

## Wellness-Related Policy Assessment

Use the assessment tool provided on the back side of this page to measure the strength and implementation of your current Wellness-Related Policies in regard to the *Let's Go!* (LG) five priority strategies and two USDA HealthierUS School Challenge (HUSSC) strategies. Strong policy provides clear direction to staff and students about what is required and/or allowed and what is forbidden during the school day. When measuring the strength of your policy language be sure to look for clear, straightforward language that leaves no room for interpretation and score those as "Strong." Score policy language which is unclear or indirect as "Weak."

Strong policy words that indicate that something is required include:  
SHALL, WILL, MUST, HAVE TO, INSIST, REQUIRE, COMPLY and ENFORCE.

Words that **do not indicate requirement** include:  
ENCOURAGE, MAY, CAN, SHOULD, COULD, MIGHT, SUGGEST, STRIVE TO, WORK TO and TRY.

Continue to reverse side for assessment tool...

School Name: Springfield Local School District

Strategy	Current Policy	Strength of Current Policy			Implementation of Current Policy					Notes
		Strong	Weak	No Policy	School Wide	Most Classrooms	A Few Classrooms	In Planning	No Classrooms	
<p><i>These are the strategies that you will be working to write into policy.</i></p>	<p><i>Write any <u>current policy</u> you have for each strategy into the corresponding boxes below. Next you will score the strength and implementation of each policy.</i></p>									<p><i>Opportunities, Barriers, Resources Needed, Rank Policies by Priority, etc.</i></p>
<p>Provide healthy choices for snacks and celebrations; limit unhealthy choices. <b>LG</b></p>	<p>(8510 I) - All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.</p> <p>(8510M) -The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited.</p> <p>(8510 O) - All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines.</p> <p>(8510 P)- All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include for classroom parties and at holiday celebrations) shall comply with the food and beverage standards approved by the Superintendent.</p>	XX			XX					

<p>Provide water and low fat milk; limit or eliminate sugary beverages. <b>LG</b></p>	<p>(E) With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.</p> <p>(8510 I) - All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.</p>	XX			XX					<p>Opportunity exists to further promote and make more widely available water and healthy beverages.</p>
<p>Provide non-food rewards. <b>LG</b></p>				XX				XX		<p>While no formal policy exists, school administration do encourage the use of non-food rewards. At the 7-12 level students are rewarded with additional privileges; at the K-6 level rewards take the form of activity trips or physical competitions, such as the "reindeer run".</p>
<p>Primarily non-food items should be sold through school fundraising activities. <b>HUSSC</b></p>	<p>5830 "For any fund-raisers, including those operated by student clubs and organizations, parent groups, or boosters clubs, that involve the sale of food items and/or beverages to students that will be consumed on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) during the school day (the period from the midnight before, to thirty (30) minutes after the end of the official school day), the food items and/or beverages to be sold shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards. Fund-raisers also include giving away food items or beverages but suggesting donations."</p>		XX		XX					<p>Fund-raising policy requires the food items sold to be compliant with smart snacks, but does not encourage the use of non-food items vs. food items. However, fundraising efforts are generally concentrated away from food items.</p>

<p>Provide opportunities for children to get physical activity every day. <b>LG</b></p>	<p>(C 1) A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the National Standards.</p> <p>(C 2) Planned instruction in physical education shall promote participation in physical activity outside the regular school day.</p> <p>(C 4) The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.</p>									
<p>The school demonstrates a commitment to neither deny nor require physical activity as a means of punishment. <b>HUSSC</b></p>	<p>(C 7) Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.</p> <p>(C 8) Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying or harassment of any kind.</p> <p>(C 12) Physical activity shall not be employed as a form of discipline or punishment.</p>	XX			XX					
<p>Limit recreational screen time. (School based screen time) <b>LG</b></p>				XX	XX					<p>Recreational screen time is limited due to the distraction created by such use. Especially at the 7-12 level, student are strongly encouraged to be working on academic work during down time to maximize the productivity of the day.</p>

You can utilize this blank template for other Wellness-Related Policies you may be assessing as part of your Wellness Policy efforts.

School Name: \_\_\_\_\_