

# Wellness Policy Evaluation Checklist

An effective policy is tailored to your district and individual school's needs, goals, and resources.

## **Step 1: Find your local school wellness policy.**

Your policy should be easily located. Ideally, your policy will be available on the school web site, and easy for parents and others to find.

## **Step 2: Review your local school wellness policy.**

Use the checklist to evaluate the strength, comprehensiveness and specificity of your campus wellness policy.

## **Step 3: Update your local campus wellness policy.**

If you identify key required sections that are missing, you must update the policy.

If you have sections that are weak, decide which areas are a priority, strengthen the language in keeping with local priorities and resources, and develop an implementation plan.

## Campus Wellness Policy Evaluation 2018-2019

Campus Name: \_\_\_\_\_ Campus Principal \_\_\_\_\_

<b>Determine which statement best describes your campus wellness policy.</b>	<b>Clear Evidence</b>	<b>Minimal Evidence</b>	<b>No Evidence</b>	<b>Not Applicable</b>
<b>I. Overview</b>				
1. The campus wellness plan aligns with district commitment to health and wellness.				
<b>II. Goals for Student and Staff Wellness</b>				
<b>A. Nutrition Education</b> <b><i>Our campus wellness policy...</i></b>				
1. Has specific nutrition education standards (hours, curriculum, standards, etc)				
2. Can easily be integrated into classroom lessons				
<b>B. Nutrition Standards</b> <b><i>Our campus wellness policy...</i></b>				
1. Promotes healthy foods w/ variety of methods				
2. Lists activities that promote healthy behaviors				
3. Prohibits use of food and physical activity as reward or punishment				
<b>C. Physical Activity/Education</b> <b><i>Our campus wellness policy....</i></b>				
1. Has specific requirements for physical activity in the classroom and during recess time				
2. Addresses requirements for physical activity				
3. Has specific physical education requirements (standards-based, hours, etc.)				
4. Is age and developmentally appropriate				
<b>D. Other school based health</b> <b><i>Our campus wellness policy...</i></b>				
1. Provides opportunities and campus activities for staff members to improve their health and wellness				
2. Describes parent and youth engagement activities				
<b>III. Nutrition Guidelines –</b> All food available on school campuses must meet minimum federal requirements. <b><i>Our campus wellness policy...</i></b>				
1. Requires specific nutrition requirements for lunch including meal standards				
2. Requires specific nutrition requirements for breakfast				
3. Addresses a pleasant eating environment with adequate seating				
4. Has specific nutrition requirements for competitive foods and beverages				
5. Addresses foods provided in vending machines				
6. Addresses specifics regarding food in the classroom requirements such as snacks, classroom celebrations, etc.				

<b>IV. Accountability</b> <b><i>Our campus wellness policy...</i></b>				
1. Is reviewed annually by a campus committee				
2. Is updated with identified revisions and updates				
3. Results of the review, updates and evaluation are reported to the School Health Advisory Council annually				
<b>VI. Parent/Community Involvement</b> <b><i>Our campus wellness policy...</i></b>				
1. Includes diverse representation including parents, students, administrators, school food service, teachers of physical education, school health professionals in development and implementation and revision				
2. Includes activities and programs that provide parents with an opportunity to learn more about improving health and wellness in the home				
<b>VI. Public Notification</b> <b><i>Our campus wellness policy...</i></b>				
1. Requires that the public be updated and informed about content of the policy				
2. Is posted on our campus website				
3. Is available to parents in English and Spanish				

<b>Campus Wellness Committee Member</b>	<b>Signature</b>	<b>Date</b>
<b>Cafeteria Manager</b>		
<b>Physical Education Coach</b>		
<b>Teacher</b>		
<b>Parent</b>		
<b>Campus Nurse</b>		
<b>Administrator</b>		
<b>Other</b>		