



About the Local Wellness Policy Activity and Assessment Tool

HES
Hassayampa Elementary

LEAs are required to have a written local wellness policy (LWP), and at least once every three years, they must assess the implementation of what is written in the policy. Some written components can be easily assessed by asking the question, "Did we do this?" while others are more difficult to measure. ADE recommends using this tool to document the exact actions you expect to be completed and determine if your LEA is doing what is written in the policy. The District Wellness Committee can use this list of actions to select from when writing goals and policies in the LWP. Note, you should select at least one action from each section; selecting all actions is not required. Some actions are pre-checked because they are requirements of operating the National School Lunch Program. ADE recommends writing each of the selected actions into your LWP. This tool is designed to be an action plan that guides your implementation and assessment of your LWP.

I. WELLNESS GOALS

The LWP must include goals in the areas of Nutrition Promotion, Nutrition Education, Physical Activity, and Other Activities to Promote Student Wellness. For each section, choose the activities you'll implement and determine how many schools will work toward implementing the activities. Then, use the activities selected to write a goal in each area on the LWP Template. When monitoring implementation of the LWP at each school, record the number of schools that successfully completed the action(s) selected.

GOAL: NUTRITION PROMOTION

Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.

	Year 1 ²⁰²³		Year 2		Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
<input checked="" type="checkbox"/> The district encourages participation in meal programs as appropriate (School Breakfast, National School Lunch, Afterschool Care Snack, Fresh Fruit and Vegetable Program etc.).		✓		✓		X
<input checked="" type="checkbox"/> School meal program menus are posted on the district website or individual school sites.		✓		✓		X
<input checked="" type="checkbox"/> Menus include nutrient content and ingredients. (<i>only some snacks</i>)		✓	✓			(website)
<input checked="" type="checkbox"/> Participation in meal programs is promoted to families.		X		✓		X
<u>Farm to School Activities (best practice is to choose a minimum of 4 activities):</u>						
<input type="checkbox"/> Local and/or regional products are incorporated into the school meal program.						
<input type="checkbox"/> Messages about agriculture and nutrition are reinforced throughout the learning environment. (<i>nutrition education</i>)						
<input type="checkbox"/> School hosts a school garden.	✓					
<input type="checkbox"/> School hosts field trips to local farms. (<i>should do</i>)	✓					
<input checked="" type="checkbox"/> School utilizes promotions or special events to highlight local/regional products. (<i>taste test nutrition</i>)			✓			
<u>Smarter Lunchroom techniques are implemented in the cafeteria (best practice is to choose a minimum of 10 techniques to implement at each school):</u>						
<input checked="" type="checkbox"/> Smarter Lunchroom Technique (<i>encourage new veg/fruit</i>)		✓		✓		
<input checked="" type="checkbox"/> Smarter Lunchroom Technique (<i>veg/fruit bar</i>)		✓		✓		X

Local Wellness Policy Activity and Assessment Tool

<input type="checkbox"/> Smarter Lunchroom Technique						
<input type="checkbox"/> Smarter Lunchroom Technique						
<input type="checkbox"/> Smarter Lunchroom Technique						
<input type="checkbox"/> Smarter Lunchroom Technique						

GOAL: NUTRITION EDUCATION <i>Nutrition education teaches behavior-focused skills and may be offered as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to safeguard their health and make positive choices regarding food and nutrition, or nutrition education can be offered as sequential individual lessons throughout the school year.</i>	Year 1		Year 2		Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
<input checked="" type="checkbox"/> <input type="checkbox"/> Nutrition education is taught in the following grades:						
<input checked="" type="checkbox"/> K <input checked="" type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> <input checked="" type="checkbox"/> 3 <input type="checkbox"/> <input checked="" type="checkbox"/> 4 <input type="checkbox"/> <input checked="" type="checkbox"/> 5 (<input checked="" type="checkbox"/> PreSchool)				✓		
<input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8						
<input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12						
<input checked="" type="checkbox"/> Elementary Schools: Nutrition education is offered as part of sequential, comprehensive standards-based health education curriculum.				✓		
<input type="checkbox"/> Nutrition education is taught through other subjects like math, science, language arts, social sciences and electives.						
<input type="checkbox"/> Health education teachers provide opportunities for students to practice or rehearse the skills taught through the health education curricula.						
<input checked="" type="checkbox"/> Teachers and other staff receive training in nutrition education.				✓		
<input type="checkbox"/> Media literacy is taught with an emphasis on food and beverage marketing.						
<input checked="" type="checkbox"/> Nutrition education is taught in collaboration with community partner: <input type="checkbox"/> Community Partner				✓		

<input type="checkbox"/> School gardens	✓					
<input type="checkbox"/> Farm tours	✓					

Local Wellness Policy Activity and Assessment Tool

GOAL: PHYSICAL ACTIVITY <i>Physical activity is defined by the Centers for Disease Control and Prevention (CDC) as any bodily movement produced by skeletal muscles that result in energy expenditure. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem and may improve blood pressure and cholesterol levels. Incorporating regular physical activity in your school(s) is an important contributor to student wellness.</i>	Year 1		Year 2		Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
Physical Activity						
✓ <input type="checkbox"/> Physical activity is available for at least _____ minutes per day for all students. <i>(15 min/20 min recess) (+1)</i>		✓		✓		X
✓ <input type="checkbox"/> Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) is not used or withheld as punishment for any reason.		✓	✓		X	
✓ <input type="checkbox"/> The district provides teachers and other school staff with a list of ideas for alternative ways to discipline students. <i>(PBIS)</i>		✓		✓		X
<input type="checkbox"/> A comprehensive school physical activity program (CSPAP) is used to coordinate physical activity before, during and after school.						
✓ <input type="checkbox"/> To the extent practicable, schools ensure that their grounds and facilities are safe and that equipment is available to all students to be active. <i>(fields could be safer)</i>		✓	✓			X
✓ <input type="checkbox"/> Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces are open to students, their families, and the community outside of school hours. <i>(rental of gym)</i>		✓	✓			X
✓ <input type="checkbox"/> Schools ensure that inventories of physical activity supplies and equipment are known and, when necessary, work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible. <i>(still trying to obtain equipment)</i>			✓			X
Before and After School Activities						
<input type="checkbox"/> Students have opportunities to participate in physical activity before school. <i>(NY?recess 7:30-7:45?)</i>					X	
<input type="checkbox"/> Students have opportunities to participate in physical activity after school. <i>(NY?After School Club?)</i>					X	
Physical Education						
<i>In Arizona, LEAs are recommended to review the Arizona PE Standards. Arizona does not have PE requirement, but the national recommendation for PE minutes is 150 per week at the elementary level and 225 minutes per week at the secondary level (middle school and high school level).</i>						

Elementary students (grades K-5) in each grade receive physical education for at least (choose one): <input type="checkbox"/> 45 minutes per week <input type="checkbox"/> 60-89 minutes per week <input checked="" type="checkbox"/> 90-149 minutes per week (90 minutes) <input type="checkbox"/> 150 or more minutes per week <input type="checkbox"/> Other:					✓		X
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Local Wellness Policy Activity and Assessment Tool

Secondary students (grades 6-12) are (choose one): <input type="checkbox"/> Required to take one physical education credit total <input type="checkbox"/> Will take more than one academic year of physical education <input type="checkbox"/> Will take physical education throughout all secondary school years <input type="checkbox"/> Other:							
<input checked="" type="checkbox"/> Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education.		✓			✓		X
<input checked="" type="checkbox"/> Physical education program promotes student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment). (5th Gr)	✓				✓	X	
<input checked="" type="checkbox"/> Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.		✓			✓		X
<input checked="" type="checkbox"/> Physical education teachers participate in professional development at least once per year.		✓			✓		X
<input checked="" type="checkbox"/> Physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.					✓	X	
<input checked="" type="checkbox"/> Waivers, exemptions, or substitutions for physical education classes are not granted. (only injuries)		✓			✓		X
<input checked="" type="checkbox"/> Physical activity may not be substituted for any other class (e.g., dance, marching band, ROTC etc.)		✓			✓		
Recess							
<input checked="" type="checkbox"/> Elementary schools provide at least 20 minutes of recess on all days during the school year.		✓			✓		X
<input checked="" type="checkbox"/> If recess is offered before lunch, proper hand washing measures are in place.		✓			✓		X
<input checked="" type="checkbox"/> Recess is offered outdoors when weather is feasible.		✓			✓		X
<input checked="" type="checkbox"/> Recess is a compliment to not a substitute for physical education class.		✓			✓		X

<input checked="" type="checkbox"/> Recess monitors encourage students to be active.		✓		✓		X
<input checked="" type="checkbox"/> Recess monitors serve as role models by being physically active along with students.		✓		✓		X
Classroom Physical Activity Breaks and Active Academics						
<input checked="" type="checkbox"/> Students are offered periodic opportunities to be physically active or to stretch in the classroom throughout the day on all or most days during a typical school week.		✓		✓		X
<input checked="" type="checkbox"/> Teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least 3 days per week.		✓		✓		X
<input checked="" type="checkbox"/> Teachers receive resources, tools, and technology with ideas for classroom physical activity breaks. <i>(from admin)</i>				✓		X
<input checked="" type="checkbox"/> Teachers incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible to reduce sedentary behavior during the day.			✓		X	

Local Wellness Policy Activity and Assessment Tool

<input checked="" type="checkbox"/> Teachers serve as role models by being physically active alongside students whenever possible.			✓			X
Physical Activity Topics in Health Education						
<input checked="" type="checkbox"/> Health education is required in all elementary grades.)			✓			X
<input type="checkbox"/> Middle and high school students are required to take and pass at least one health education course.						
<input checked="" type="checkbox"/> At least 12 of the following essential topics on physical activity are in the health education curriculum:				✓		X

<ul style="list-style-type: none"> <input checked="" type="checkbox"/> The physical, physiological, or social benefits of physical activity <input checked="" type="checkbox"/> How physical activity can contribute to a healthy weight <input checked="" type="checkbox"/> How physical activity can contribute to the academic learning process <input checked="" type="checkbox"/> How an inactive lifestyle contributes to chronic disease <input checked="" type="checkbox"/> Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition <input type="checkbox"/> Differences between physical activity, exercise and fitness <input checked="" type="checkbox"/> Phases of an exercise session including warm up, workout, and cool down <input type="checkbox"/> Decreasing sedentary activities such as TV watching <ul style="list-style-type: none"> <input type="checkbox"/> How to influence, support, or advocate for others to engage in physical activity <input checked="" type="checkbox"/> Opportunities for physical activity in the community 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Preventing injury during physical activity <input checked="" type="checkbox"/> Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active <input checked="" type="checkbox"/> How much physical activity is enough, including determining frequency, intensity, time and type of physical activity <input checked="" type="checkbox"/> Developing an individualized physical activity and fitness plan <input checked="" type="checkbox"/> Monitoring progress toward reaching goals in an individualized physical activity plan <input type="checkbox"/> Dangers of using performance-enhancing drugs such as steroids <input type="checkbox"/> Social influences on physical activity including media, family, peers, and culture <input type="checkbox"/> How to find valid information or services related to physical activity and fitness <input checked="" type="checkbox"/> Overcoming barriers to physical activity <input type="checkbox"/> How to resist peer pressure that discourages physical activity <p><i>(health has been newly added and is developing)</i></p>						
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Active Transport (best practice is to choose a minimum of 6)

<input type="checkbox"/> Safe or preferred routes to school are designated. <i>(not a walking promoted campus)</i>						
<input type="checkbox"/> Activities such as participation in international Walk to School Week are promoted.						
<input checked="" type="checkbox"/> Crosswalks on streets leading to school are used.		✓	✓			X
<input checked="" type="checkbox"/> Secure storage facilities for bicycles and helmet are present on school grounds. <i>(only bike rack)</i>		✓	✓			
<input checked="" type="checkbox"/> Instruction on walking/bicycling safety is provided to students.				✓		X
<input checked="" type="checkbox"/> Crossing guards are used.		✓		✓		
<input type="checkbox"/> Walking school buses are coordinated.						
<input checked="" type="checkbox"/> The number of children walking and/or biking to and from school is documented. <i>(in office)</i>		✓		✓		X

Local Wellness Policy Activity and Assessment Tool

<input type="checkbox"/> Maps of the school environment (sidewalks, crosswalks, roads, pathways, bike racks) are distributed. <i>(only school map)</i>						
<input type="checkbox"/> Safe routes to school program is promoted to students, staff, parents via newsletters, websites, and local newspaper. <i>(drop off)</i>						

GOAL: OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS	Year 1		Year 2		Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
School Sponsored Events						
<input checked="" type="checkbox"/> <input type="checkbox"/> School-sponsored events incorporate wellness components including physical activity and healthy eating opportunities.	✓			✓		
Relationships with Community Partnerships						
<input type="checkbox"/> Hospitals		✓				
<input type="checkbox"/> Universities/colleges						
<input checked="" type="checkbox"/> <input type="checkbox"/> Local businesses (<i>K9, Wild West Run, Wickenburg Boot Breast Cancer</i>)		✓				X
<input type="checkbox"/> SNAP-Ed Providers						
Community Health Promotion and Family Engagement						
<input checked="" type="checkbox"/> <input type="checkbox"/> The benefits of and approaches to healthy eating and physical activity are promoted to parents/caregivers, families, and the general community throughout the school year (e.g., the school provides information about nutrition and physical activity to parents throughout the year). (<i>beginning to share more</i>)	✓		✓			
<input checked="" type="checkbox"/> <input type="checkbox"/> Families are informed and invited to participate in school-sponsored activities and receive information about health promotion efforts. (<i>Field Day only</i>) (<i>Apex Fun Run</i>)		✓	✓			X
<input checked="" type="checkbox"/> <input type="checkbox"/> Electronic and non-electronic mechanisms are used to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts. (<i>Class Dojo</i>)		✓	✓			X
Staff Wellness and Health Promotion						
<input type="checkbox"/> The District Wellness Committee has a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. This subcommittee focuses on staff wellness in ___ schools. If yes, best practice to list subcommittee leader's name in the policy.		✓				X
<input checked="" type="checkbox"/> <input type="checkbox"/> Schools implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors, and 3-4 strategies are listed.	✓		✓			X
<input checked="" type="checkbox"/> <input type="checkbox"/> Strategy 1: (<i>District Gym</i>)						
<input checked="" type="checkbox"/> <input type="checkbox"/> Strategy 2: (<i>Increase physical education time</i>)						
<input checked="" type="checkbox"/> <input type="checkbox"/> Strategy 3: (<i>Cross Curriculum Lessons</i>)						

Local Wellness Policy Activity and Assessment Tool

<input type="checkbox"/> Strategy		✓				
✓ <input type="checkbox"/> The district promotes staff member participation in health promotion programs.	✓			✓		X
<input type="checkbox"/> The district has a healthy meeting policy for all events with available food options, created by the district wellness committee to optimize healthy food options.						
Professional Learning						
<input type="checkbox"/> The district offers annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and schools.						
Other Activities to Promote Wellness						
✓ <input type="checkbox"/> Each school has a health professional on site for at least half the school day. (<i>Health Aide</i>)				✓		X
<input type="checkbox"/> The district supports health fairs at ___ schools per year.						
<input type="checkbox"/> Other: <i>Health Safari</i>		✓				
<input type="checkbox"/> Other: <i>Public Safety Day</i>		✓				
<input type="checkbox"/> Other: <i>Weekly SEL</i>		✓				

II. DISTRICT POLICIES

In each of the following sections, select and/or describe the policies that will apply to all schools in the district. Some of the policies are required and thus, already selected. Then, write the selected policies in the **LWP Template**. When you monitor implementation, you will report on how many schools comply with the district policies, or if the district as a whole is in compliance with the policy.

DISTRICT POLICY: SCHOOL MEALS STANDARDS

At a minimum, the school meal standards should meet the New Meal Pattern requirements. LEAs can establish additional standards important to the district. This section should also include standards for the meal service area, menu composition (use of local produce) and guidelines for water availability during meals.

	Year 1	Year 2	Year 3
	% of schools in compliance	% of schools in compliance	% of schools in compliance
National School Lunch Program			
✓ <input type="checkbox"/> All schools in the district participate in the National School Lunch Program.			X
✓ <input type="checkbox"/> Lunch meals served meet the new meal pattern requirements including minimum requirements for fruits, vegetables (and subgroups), whole grain-rich foods, meat/meat alternates and 2 varieties of milk.			X
✓ <input type="checkbox"/> ___ percent of lunch items will be prepared from scratch or made on site.			X
✓ <input type="checkbox"/> Students are served lunch at a reasonable and appropriate time of the day.			X

<input checked="" type="checkbox"/> Lunch follows recess to better support learning and healthy eating. <i>(3-5th grade)</i>			X
<input checked="" type="checkbox"/> Students have adequate time to eat: <input type="checkbox"/> Students have 10 minutes of seated time <i>(20 min)</i>			X

Local Wellness Policy Activity and Assessment Tool

<input checked="" type="checkbox"/> Students have 20 minutes of seated time <input type="checkbox"/> Students have 30 minutes of seated time (ADE best practice) <input type="checkbox"/> Students have ___ minutes of seated time			X
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School Breakfast Program

<input type="checkbox"/> All schools in the district participate in the School Breakfast Program.			
<input type="checkbox"/> Breakfast meals served meet the new meal pattern requirements including minimum requirements for fruits/vegetables, whole grain-rich foods, and 2 varieties of milk.			
<input type="checkbox"/> The district encourages schools to provide breakfast in the classroom or via mobile grab and go carts.			

School Meal Standards meet the following additional guidelines established by the district:

Meals are appealing and attractive to students.

<input checked="" type="checkbox"/> Meals are served in clean and pleasant settings.			X
<input type="checkbox"/> Local and/or regional products are incorporated into the school meal programs.			
<input checked="" type="checkbox"/> Fresh fruits and vegetables are served <u>(4)</u> times per week.			X
<input type="checkbox"/> Flavored milk is not served; District only offers low fat and fat free plain milk. <i>(Chocolate)</i>			
<input type="checkbox"/> Menus are created/reviewed by a Registered Dietitian or other certified nutrition professional.			
<input type="checkbox"/> School meals are administered by a team of nutrition professionals.			
<input type="checkbox"/> Other:			
<input type="checkbox"/> Other:			
<input type="checkbox"/> Other:			

<input type="checkbox"/> Other:			
Water			
<input checked="" type="checkbox"/> Free, potable water is available to all students during the meal period.			X
<input type="checkbox"/> Water sources and containers are maintained on a regular basis to ensure good hygiene and health safety standards.			
<input checked="" type="checkbox"/> Students are allowed to bring and carry approved water bottles with only water in them throughout the day.			X

Local Wellness Policy Activity and Assessment Tool

DISTRICT POLICY: COMPETITIVE FOOD AND BEVERAGES (FOOD SOLD TO STUDENTS) <i>Competitive foods and beverages are those foods that are sold outside of and in competition with the federally reimbursable meal programs. At a minimum, LEAs must ensure all foods and beverages sold on campus, during the school day defined as midnight to thirty minutes after the end of the school, will meet the USDA Smart Snack guidelines for grades K-12. LEAs can establish additional standards.</i>	Year 1	Year 2	Year 3
	% of schools in compliance	% of schools in compliance	% of schools in compliance
<input checked="" type="checkbox"/> Foods and beverages sold outside the school meal programs will meet the <u>USDA Smart Snacks in School</u> nutrition standards on the school campus during the school day (midnight to thirty minutes after the end of the school day). This applies to foods sold:			
<input type="checkbox"/> Not applicable, district does not sell competitive foods.			
<input type="checkbox"/> A la Carte			
<input type="checkbox"/> In student stores			
<input type="checkbox"/> In vending machines			
<input type="checkbox"/> Other:			
<u>Foods and beverages sold outside of the school meal programs meet the following additional guidelines established by the district:</u>			
<input type="checkbox"/> All foods and beverages sold outside the school meal programs will meet the <u>USDA Smart Snacks in School</u> nutrition standards on the school campus (midnight to midnight).			

<input type="checkbox"/> Guideline:			
<input type="checkbox"/> Guideline:			

DISTRICT POLICY: CELEBRATIONS AND REWARDS (FOOD SERVED TO STUDENTS) <i>Arizona Law (ARS 15-242) referred to as Arizona Nutrition Standards states that all food and beverages supplied at school sponsored events to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines. The USDA's Smart Snacks in Schools and Arizona Nutrition Standards guidelines do not apply to foods brought to school in bagged lunches or for activities such as birthday parties, holidays, or other celebrations.</i>	Year 1	Year 2	Year 3
	% of schools in compliance	% of schools in compliance	% of schools in compliance
School Sponsored Events			
<input checked="" type="checkbox"/> Foods served to students in grades K-8 meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).			X
<input type="checkbox"/> Foods served to students in grades 9-12 meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).			
Classroom Celebrations/Rewards			

Local Wellness Policy Activity and Assessment Tool

<input type="checkbox"/> Foods served to students during classroom celebrations and parties (holidays and birthdays) meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).			
<input checked="" type="checkbox"/> Parents and teachers receive a list of healthy party ideas, including non-food celebration ideas.			X
<input type="checkbox"/> Classroom snacks brought in by parents meet (or exceed) the USDA Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242).			
<input type="checkbox"/> Parents receive a list of foods and beverages that meet the USDA Smart Snacks nutrition standards.			
<input type="checkbox"/> Food and beverage is not used as a reward.			
<input type="checkbox"/> Teachers and other school staff receive a list of alternative ways to reward students.			
The district has established additional guidelines for all foods and beverages served to students:			
<input type="checkbox"/> Guideline:			
<input type="checkbox"/> Guideline:			

<input type="checkbox"/> <i>Guideline:</i>			
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DISTRICT POLICY: FUNDRAISING	Year 1	Year 2	Year 3
<i>In Arizona, all fundraisers are exempted from the Smart Snacks guidelines when an exemption request form is submitted, per HNS 04-2015. However, regulations state that no exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service. Additionally, LEAs have the authority to implement more restrictive fundraising food standards.</i>	% of schools in compliance	% of schools in compliance	% of schools in compliance
<i>The district has adopted the following fundraising policy:</i>			
<input type="checkbox"/> The district does not allow exempt fundraisers. All food sold on campus during the school day as part of a fundraiser must meet Smart Snacks guidelines.			
<input type="checkbox"/> The district allows infrequent, exempt fundraisers, where food sold on campus during the school day does not meet Smart Snacks guidelines and complies with the following:			
<input type="checkbox"/> The district submits the exemption request form to ADE for all food-related fundraisers, intended for consumption on school campus during the school day, that do not meet the Smart Snacks guidelines.			
<input type="checkbox"/> The district defines what it considers to be 'infrequent' as it relates to exempt fundraisers as: _____			
<input type="checkbox"/> The district defines what it considers to be an appropriate short duration for exempt fundraisers as: _____			
<i>Notifying Public of Fundraising Policy</i>			
<input type="checkbox"/> The district fundraising policy is distributed to all schools.			
<input type="checkbox"/> The district fundraising policy is distributed to all parents/guardians.			
<i>The district has established additional guidelines for fundraising:</i>			
<input type="checkbox"/> <i>Guideline:</i>			
<input type="checkbox"/> <i>Guideline:</i>			

Local Wellness Policy Activity and Assessment Tool

<input type="checkbox"/> <i>Guideline:</i>			
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DISTRICT POLICY: FOOD AND BEVERAGE MARKETING <i>LEAs that allow marketing of food and beverages to students must include plans and policies that allow the marketing of only those foods and beverages that may be sold on the school campus during the school day (i.e. that meet the USDA's Smart Snacks in Schools) LEAs have the discretion to enact broader policies that address marketing that occurs at events outside of school hours.</i>	Year 1		Year 2		Year 3	
	% of schools in compliance		% of schools in compliance		% of schools in compliance	
<input type="checkbox"/> All foods and beverages advertised on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition guidelines. These guidelines apply to (Check all that apply)						
<input type="checkbox"/> Vending machine exteriors						
<input type="checkbox"/> School equipment such as marquees, message boards, scoreboards, busses etc.						
<input type="checkbox"/> Cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment						
<input type="checkbox"/> Posters, book covers, school supplies display, etc.						
<input type="checkbox"/> Advertisements in school publications or mailings						
<input type="checkbox"/> Free product samples, taste tests, or coupons of a product or free samples displaying advertising of a product						
<i>The district has established additional guidelines for all foods and beverages marketed to students:</i>						
<input type="checkbox"/> As the district, school nutrition services, athletic director, PTO/PTA reviews existing contracts and considers new contracts, equipment and purchasing, decisions reflect applicable marketing guidelines established by the LWP.						
<input type="checkbox"/> <i>Guideline:</i>						
<input type="checkbox"/> <i>Guideline:</i>						
<input type="checkbox"/> <i>Guideline:</i>						

III. DISTRICT WELLNESS COMMITTEE						
<i>The District is required to convene a representative district wellness committee that meets to establish goals and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.</i>						
COMMITTEE ROLE AND MEMBERSHIP <i>The district must notify the public of their ability to participate in the LWP process. LEAs should establish details of how the LWP will be convened and how it will operate.</i>	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO

<input type="checkbox"/> The district _____ enes a representative District Wellness Committee (DWC).						
<input type="checkbox"/> The District Wellness Committee meets _____ times per year.						

Local Wellness Policy Activity and Assessment Tool

<input type="checkbox"/> The public is notified of their ability to participate in the District Wellness Committee.						
The public is notified of their ability to participate in the District Wellness Committee using the following methods:						
<input type="checkbox"/> Email						
<input type="checkbox"/> Notices on district website						
<input type="checkbox"/> Newsletters						
<input type="checkbox"/> Presentations to parents						
<input type="checkbox"/> Sending information home via flyers						
<input type="checkbox"/> Other:						
<input type="checkbox"/> DWC <u>actively recruits</u> representation from:						
<input type="checkbox"/> All school levels (elementary, middle, high)						
<input type="checkbox"/> Parents/Caregivers						
<input type="checkbox"/> Students						
<input type="checkbox"/> Representative from School Nutrition Programs						
<input type="checkbox"/> Physical education teacher						
<input type="checkbox"/> Health education teacher						
<input type="checkbox"/> School health professionals (nurses)						
<input type="checkbox"/> Mental health and social services staff (counselors, psychologists, social workers)						
<input type="checkbox"/> Administrators						
<input type="checkbox"/> School board members						
<input type="checkbox"/> Health professionals (dietitians, doctors, nurses)						

<input type="checkbox"/> The general public						
<input type="checkbox"/> DWC <u>has</u> representation from:						
<input type="checkbox"/> All school levels (elementary, middle, high)						
<input type="checkbox"/> Parents/Caregivers						
<input type="checkbox"/> Students						
<input type="checkbox"/> Representative from School Nutrition Programs						
<input type="checkbox"/> Physical education teacher						
<input type="checkbox"/> Health education teacher						
<input type="checkbox"/> School health professionals (nurses)						
<input type="checkbox"/> Mental health and social services staff (counselors, psychologists, social workers)						

Local Wellness Policy Activity and Assessment Tool

<input type="checkbox"/> Administrators						
<input type="checkbox"/> School board members						
<input type="checkbox"/> Health professionals (dietitians, doctors, nurses)						
<input type="checkbox"/> The general public						
<input type="checkbox"/> To the extent possible, representatives from each school in the district						
<input type="checkbox"/> DWC includes representation from community partners (when feasible)						
<input type="checkbox"/> SNAP-Ed coordinator						
<input type="checkbox"/> Other:						
<input type="checkbox"/> Each school within the district has an on-going school wellness committee (School Health Advisory Committee- SHAC) to review school-level, health related issues in coordination with the DWC.						

LEADERSHIP	Year 1	Year 2	Year 3
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The district may designate one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy. This may or may not be the same person responsible for bringing the wellness committee together and planning the meetings.	YES	NO	YES	NO	YES	NO
<input type="checkbox"/> There is a person designated to convene the DWC and facilitate development of and updates to the wellness policy. <input type="checkbox"/> Designee is _____						
<input type="checkbox"/> There is a district-level official designated to ensure all schools' compliance with the policy. <input type="checkbox"/> Designee is _____						
<input type="checkbox"/> Each school has designated a wellness policy coordinator who will ensure compliance with the policy at the school level. <input type="checkbox"/> Position/Title of the designees is _____						

Local Wellness Policy Activity and Assessment Tool

IV. IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND NOTIFICATION

Convening a district wellness committee and writing the policy is the first step in the LWP process. However, districts are also responsible for implementing, monitoring, and notifying the public about the LWP. Annual reviews and updates to the policy are recommended, while a thorough assessment of compliance is required every three years.

IMPLEMENTATION PLAN

Once the wellness policy is written, the district will need to communicate to the goals and policies to all schools. Schools will then implement the policies and begin working toward the goals as appropriate. The implementation of the policies should be consistent across all schools, but the actions that work toward meeting the goals may vary from school to school.

	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
<input type="checkbox"/> Schools conducted a school-level assessment prior to developing an implementation plan. The assessment used was: <input type="checkbox"/> The Alliance for a Healthier Generation Healthy Schools Program; <input type="checkbox"/> The School Health Index <input type="checkbox"/> Action for Healthy Kids Game On program <input type="checkbox"/> Other program: _____						
<input type="checkbox"/> The district has a plan for implementation to manage and coordinate the execution of this wellness policy at each school.						
<input type="checkbox"/> The plan includes roles, responsibilities, actions and timelines specific to each school and includes information about who will be responsible to make changes.						

TRIENNIAL PROGRESS ASSESSMENTS <i>At least once every three years, the District must assess compliance with their wellness policy and assess progress toward meeting the goals of the wellness policy.</i>	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
<input type="checkbox"/> At least once every three years, the district evaluates compliance with the wellness policy.						
The evaluation includes:						
<input type="checkbox"/> The extent to which schools under the jurisdiction of the district are following the wellness policy.						
<input type="checkbox"/> The extent to which the district's policy compares to a model policy.						
<input type="checkbox"/> A description of the progress made in attaining the goals of the district's wellness policy.						
<input type="checkbox"/> The district designated a person responsible for managing the triennial assessment: This designee is: _____						

Local Wellness Policy Activity and Assessment Tool

REVISIONS AND UPDATING THE POLICY <i>LEAs are required to update or modify the wellness policy as appropriate.</i>	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
<input type="checkbox"/> Policy is updated when appropriate, including when:						
<input type="checkbox"/> District priorities change						
<input type="checkbox"/> Community needs change						
<input type="checkbox"/> Wellness goals are met						
<input type="checkbox"/> New health science information emerges						
<input type="checkbox"/> New state or federal guidance/standards are issues						
<input type="checkbox"/> The DWC conducts an annual School Health Index at each school.						
<input type="checkbox"/> Updates to the policy are made based on the results of the School Health Index.						

NOTIFICATION OF WELLNESS POLICY, POLICY UPDATES AND TRIENNIAL ASSESSMENT

LEAs must make available to the public (1) at all times the wellness policy (2) on an annual basis, at minimum, any updates to and about the wellness policy, and (3) the Triennial Assessment which includes progress toward meeting their wellness goals and compliance with the written policy over a three year period.

Year 1		Year 2		Year 3	
YES	NO	YES	NO	YES	NO

Availability of the LWP

The public has access to the LWP at all times.

The wellness policy is posted online. The URL is: _____

Notification/Availability of Revisions and Updates to the LWP

The district informs families and the public each year of basic information about the policy, including its content, updates, and implementation status. Best practice is to include last revision date on LWP.

The district informs families and the public each year of basic information about the policy, including its content, updates, and implementation status by:

Email

Notices on district website

Newsletters

Presentations to parents

Sending information home

Other

Communications include culturally and linguistically appropriate language.

Availability of the Triennial Assessment

Local Wellness Policy Activity and Assessment Tool

The district actively notifies households of the availability of the triennial progress report.

The triennial assessments are available to the public. The URL is: _____

RECORDKEEPING <i>The district retains the following documents to demonstrate compliance with the wellness policy.</i>	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
Documentation kept on file includes:						
<input type="checkbox"/> Written wellness policy						
<input type="checkbox"/> Documentation demonstrating it has been made available to the public						
<input type="checkbox"/> Documentation of efforts to review and update the policy, including indication of who is involved in the update and the methods the district uses to make stakeholders aware of their ability to participate						
<input type="checkbox"/> Documentation to demonstrate compliance with the annual public notification requirements						
<input type="checkbox"/> The most recent assessment on implementation of the school wellness policy						
<input type="checkbox"/> Documentation demonstrating the most recent assessment on the implementation of the policy has been made available to the public.						

Local Wellness Policy Activity and Assessment Tool

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

*mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;*

fax: (833) 256-1665; or (202) 690-7442



School Version of the ADE Local Wellness Policy Activity & Assessment Tool

School Name: Vulture Peak

HOW TO COMPLETE THIS ASSESSMENT
 Only complete the columns for the current year but save for future years.
 Check "working on this" if your school staff meets about, makes plans, or otherwise takes steps to try to meet this goal.
 Check "successfully completed" if your school fully implements this goal.

I. WELLNESS GOALS

GOAL: NUTRITION PROMOTION

Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.

Encourages participation in meal programs (School Breakfast, National School Lunch, Afterschool Care Snack, Fresh Fruit and Vegetable Program etc.).

School meal program menus are posted on the district or school website.

Menus include nutrient content and ingredients.

Participation in meal programs is promoted to families.

Farm to School Activities (best practice is to choose a minimum of 4 activities):

Local and/or regional products are incorporated into the school meal program.

Messages about agriculture and nutrition are reinforced throughout the learning environment.

School hosts a school garden.

School hosts field trips to local farms.

School utilizes promotions or special events to highlight local/regional products.

Smarter Lunchroom techniques are implemented in the cafeteria (best practice is to choose a minimum of 10 techniques to implement at the school):

Smarter Lunchroom Technique

Smarter Lunchroom Technique

	Year 1		Year 2		Year 3	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
			Dec 14 2023	successful	1/25	successful
Encourages participation in meal programs (School Breakfast, National School Lunch, Afterschool Care Snack, Fresh Fruit and Vegetable Program etc.).		✓		✓		✓
School meal program menus are posted on the district or school website.		✓	✓			✓
Menus include nutrient content and ingredients.		✓	✓			✓
Participation in meal programs is promoted to families.	✓			✓	✓	
<i>Farm to School Activities (best practice is to choose a minimum of 4 activities):</i>						
Local and/or regional products are incorporated into the school meal program.	✓		✓		✓	
Messages about agriculture and nutrition are reinforced throughout the learning environment.	✓		✓		✓	
School hosts a school garden.	✓		✓		✓	
School hosts field trips to local farms.	✓		✓			
School utilizes promotions or special events to highlight local/regional products.	✓		✓		✓	
<i>Smarter Lunchroom techniques are implemented in the cafeteria (best practice is to choose a minimum of 10 techniques to implement at the school):</i>						
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						

Smarter Lunchroom Technique						
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						

GOAL: NUTRITION EDUCATION <i>Nutrition education teaches behavior-focused skills and may be offered as part of a comprehensive, standards-based program to provide students with the knowledge and skills needed to safeguard health and make positive choices, or nutrition education can be offered as sequential individual lessons throughout the school year.</i>	Year 1		Year 2		Year 3	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
Nutrition education is taught in the following grades: <input type="checkbox"/> K <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input checked="" type="checkbox"/> 6 <input checked="" type="checkbox"/> 7 <input checked="" type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12				✓		✓
Elementary Schools: Nutrition education is offered as part of sequential, comprehensive standards-based health education curriculum.	✓					
Nutrition education is taught through other subjects like math, science, language arts, social sciences and electives.	✓			✓		✓
Health education teachers provide opportunities for students to practice or rehearse the skills taught through the health education curricula.	✓			✓		✓
Teachers and other staff receive training in nutrition education.	✓		✓		✓	
Media literacy is taught with an emphasis on food and beverage marketing.	✓		✓		✓	
Nutrition education is taught in collaboration with community partner: <i>Community Partner Name</i>	✓		✓		✓	
Nutrition education is included in health education lessons or physical education and the following topics are covered (<i>best practice is to choose a minimum of 12 topics</i>): <input checked="" type="checkbox"/> Relationship between healthy eating and personal health and disease prevention <input type="checkbox"/> Food safety <input checked="" type="checkbox"/> Importance of water consumption	✓			✓		✓

- Food guidance from MyPlate
- Reading and using the FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits and vegetables and whole grain-rich products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugar
- Eating more calcium rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size difference
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, press and peers
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Lessons link with school meal programs, cafeteria nutrition promotion activities, school gardens/Farm to School, and other nutrition related community activities.						

Nutrition education includes experiential, hands on learning experiences:

Cooking demonstrations						
Taste testing						
Promotion of new school menu items						
School gardens						
Farm tours						

GOAL: PHYSICAL ACTIVITY

Regular physical activity in childhood and adolescence is important for physical and socioemotional health. Incorporating regular physical activity in your school(s) is an important contributor to student wellness.

Physical Activity

	Year 1		Year 2		Year 3	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
Physical activity of any kind is available for at least 20 minutes per day for all students.		✓		✓		✓
Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) is not used or withheld as punishment for any reason.		✓		✓		✓

Physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.		✓		✓		✓
Waivers, exemptions, or substitutions for physical education classes are not granted.	✓		✓			
Physical education may not be substituted for any other class (e.g., dance, marching band, ROTC etc.)		✓	✓			
Recess						
Elementary schools provide at least 20 minutes of recess on all days during the school year.						
If recess is offered before lunch, proper hand washing measures are in place.			✓		✓	
Recess is offered outdoors when weather is feasible.				✓		✓
Recess is a compliment to not a substitute for physical education class.				✓		✓
Recess monitors encourage students to be active.			✓			✓
Recess monitors serve as role models by being physically active along with students.			✓		✓	
Classroom Physical Activity Breaks and Active Academics						
Students are offered periodic opportunities to be physically active or to stretch in the classroom throughout the day on all or most days during a typical school week.		✓	✓		✓	
Teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least 3 days per week.	✓		✓		✓	
Teachers receive resources, tools, and technology with ideas for classroom physical activity breaks.	✓			✓		✓
Teachers incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible to reduce sedentary behavior during the day.	✓			✓	✓	
Teachers serve as role models by being physically active alongside students whenever possible.	✓			✓		✓
Physical Activity Topics in Health Education						
Health education is required in all elementary grades.						
Middle and high school students are required to take and pass at least one health education course.	✓		✓			
At least 12 of the following essential topics on physical activity are in the health education curriculum:						
<input checked="" type="checkbox"/> The physical, physiological, or social benefits of physical activity <input checked="" type="checkbox"/> How physical activity can contribute to a healthy weight <input checked="" type="checkbox"/> How physical activity can contribute to the academic learning process <input checked="" type="checkbox"/> How an inactive lifestyle contributes to chronic disease <input checked="" type="checkbox"/> Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition						✓
<input checked="" type="checkbox"/> Preventing injury during physical activity <input checked="" type="checkbox"/> Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active <input checked="" type="checkbox"/> How much physical activity is enough, including determining frequency, intensity, time and type of physical activity <input type="checkbox"/> Developing an individualized physical activity and fitness plan <input checked="" type="checkbox"/> Monitoring progress toward reaching						

- Differences between physical activity, exercise and fitness
- Phases of an exercise session including warm up, workout, and cool down
- Decreasing sedentary activities such as TV watching
- How to influence, support, or advocate for others to engage in physical activity
- Opportunities for physical activity in the community

- goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs such as steroids
- Social influences on physical activity including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- Overcoming barriers to physical activity
- How to resist peer pressure that discourages physical activity

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Active Transport (best practice is to choose a minimum of 6)

Safe or preferred routes to school are designated.		✓		✓		✓
Activities such as participation in international Walk to School Week are promoted.						
Crosswalks on streets leading to school are used.		✓		✓		✓
Secure storage facilities for bicycles and helmet are present on school grounds.	✓		✓	✓	✓	✓
Instruction on walking/bicycling safety is provided to students.	✓		✓		✓	
Crossing guards are used.		✓		✓		✓
Walking school buses are coordinated.	✓			✓		✓
The number of children walking and/or biking to and from school is documented.				✓		✓
Maps of the school environment (sidewalks, crosswalks, roads, pathways, bike racks) are distributed.						✓
Safe routes to school program is promoted to students, staff, parents via newsletters, websites, and local newspaper.						

GOAL: OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

	Year 1		Year 2		Year 3	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
School Sponsored Events						
School-sponsored events incorporate wellness components including physical activity and healthy eating opportunities.	✓		✓		✓	
Relationships with Community Partnerships						
Hospitals	✓		✓		✓	
Universities/colleges	✓		✓		✓	

School Version of the ADE Local Wellness Policy Activity & Assessment Tool



I. WELLNESS GOALS		School Name: <u>Wickenburg High School</u>	
<p>GOAL: NUTRITION PROMOTION</p> <p><i>Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.</i></p>			
Year 1	Year 2	Year 3	
working on this	successful	working on this	successful
✓	✓	✓	✓
Encourages participation in meal programs (School Breakfast, National School Lunch, After-school Care Snack, Fresh Fruit and Vegetable Program etc.)	✓	✓	✓
School meal programs are based on the district or school menus	✓	✓	✓
Menus include nutrient content and ingredients	✓	✓	✓
Participation in meal programs is required for all students	✓	✓	✓
Form to School Activities (see Appendix C) to choose a minimum of 4 activities	✓	✓	✓
Local and/or regional products are incorporated into the school meal program	✓	✓	✓
Messages about agriculture and nutrition are reinforced throughout the learning environment	✓	✓	✓
School hosts a school garden	✓	✓	✓
School hosts field trips to local farms	✓	✓	✓
School utilizes programs or special events to highlight local agricultural products	✓	✓	✓
<p><i>Activities are implemented at least for a healthy choice to a minimum of 4 activities</i></p>			
<p>Smarter Lunchroom Technique ✓ <i>Encourage student input/feedback</i></p>			
<p>Smarter Lunchroom Technique ✓ <i>create a positive environment</i></p>			

Smarter Lunchroom Technique	Create Visual appealing Stations	✓		✓		
Smarter Lunchroom Technique	Increase Speed of Service	✓		✓		
Smarter Lunchroom Technique	Serving healthy options	✓		✓		
Smarter Lunchroom Technique	Serve a variety of Meats	✓		✓		
Smarter Lunchroom Technique	Student Seating Clean, Comfortable	✓		✓		
Smarter Lunchroom Technique	Upgrade a favorite food to healthy version			✓		
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						

GOAL: NUTRITION EDUCATION <i>Nutrition education teaches behavior-focused skills and may be offered as part of a comprehensive, standards-based program to provide students with the knowledge and skills needed to safeguard health and make positive choices, or nutrition education can be offered as sequential individual lessons throughout the school year.</i>	Year 1		Year 2		Year 3	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
Nutrition education is taught in the following grades: <input type="checkbox"/> K <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5						
<input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8						
<input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12						
Elementary Schools: Nutrition education is offered as part of sequential, comprehensive standards-based health education curriculum.						
Nutrition education is taught through other subjects like math, science, language arts, social sciences, and civics.						
Health education teachers provide opportunities for students to practice or rehearse the skills taught through the health education curricula.						
Teachers and other staff receive training in nutrition education.						
Media literacy is taught with an emphasis on food and beverage marketing.						✓
Nutrition education is taught in collaboration with community partners. Community Partner Name:						
Nutrition education is included in health education lessons or physical education and the following topics are covered (best practice is to choose a minimum of 12 topics): <input type="checkbox"/> Relationship between healthy eating and personal health and disease prevention <input type="checkbox"/> Food safety <input type="checkbox"/> Importance of water consumption						

<p>The district provides teachers and other school staff with a list of ideas for alternative ways to address students.</p>	<p>A comprehensive school physical activity program (CSPAP) is used to coordinate physical activity before, during and after school.</p>	<p>The district provides teachers and other school staff with a list of ideas for alternative ways to address students.</p>	<p>Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces are open to students, their families, and the community outside of school hours.</p>	<p>School provides high-quality physical activity supplies and equipment for use in school, which is accessible to all students to be active.</p>	<p>✓</p>	<p>✓</p>	<p>✓</p>	<p>✓</p>	<p>✓</p>
<p>Elementary Physical Education</p>									
<p>Students have opportunities to participate in physical activity before school.</p>									
<p>Students have opportunities to participate in physical activity after school.</p>									
<p>Physical Education</p>									
<p>Elementary students (grades K-5) in each grade receive physical education for at least (choose one):</p> <ul style="list-style-type: none"> <input type="checkbox"/> 45 minutes per week <input type="checkbox"/> 60-89 minutes per week <input type="checkbox"/> 90-149 minutes per week <input type="checkbox"/> 150 or more minutes per week <input type="checkbox"/> Other. 									
<p>Secondary students (grades 6-12) are (choose one):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Required to take physical education credit each year. <input type="checkbox"/> Will take physical education through four all-sequential physical years. <input type="checkbox"/> Other. <i>Most take for more years of physical education.</i> 									
<p>Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education.</p>									
<p>Physical education programs promote student progress through individual fitness and activity assessments for the Physical Education Youth Fitness Program (this assessment).</p>									
<p>Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.</p>									
<p>Physical education teachers participate in professional development at least once per year.</p>									

<input checked="" type="checkbox"/> Food guidance from MyPlate <input checked="" type="checkbox"/> Reading and using the FDA's nutrition fact labels <input checked="" type="checkbox"/> Eating a variety of foods every day <input checked="" type="checkbox"/> Balancing food intake and physical activity <input checked="" type="checkbox"/> Eating more fruits and vegetables and whole grain-rich products <input type="checkbox"/> Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat <input checked="" type="checkbox"/> Choosing foods and beverages with little added sugar <input checked="" type="checkbox"/> Eating more calcium rich foods <input checked="" type="checkbox"/> Preparing healthy meals and snacks <input checked="" type="checkbox"/> Risks of unhealthy weight control practices <input checked="" type="checkbox"/> Accepting body size difference	<input checked="" type="checkbox"/> Importance of eating breakfast <input type="checkbox"/> Making healthy choices when eating at restaurants <input checked="" type="checkbox"/> Eating disorders <input type="checkbox"/> The Dietary Guidelines for Americans <input checked="" type="checkbox"/> Reducing sodium intake <input type="checkbox"/> Social influences on healthy eating, including media, family, press and peers <input type="checkbox"/> How to find valid information or services related to nutrition and dietary behavior <input type="checkbox"/> How to develop a plan and track progress toward achieving a personal goal to eat healthfully <input type="checkbox"/> Resisting peer pressure related to unhealthy dietary behavior <input type="checkbox"/> Influencing, supporting, or advocating for others' healthy dietary behavior						
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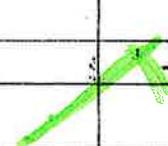
Lessons linked with school meal programs, cafeteria nutrition promotion activities, school gardens/Farm to School, and other nutrition related community activities.

Nutrition education includes experiential, hands on learning experiences:

Cooking demonstrations							
Taste-testing							
Promotion of new school menu items							
School gardens							
Farm tours							

GOAL: PHYSICAL ACTIVITY <i>Regular physical activity in childhood and adolescence is important for physical and socioemotional health. Incorporating regular physical activity in your school(s) is an important contributor to student wellness.</i>	Year 1		Year 2		Year 3	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
<i>Physical Activity</i> Physical activity of any kind is available for at least 30 minutes per day for all students.	✓	Mostly	✓	Mostly		
Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) is not used or withheld as punishment for any reason.	✓	"	✓	Mostly		

						Physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.	✓					
						Various exemptions for physical education classes are not granted.						
						Physical education may not be substituted for any other class (e.g., dance, marching band, ROTC etc.)	✓					
Recess												
						Elementary schools provide at least 10 minutes of recess on all days during the school year.						
						If recess is offered before lunch, proper hand washing measures are in place.						
						Recess is offered outdoors when weather is suitable.						
						Recess is a commitment to not a substitute for physical education class.						
						Recess monitors encourage students to be active.						
						Recess monitors serve as role models by being physically active along with students.						
Classroom Physical Activity Direct and Active Academies												
						Students are offered periodic opportunities to be physically active in the classroom throughout the day on all or most days during a typical school week.	✓					
						Teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least 3 days per week.	✓					
						Teachers incorporate movement and kinesthetic learning approaches into "core" subject instruction.	✓					
						Teachers serve as role models by being physically active and engage students whenever possible.	✓					
Physical Activity Topics in Health Education												
						Health education is required in all elementary grades.						
						At least 12 of the following essential topics on physical activity are in the health education curriculum:	✓					
						<input type="checkbox"/> The physical, physiological, or social benefits of physical activity <input type="checkbox"/> How physical activity can contribute to a healthy weight <input type="checkbox"/> How physical activity can contribute to the academic learning process <input type="checkbox"/> How an inactive lifestyle contributes to chronic disease <input type="checkbox"/> Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition <input type="checkbox"/> Preventing injury during physical activity <input type="checkbox"/> Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active <input type="checkbox"/> How much physical activity is enough, including determining frequency, intensity, time and type of physical activity <input type="checkbox"/> Developing an individualized physical activity and fitness plan <input type="checkbox"/> Monitoring progress toward reaching						


 ✓
 Not at the time
 1/2/20

- Differences between physical activity, exercise and fitness
- Phases of an exercise session including warm up, workout, and cool down
- Decreasing sedentary activities such as TV watching
- How to influence, support, or advocate for others to engage in physical activity
- Opportunities for physical activity in the community

- goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs such as steroids
- Social influences on physical activity including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- Overcoming barriers to physical activity
- How to resist peer pressure that discourages physical activity

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Active Transport (best practice is to choose a minimum of 6)

Safe or preferred routes to school are designated.				✓	
Activities such as participation in International Walk to School Week are promoted.					
Crosswalks on streets leading to school are used.		✓		✓	
Secure storage facilities for bicycles and helmet are present on school grounds.					
Instruction on walking/bicycling safety is provided to students.					
Crossing guards are used.		✓		✓	
Walking school buses are coordinated.					
The number of children walking and/or biking to and from school is documented.					
Maps of the school environment (sidewalks, crosswalks, roads, pathways, bike racks) are distributed.					
Safe routes to school program is promoted to students, staff, parents via newsletters, websites, and local newspaper.					

At start of year

GOAL: OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS	Year 1		Year 2		Year 3	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
<i>School Sponsored Events</i>						
School-sponsored events incorporate wellness components including physical activity and healthy eating opportunities.						
<i>Relationships with Community Partnerships</i>						
Hospitals						
Universities/colleges						



School Version of the ADE Local Wellness Policy Activity & Assessment Tool

School Name: <u>Festival Foothills</u>	<p align="center">HOW TO COMPLETE THIS ASSESSMENT</p> <p>Only complete the columns for the <i>current</i> year but save for future years.</p> <ul style="list-style-type: none"> ✓ Check “working on this” if your school staff meets about, makes plans, or otherwise takes steps to try to meet this goal. ✓ Check “successfully completed” if your school fully implements this goal. 					
I. WELLNESS GOALS						
<p>GOAL: NUTRITION PROMOTION</p> <p><i>Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school’s commitment to a healthy school nutrition environment.</i></p>	Year 1		Year 2		Year 3	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
Encourages participation in meal programs (School Breakfast, National School Lunch, Afterschool Care Snack, Fresh Fruit and Vegetable Program etc.).			✓			
School meal program menus are posted on the district or school website.			✓			
Menus include nutrient content and ingredients.			✓			
Participation in meal programs is promoted to families.			✓			
<i>Farm to School Activities (best practice is to choose a minimum of 4 activities):</i>						
Local and/or regional products are incorporated into the school meal program.			✓			
Messages about agriculture and nutrition are reinforced throughout the learning environment.			✓			
School hosts a school garden.				✓		
School hosts field trips to local farms.			✓			
School utilizes promotions or special events to highlight local/regional products.			✓			
<i>Smarter Lunchroom techniques are implemented in the cafeteria (best practice is to choose a minimum of 10 techniques to implement at the school):</i>						
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						

Smarter Lunchroom Technique						
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						

GOAL: NUTRITION EDUCATION <i>Nutrition education teaches behavior-focused skills and may be offered as part of a comprehensive, standards-based program to provide students with the knowledge and skills needed to safeguard health and make positive choices, or nutrition education can be offered as sequential individual lessons throughout the school year.</i>	Year 1		Year 2		Year 3	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
Nutrition education is taught in the following grades:			✓			
<input type="checkbox"/> K <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5			✓			
<input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8						
<input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12						
Elementary Schools: Nutrition education is offered as part of sequential, comprehensive standards-based health education curriculum.			✓			
Nutrition education is taught through other subjects like math, science, language arts, social sciences and electives.			✓			
Health education teachers provide opportunities for students to practice or rehearse the skills taught through the health education curricula.			✓			
Teachers and other staff receive training in nutrition education.			✓			
Media literacy is taught with an emphasis on food and beverage marketing.			✓			
Nutrition education is taught in collaboration with community partner: <i>Community Partner Name</i>			✓			
Nutrition education is included in health education lessons or physical education and the following topics are covered (<i>best practice is to choose a minimum of 12 topics</i>):			✓			
<input type="checkbox"/> Relationship between healthy eating and personal health and disease prevention <input type="checkbox"/> Food safety <input type="checkbox"/> Importance of water consumption						

- Food guidance from MyPlate
- Reading and using the FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits and vegetables and whole grain-rich products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugar
- Eating more calcium rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size difference
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, press and peers
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Lessons link with school meal programs, cafeteria nutrition promotion activities, school gardens/Farm to School, and other nutrition related community activities.

Nutrition education includes experiential, hands on learning experiences:

Cooking demonstrations

Taste testing

Promotion of new school menu items

School gardens

Farm tours

GOAL: PHYSICAL ACTIVITY

Regular physical activity in childhood and adolescence is important for physical and socioemotional health. Incorporating regular physical activity in your school(s) is an important contributor to student wellness.

		Year 1		Year 2		Year 3	
working on this	successfully completed						

Physical Activity

Physical activity of any kind is available for at least ____ minutes per day for all students.

Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) is not used or withheld as punishment for any reason.

The district provides teachers and other school staff with a list of ideas for alternative ways to discipline students.			✓			
A comprehensive school physical activity program (CSPAP) is used to coordinate physical activity before, during and after school.			✓			
To the extent practicable, schools ensure that their grounds and facilities are safe and that equipment is available to all students to be active.			✓			
Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces are open to students, their families, and the community outside of school hours.			✓			
School ensures that inventories of physical activity supplies and equipment are known and, when necessary, work with community partners to ensure enough equipment is available to encourage physical activity for as many students as possible.			✓			
Before and After School Activities						
Students have opportunities to participate in physical activity before school.			✓			
Students have opportunities to participate in physical activity after school.			✓			
Physical Education						
<i>In Arizona, LEAs are recommended to review the <u>Arizona PE Standards</u>. Arizona does not have PE requirement, but the national recommendation for PE minutes is 150 per week at the elementary level and 225 minutes per week at the secondary level (middle school and high school level).</i>						
Elementary students (grades K-5) in each grade receive physical education for at least (<i>choose one</i>):						
<input checked="" type="checkbox"/> 45 minutes per week <input type="checkbox"/> 60-89 minutes per week <input type="checkbox"/> 90-149 minutes per week <input type="checkbox"/> 150 or more minutes per week <input type="checkbox"/> Other:			✓			
Secondary students (grades 6-12) are (<i>choose one</i>):						
<input type="checkbox"/> Required to take one physical education credit total <input type="checkbox"/> Will take more than one academic year of physical education <input type="checkbox"/> Will take physical education throughout all secondary school years <input type="checkbox"/> Other:						
Students receive formal, age-appropriate physical education, consistent with national and state standards for physical education.			✓			
Physical education program promotes student physical fitness through individualized fitness and activity assessments (via <u>the Presidential Youth Fitness Program</u> or other appropriate assessment).			✓			
Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.			✓			
Physical education teachers participate in professional development at least once per year.			✓			

Physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.					✓		
Waivers, exemptions, or substitutions for physical education classes are not granted.					✓		
Physical education may not be substituted for any other class (e.g., dance, marching band, ROTC etc.)					✓		
Recess							
Elementary schools provide at least 20 minutes of recess on all days during the school year.					✓		
If recess is offered before lunch, proper hand washing measures are in place.					✓		
Recess is offered outdoors when weather is feasible.					✓		
Recess is a compliment to not a substitute for physical education class.					✓		
Recess monitors encourage students to be active.					✓		
Recess monitors serve as role models by being physically active along with students.					✓		
Classroom Physical Activity Breaks and Active Academics							
Students are offered periodic opportunities to be physically active or to stretch in the classroom throughout the day on all or most days during a typical school week.					✓		
Teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least 3 days per week.					✓		
Teachers receive resources, tools, and technology with ideas for classroom physical activity breaks.					✓		
Teachers incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible to reduce sedentary behavior during the day.					✓		
Teachers serve as role models by being physically active alongside students whenever possible.					✓		
Physical Activity Topics in Health Education							
Health education is required in all elementary grades.					✓		
Middle and high school students are required to take and pass at least one health education course.							
At least 12 of the following essential topics on physical activity are in the health education curriculum:							
<input type="checkbox"/> The physical, physiological, or social benefits of physical activity <input type="checkbox"/> How physical activity can contribute to a healthy weight <input type="checkbox"/> How physical activity can contribute to the academic learning process <input type="checkbox"/> How an inactive lifestyle contributes to chronic disease <input type="checkbox"/> Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition	<input type="checkbox"/> Preventing injury during physical activity <input type="checkbox"/> Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active <input type="checkbox"/> How much physical activity is enough, including determining frequency, intensity, time and type of physical activity <input type="checkbox"/> Developing an individualized physical activity and fitness plan <input type="checkbox"/> Monitoring progress toward reaching						

- Differences between physical activity, exercise and fitness
- Phases of an exercise session including warm up, workout, and cool down
- Decreasing sedentary activities such as TV watching
- How to influence, support, or advocate for others to engage in physical activity
- Opportunities for physical activity in the community

- goals in an individualized physical activity plan
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- Overcoming barriers to physical activity
- How to resist peer pressure that discourages physical activity

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Active Transport (best practice is to choose a minimum of 6)

Safe or preferred routes to school are designated.				✓		
Activities such as participation in international Walk to School Week are promoted.			✓			
Crosswalks on streets leading to school are used.				✓	✓	
Secure storage facilities for bicycles and helmet are present on school grounds.				✓	✓	
Instruction on walking/bicycling safety is provided to students.			✓		✓	
Crossing guards are used.					✓	
Walking school buses are coordinated.			✓			
The number of children walking and/or biking to and from school is documented.			✓			
Maps of the school environment (sidewalks, crosswalks, roads, pathways, bike racks) are distributed.			✓			
Safe routes to school program is promoted to students, staff, parents via newsletters, websites, and local newspaper.			✓			

GOAL: OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

	Year 1		Year 2		Year 3	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
School Sponsored Events						
School-sponsored events incorporate wellness components including physical activity and healthy eating opportunities.			✓			
Relationships with Community Partnerships						
Hospitals			✓			
Universities/colleges			✓			

Local businesses						
SNAP-Ed (AZ Health Zone) Providers			✓			
Community Health Promotion and Family Engagement						
The benefits of and approaches to healthy eating and physical activity are promoted to parents/caregivers, families, and the general community throughout the school year (e.g., the school provides information about nutrition and physical activity to parents throughout the year).			✓			
Families are informed and invited to participate in school-sponsored activities and receive information about health promotion efforts.			✓			
Electronic and non-electronic mechanisms are used to ensure that all families are notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.				✓		
Staff Wellness and Health Promotion						
The school participates in a staff wellness committee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. <i>Subcommittee leader's name:</i> Lisa Smith						
School implements the strategies listed below to support staff in actively promoting and modeling healthy eating and physical activity behaviors.						
Strategy 1:						
Strategy 2:						
Strategy 3:						
Strategy 4:						
The school promotes staff member participation in health promotion programs.						
School has a healthy meeting policy for all events with available food options to optimize healthy food options.						
Professional Learning						
The school offers or promotes annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and schools.			✓			
Other Activities to Promote Wellness						
The school has a health professional on site for at least half the school day.			✓			
The school hosts health fairs.						
Other:						
Other:						
Other:						