

# Wellness Policy Assessment Tool

## La Center School District

School Name: **La Center Elementary**

Reviewer: M. Nolan and G. Hall

Date 6-13-22

| YES | NO | Question/Practices                                                                                                                                                                                                                                                                               |
|-----|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| x   |    | We encourage the following to participate in the development, implementation and evaluation of our wellness policy: (circle all that apply) <b>Administrators, School Food Service Staff, PE Teachers</b> , Parents, School Board Members, <b>School Health Professionals</b> , Students, Public |
| x   |    | Our building has a designee in charge of compliance<br>Name/Title Kirby Phillips, Cafeteria Manager                                                                                                                                                                                              |
| x   |    | We make our policy available to the public.                                                                                                                                                                                                                                                      |
|     | x  | We measure the implementation of our goals and communicate results to the public.                                                                                                                                                                                                                |
| x   |    | Our district reviews the wellness policy annually.                                                                                                                                                                                                                                               |
|     | x  | Our district's written wellness policy includes measurable goals for nutrition education.                                                                                                                                                                                                        |
| x   |    | We offer nutrition education to our students                                                                                                                                                                                                                                                     |
| x   |    | We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.                                                                                                                                                                            |
| x   |    | We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.                                                                                                                                                                                               |
| x   |    | We place fruits and vegetables where they are easy to access (e.g. near the cashier or near the front of the line).                                                                                                                                                                              |
| x   |    | We annually evaluate how to market and promote our school meal program.                                                                                                                                                                                                                          |
|     | x  | We participate in Farm to School activities and/or have a school garden.                                                                                                                                                                                                                         |
| x   |    | We only advertise and promote nutritious foods and beverages on school grounds.                                                                                                                                                                                                                  |
|     | x  | We price nutritious foods and beverages lower than less nutritious foods and beverages.                                                                                                                                                                                                          |
| x   |    | We ensure students have access to hand-washing facilities prior to meals.                                                                                                                                                                                                                        |
| x   |    | We regularly share school meal nutrition, calorie and sodium content information with students and families.                                                                                                                                                                                     |
| x   |    | We offer taste-testing or menu planning opportunities to our students.                                                                                                                                                                                                                           |
| x   |    | We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.                                                                                                                                                                                           |

|   |   |                                                                                                                                                                                                                                           |
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| x |   | We provide teachers with samples of alternative reward options other than food or beverages.                                                                                                                                              |
|   | x | We prohibit the use of food and beverages as a reward.                                                                                                                                                                                    |
| x |   | Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.                                                                                                                                         |
| x |   | We operate the School Breakfast program <b>Circle one:</b> Before School, <b>In the Classroom</b> , Grab and Go ( <b>2021-22 school year</b> )                                                                                            |
| x |   | We follow all nutrition regulations for the National School Lunch Program.                                                                                                                                                                |
|   | x | We operate an Afterschool Snack Program. (ASK after school care)                                                                                                                                                                          |
|   | x | We operate the Fresh Fruit and Vegetable Program.                                                                                                                                                                                         |
| x |   | We have a Certified Food Handler as our Food Service Manager.                                                                                                                                                                             |
|   | x | We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including: <b>Circle all that apply</b> A-la carte offerings, Items in School Stores, Items in Vending Machines, as Fundraisers. |
|   |   | Our district's written wellness policy includes measurable goals for physical activity.                                                                                                                                                   |
| x |   | <b>Elementary schools only:</b> We provide physical education for our students on a weekly basis                                                                                                                                          |
|   |   | <b>Middle schools only:</b> We provide physical education for middle school during a term or semester.                                                                                                                                    |
|   |   | <b>High schools only:</b> We require physical education classes for graduation.                                                                                                                                                           |
| x |   | <b>Elementary schools only:</b> we provide recess for elementary students on a daily basis.                                                                                                                                               |
| x |   | We provide opportunities for physical activity integrated throughout the day.                                                                                                                                                             |
|   | x | We prohibit staff and teachers from keeping kids in from recess for punitive reasons.                                                                                                                                                     |
| x |   | Teachers are allowed to offer physical activity as a reward for students.                                                                                                                                                                 |
|   | x | We offer before or after school physical activity through: <b>Circle all that apply</b> competitive sports, non-competitive sports, other clubs.                                                                                          |
|   |   | The district's wellness policy includes measurable goals for other school-based activities that promote wellness.                                                                                                                         |
| x |   | We provide training to staff on the importance of modeling healthy behaviors.                                                                                                                                                             |
| x |   | We have a staff wellness program.                                                                                                                                                                                                         |
| x |   | We have school district staff who are CPR certified.                                                                                                                                                                                      |
| x |   | We actively promote walk or bike to school for students.                                                                                                                                                                                  |
| x |   | We have a recycling/environmental stewardship program.                                                                                                                                                                                    |
|   | x | We have recognition/reward program for students who exhibit healthy behaviors.                                                                                                                                                            |

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| x                                                                                                                                                                            |  | We have community partnerships which support programs, projects, events, or activities.                                                        |
| x                                                                                                                                                                            |  | Students are taught self-awareness (the ability to identify and name one's emotions and their influence on behavior).                          |
| x                                                                                                                                                                            |  | Students are taught self-management (develop and demonstrate the ability to regulate emotions, thoughts and behaviors).                        |
| x                                                                                                                                                                            |  | Students are taught self-efficacy (the ability to motivate oneself, persevere and see oneself as capable).                                     |
| x                                                                                                                                                                            |  | Students are taught social awareness (the ability to take the perspective of and empathize with others from diverse backgrounds and cultures). |
| x                                                                                                                                                                            |  | Students are taught social management (the ability to make safe and constructive choices about personal behavior and social interactions).     |
| x                                                                                                                                                                            |  | Students are taught social engagement (the ability to consider others and a desire to contribute to the well-being of school and community).   |
| <p><b>Progress Report:</b><br/> This year, students started using reusable utensils (sporks) instead of disposable plastic. Only reusable trays are used to serve meals.</p> |  |                                                                                                                                                |

For more information about this school's wellness policy and practices, please contact:

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