Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name: Capital City Career Prep HS

Reviewer: Andrea Teffer

School Name: Capital City Career Prep HS

Date: 01/16/2024

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

I. Public Involvement

Yes	No	
●	○	We encourage the following to participate in the development, implementation, and evaluation of our wellness policy: ☑ Administrators ☐ School Food Service Staff ☐ P.E. Teachers ☑ Parents ☑ School Board Members ☐ School Health Professionals ☑ Students ☑ Public
●	○	We have a designee in charge of compliance. Name/Title: Noreen Brown, Director/Superintendent
●	○	We make our policy available to the public. Please describe: Policy will be posted on school's website
●	○	We measure the implementation of our policy goals and communicate results to the public. Please describe: Assessment will be posted on school's website
●	○	Our district reviews the wellness policy at least annually.

II. Nutrition Education

Yes	No	
○	●	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

III. Nutrition Promotion

Yes	No	
●	○	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.

(Cont. on page 2)

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 a Certified Food Handler as our Food Service Manager.
◉	○	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.
◉	○	We prohibit staff and teachers from keeping 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

Future Goals- evaluate on how to market and encourage participation in the School Meal Program; distribute surveys. Implement nutrition education with the breakfast and lunch program (monthly news, tips of the week, etc.) Minimize food & beverage rewards with items that can be applied towards student's curriculum, grades, etc. Coordinate with school staff to increase/integrate physical activity (stretches, breathing exercises, standing/walking, etc) within the classroom during the school day.

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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