

Wellness Policy Assessment Tool

District Name Seminole ISD

Reviewer Andrea Kissick *AK*

Cindy Therwhanger

Date May 2017

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

Yes No I. Public Involvement

- We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

<input checked="" type="checkbox"/> Administrators	<input checked="" type="checkbox"/> School Food Service Staff	<input checked="" type="checkbox"/> P.E. Teachers	<input checked="" type="checkbox"/> Parents
<input checked="" type="checkbox"/> School Board Members	<input checked="" type="checkbox"/> School Health Professionals	<input checked="" type="checkbox"/> Students	<input checked="" type="checkbox"/> Public
- We have a designee in charge of compliance.
Name/Title:
- We make our policy available to the public.
Please describe:
- We measure the implementation of our policy goals and communicate results to the public.
Please describe:
- Our district reviews the wellness policy at least annually.

Yes No II. Nutrition Education

- Our district's written wellness policy includes measurable goals for nutrition education.
- We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).
- We offer nutrition education to students in: Elementary School Middle School High School

Yes No III. Nutrition Promotion

- Our district's written wellness policy includes measurable goals for nutrition promotion.
- We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
- We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.
- We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
- We ensure students have access to hand-washing facilities prior to meals.
- We annually evaluate how to market and promote our school meal program(s).
- We regularly share school meal nutrition, calorie, and sodium content information with students and families.
- We offer taste testing or menu planning opportunities to our students.
- We participate in Farm to School activities and/or have a school garden.
- We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).
- We price nutritious foods and beverages lower than less nutritious foods and beverages.
- We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte
- We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
- We provide teachers with samples of alternative reward options other than food or beverages.
- We prohibit the use of food and beverages as a reward.

Yes No IV. Nutrition Guidelines (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program: Before School In the Classroom Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have completed all required Professional Standard trainings.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

Yes No V. Physical Activity

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- Staff and teachers do not keep kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

Yes No VI. Other School Based Wellness Activities

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on: Nutrition Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff) .
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling /environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

36/48 = 75% yes

12/48 = 25% no

Seminole ISD is implementing 75% of the goals. This is an increase of 4% from the previous year. The goals not in place will be addressed in the coming school year.

Seminole Wellness Policy Assessment was conducted by SHAC Executive Committee in June of 2017. It will be presented to the SHAC committee in the fall. Following approval from the committee, the assessment tool will be presented to the Seminole ISD Board of Trustees. for approval.

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

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