Heart, Lite it Up 5K, Healthiest State Walk, info in the newsletter; Lambert Winter Games on Facebook page	
<b>Nutrition Guidelines for Food Available on School Campuses</b>					
1. Meals served through the National School Lunch and School Breakfast Program will be appealing and meet at a minimum nutrition requirements established by state and federal law.	X			Nutrikids compliant	
2. Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the USDA Smart Snacks in Schools nutrition standards at a minimum. This includes such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities.	X			This regulation is included and enforced as part of our Wellness Policy and included in district staff information.	
3. Snacks provided to students during the school day without charge (e.g. class parties) will meet standards set by the district in accordance with law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.	X			A list of suggested healthy snack options is included in the student/parent handbook under Healthy Food Choices and in the staff handbook under Classroom Parties/Food.	
4. 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			This regulation is included and enforced as part of our Wellness Policy and included in district staff information.	
<b>Communication with Parents</b>					
1. Nutrition tips on website and newsletters.	X			Words on Wellness and Fit Future published in monthly newsletter and newsletter is posted on the website	
2. Encourage parents to pack healthy lunches/snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual food and beverages.	X			Periodically the Words on Wellness will include something about packing a lunch and healthy snacks. Students are not allowed to bring in fast food items for lunch.	
3. Provide parents list of foods that meet snack standards and ideas for healthy parties, rewards & fundraising	X			In the student/parent handbook under Healthy Food Choices.	

activities.					
4. Provide information about physical education and other school-based physical activity opportunities before, during or after school.	X			We offer multiple extracurricular activities to all students in grades 7-12.	
5. Support parents' efforts to provide their children with opportunities to be physically active outside of school.	X			We rent our facilities to parents for volleyball, basketball, softball, baseball and dance practices; share flyers with students about summer camps and other parks & rec opportunities in our monthly newsletter.	
6. Share information about physical activity & physical education through website, newsletter, take home materials, special events or PE homework.	X			Jump Rope for Heart, Lite it Up 5K, Healthiest State Walk, info in the newsletter; Lambert Winter Games on Facebook and Twitter page.	
<b>Public Involvement</b>					
1. District has a local wellness policy committee to advise the district on the development, implementation, and improvement of the school wellness policy.	x			Wellness Committee is in place Meetings were held on November 7, 2016 and May 24, 2017. Committee members include representative of Nutrition, Physical Education, Nurse, Administration, School Board, Parents, and Student.	
<b>Implement and Ensure Compliance of Wellness Policy</b>					
1. Review the policy at least every three years and recommending updates as appropriate for board approval.	x			Policies 507.01 and 507.01R were reviewed January 9, 2017.	
2. Implement a process for permitting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, administrators and the public to participate in the development, implementation, and periodic review and update of the policy.	x			Wellness Committee is in place. Meetings were held on November 7, 2016 and May 24, 2017. Wellness Assessment is posted on the district website.	
3. Make the policy and updated assessment of the implementation available to the public (e.g. posting on the website, newsletters, etc.). This information shall include the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of the policy.	x			Policies and assessment are posted online on district website.	
4. Develop administrative regulations, which shall include specific wellness goals and indicators for measurement of progress consistent with law and district policy.	x			Policy 507.01 and 507.01R include administrative regulations.	