

School Wellness Policy Compliance Report



School Name _____ School Year _____

Is School Compliant?	
Always <input type="checkbox"/>	G - 3 Form (See Policy and Administrative Procedures)
Sometimes <input type="checkbox"/>	1. Nutrition Education. Sequential and interdisciplinary nutrition education shall be provided and promoted as follows:
Never <input type="checkbox"/>	A. Each school shall ensure the health core is taught in grades K-12. Nutrition education shall be encouraged in other content areas, in the home and the broader community.
N/A <input type="checkbox"/>	2. Physical Education and Physical Activity. Adequate physical education shall be provided and patterns of meaningful physical activity connected to students' lives outside of physical education shall be promoted as follows:
<input type="checkbox"/>	A. Each school shall ensure the physical education core is taught in grades k-12. Physical education activities shall be encouraged in other content areas, in the home and the broader community.
<input type="checkbox"/>	B. Physical education instructors at the elementary level shall be District certified. Each elementary physical education instructor shall participate annually in the following certification programs:
<input type="checkbox"/>	<ul style="list-style-type: none"> • Elementary Physical Education Teaching Methods (14 hours per year) • Monthly Staff Development (16 hours per year) • Current First Aid / CPR Certification
<input type="checkbox"/>	C. Physical education instructors at the secondary level shall certified according to state standards.
<input type="checkbox"/>	D. Enrollment in secondary physical education courses shall not exceed the number of students that space and equipment can safely accommodate.
<input type="checkbox"/>	E. Adequate equipment and supplies shall be available for all students to safely and fully participate in structured physical education activities.
<input type="checkbox"/>	F. Time allotted for physical education instruction shall be consistent with state standards, which are 90 minutes per week for grades 1-6 and 225 minutes per week for grades 7-12.
<input type="checkbox"/>	G. All elementary students shall be allowed a minimum of 15 minutes of recess each school day, not to include scheduled lunch time. Daily recess periods can be structured to be a part of the physical education instructional time and shall not be systemically used as a behavioral consequence.
<input type="checkbox"/>	3. Other School Based Activities. All school-based activities shall be consistent with the District Wellness Policy as follows:
<input type="checkbox"/>	A. After-school programs shall encourage physical activity and the formation of healthy habits.
<input type="checkbox"/>	B. District Wellness Policy guidelines shall be considered when planning all school-based activities (such as school events, field trips, dances, assemblies, etc.)
<input type="checkbox"/>	C. Hosting wellness clinics, health screenings, and enrolling eligible children in Medicaid and other state health insurance programs shall be pursued at each school site to support the health of all students.
<input type="checkbox"/>	4. Nutrition Guidelines for All Foods on Campus. All foods and beverages made available to students on campus shall be consistent with the current USDA Dietary Guidelines as follows:
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<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. All foods made available to students on campus (a-la-carte sales, after-school programs, beverage contracts, fund raisers, school parties/celebrations, student stores, vending machines, etc.) will emphasize nutrient density, fruits and vegetables, decreasing fat and added sugars, and moderating portion size. Food and beverages sold at Utah High School Activities Association events shall be exempt.</p>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>B. Elementary and middle schools shall limit food and beverage offerings for sale to students outside of the federal school meal programs to the following standards beginning July 1, 2006:</p> <ol style="list-style-type: none"> 1. Foods and Beverages: Must meet USDA Foods of Minimal Nutrition Value guidelines and provide no more than 250 calories per package. 2. Fruits and vegetables should be offered for sale at any location on the school site where foods are sold (including fresh, cooked, dried, juice or canned).
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>C. High schools shall limit food and beverage offerings for sale to students outside of the federal school meal programs to the following standards no later than July 1, 2008:</p> <ol style="list-style-type: none"> 1. Foods: Must meet USDA Foods of Minimal Nutrition Value guidelines and provide no more than 250 calories per package. 2. Beverages: Must meet USDA Foods of Minimal Nutrition Value guidelines and provide no more than 250 calories per package. Acceptable beverages as specified by the memorandum of understanding between The American Beverage Association and The Alliance for a Healthier Generation shall be exempt. 3. Fruits and vegetables should be offered for sale at any location on the school site where foods are sold (including fresh, cooked, dried, juice or canned).
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>D. Classroom snacks shall feature healthy choices.</p>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>E. Food and beverage information displayed in the school cafeteria shall be consistent with established nutrition standards.</p>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>F. No school activities, events or parties shall interfere with student access to a nutritionally balanced lunch or breakfast.</p>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>5. Eating Environment. The school environment shall be safe, comfortable, pleasing, and allow ample time and space for eating meals; and food and/or physical activity shall not be used as a reward or punishment as follows:</p>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Students shall be encouraged to start each day with a healthy breakfast.</p>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>B. Students shall be provided adequate time to eat breakfast and lunch at school, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.</p>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>C. Lunch periods shall be scheduled as near the middle of the school day as possible. Lunch periods shall not be scheduled at the end of a shortened school day.</p>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>D. Elementary schools shall schedule recess before lunch or implement a structured schedule that ensures that children are not pressured to eat and run.</p>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>E. School cafeteria areas shall provide enough serving lines to ensure that students spend no more than 7 minutes waiting in line for a school meal.</p>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>F. School employees and community members shall be encouraged to reward student behavior with non-food items instead of food items.</p>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>G. Bus routes and school schedules shall be coordinated to allow students ample time before class to participate in the National School Breakfast program.</p>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>H. Students in pre-kindergarten through grade 12 shall be responsible for cleaning up after themselves at breakfast and lunch. Students shall put away trays and dispose of garbage properly to keep the school environment clean.</p>

- 6. **Child Nutrition Operation.** Child Nutrition programs shall be accessible to all students and must comply with federal, state and local requirements (see also Policy EF and EFC). The school district shall develop a coordinated and comprehensive outreach, promotion and pricing plan to ensure maximum participation in the federal school meal programs (e.g. school lunch, school breakfast, after-school snack, and summer food service).
- 7. **Food Safety/Food Security.** All foods made available on campus by Child Nutrition Services shall adhere to food safety and security guidelines including compliance with federal, state and local food safety and sanitation regulations. Food provided outside of Child Nutrition Services becomes the responsibility of school administration, with oversight of the School Community Council. Access to the food service operation is to be limited to Child Nutrition staff and authorized personnel only.
- 8. **Implementation and Evaluation.** The Superintendent or designee shall appoint a district wellness committee to regularly monitor the overall effectiveness of the wellness policy and recommend policy and/or procedural modifications that will positively impact student health. The School Community Council shall be designated to oversee the implementation and evaluation of the district wellness policy at each school site as follows:
 - A. The district wellness committee shall include parents, students, the Director of Child Nutrition Services, the District Healthy Lifestyles Specialist and representatives of the school board, school administrators, teachers, classified employees, and the public. The purpose of the district wellness committee is as follows:
 - 1. Regularly monitor the overall effectiveness of the district wellness policy.
 - 2. Highlight areas in need of future change.
 - 3. Recommend policy and/or administrative procedure modifications that will positively impact student health.
 - B. The school administrator, with oversight of the School Community Council, shall ensure that all district wellness policy guidelines are enforced at the school site as follows:
 - 1. One or more persons at the school shall be designated and charged with the operational responsibility for ensuring that the school follows the district wellness policy.
 - 2. The compliance of the school to the current district wellness policy shall be evaluated annually by the onsite designee, and a written record of compliance shall be provided to the School Community Council for evaluation and approval.
 - 3. A copy of the approved written record of compliance shall be submitted by the school to the Superintendent or designee prior to the end of each school year.
 - 4. Annually report goals and progress toward student wellness in the school improvement plan.

Complete form and attach a cover sheet with a paragraph indicating how your school implemented the Wellness Plan this year. School compliance report is due to the Superintendent prior to the last day of school.

ACKNOWLEDGEMENT

Compliance Designee	Date
SCC Approval	Date
School Principal	Date