

School Wellness Policy Building Assessment Tool

School Name: Essex Community School

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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.
Health Education and Promotion Goals					
1. Provide students with annual health screenings.	X			AEA hearing, I-Smiles Dental, Lion's Club vision	
2.					
3.					
4.					
Physical Education and Physical Activity Goals					
1. Provide students with physical activity the entire year in grades K-12.	X			6-12 Receive at least 120 minutes of physical education each week/30 minutes daily for students in grades K-5th.	
2. Students in grades K-5th will receive 30 minutes of physical activity daily.	X			Obtained through recess.	
3. Physical activity will not be withheld as punishment.		X		Barriers might be that it is still "acceptable" according to the state guidelines to allow. This is controlled at a local level which can allow a district to make this choice.	Will continue to work with staff to make sure everyone is aware and also making sure the wellness policy is gone over with new employees.
4.					
Nutrition Guidelines for All Foods Available to Students					
1. All foods sold will meet at a minimum nutrition requirements established by state and federal guidelines.	X			Food service will continue to monitor for any changes on a yearly basis or as needed.	.

2. Provide students with opportunities for taste-tests of new entrees		X		Wellness committee has discussed and will arrange to have certain grades in the month of March to taste new foods and respond to survey.	
3.					
4.					
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1. Provide for physical activities to be incorporated into other subject lessons besides physical education.		X		Encouraged staff to incorporate activities that allow students to move around in classroom to prevent long periods of stationary activity. Barriers might include space, time, and belief of value it holds.	
2. Implement a walking club in grades K-5th.	X			Walk 2 x's weekly in mornings for 30 minutes prior to school in gymnasium.	
3. Kids Heart Challenge	X			February Heart Awareness-Challenge includes K-6th during the month of February.	
4.					
<i>Communication with Parents</i>					
1. Provide parents with healthy snack ideas for celebrations in the classroom.	X			Posted on website.	will continue to share any new information with parents
2. Share information about physical activity in schools.	X			Posted on website through Wellness Policy	
3. Provide parents with menu for breakfast and lunch. via email and school website.	X			Posted monthly on school website.	
4.					
<i>Food Marketing in Schools</i>					
1. Snacks sold will meet Smart Snacks Standards (a la carte)	X			All foods sold during the school day will be run through Smart Snacks calculator.	

2. Fundraising activities during the school day will meet Smart Snacks Standards.		X		Staff are notified by administration during professional development about fundraising and also by email. Challenges can be during holidays when foods are sold outside of the Smart Snacks guidelines.	
Staff Wellness					
1. Wellness activities for all staff-Encourage healthy lifestyles through emails, flyers, and wellness challenges.	X			Weight-loss challenge for staff biannually. Nurse emails staff about current health issues.	
2. Establish a wellness committee with nurse, food service, PE instructor, administration, community member, parent.	X			Committee meets annually and as needed.	