

**Evergreen Union School District
School Wellness Policy Assessment Tool**

Instructions: This assessment tool is to be used to assess the current status of our wellness policy. There are four sections entitled Nutrition Education, Physical Activity, Nutrition Guidelines for All Foods, and USDA Meal Guidelines. These sections detail ‘examples of evidence’ that our district can use to determine the extent to which our District School Wellness Policy is being implemented and what additional work remains to be done.

Items listed under each respective section are examples of evidence that may specify how our policy is being implemented. They are intended to serve as a self-assessment of the current status of implementation in our district and to provide possible ideas for improvement. Circle the number corresponding to the current status for each item:

1--Applicable but not addressed

Applies to items the district or school has not implemented.

Example—the process of establishing guidelines for all foods has not been addressed.

2-Partially implemented

Applies to items the district or school has begun but has not fully implemented.

Example—the district has begun implementation of nutrition education with the second grade. It is not part of a comprehensive K-12 health education curriculum.

3--Fully implemented

Applies to items the district or school has fully implemented.

Example—Nutrition Guidelines have been established for all foods offered on the school campus. Guidelines address times for operation of the various food venues outside the school meal programs.

Other

The district or school may have other evidence of implementation that is not on this form. Please attach a separate page with a brief description of other district or school examples of evidence that are not included here.

Please answer every item to the best of your ability. This form is intended to be filled out by a team of members on the wellness policy committee at either the district or school level. Any one person may not be able to answer all the items within every section, so it is important to have various members of the wellness policy team aid in filling out the different sections of the assessment. Please do not leave any section incomplete.

List the name(s) of the person(s) completing this form and their positions (e.g., classroom teacher, physical education teacher, food service director, parent representative, principal, etc).

School Year 2020-2021

Date Completed 5-10-21

1) Kristy Nobles/Nancy Veatch _____
Name Position

4) Roxane Akers _____
Name Teacher-MS Position

2) _Camden Ray _____
_Cafe Business Mgr _____

5) Greg Trevino _____
_____ UC Davic Outreach/Calfresh

3) _Jason Haver _____
Name Café Production Mgr Position

6) _Shawnice Sellers _____
Name UC Davis Outreach/Calfresh Position

Educational Guidelines

1): Goals for Nutrition Education, Physical Activity and Other School-Based Activities

Nutrition Education Definition: All students have the opportunity to participate in a variety of learning experiences that support the development of healthful eating habits.

	Applicable but not addressed	Partially Implemented	Fully Implemented
The nutrition education curriculum incorporates the 2015 Dietary Guidelines for Americans nutrition concepts.	1	2	3
The nutrition curriculum materials are scientifically based providing accurate nutrition information.	1	2	3
Classroom nutrition resources are current, easily accessible, and a plan is in place for periodically up-dating resources.	1	2	3
Nutrition education is part of a PreK-12 comprehensive health education curriculum, or is integrated throughout the curriculum in subject areas such as math, science, language arts, or social studies.	1	2	3
Teachers are provided with opportunities for professional development.	1	2	3
Nutrition education is provided to students.	1	2	3
Attractive, current nutrition education materials are displayed in dining areas.	1	2	3
Before and after school programming includes nutrition education.	1	2	3
Nutrition education is provided to parents, community, and school board.	1	2	3
Staff wellness related to healthy eating habits and nutrition is addressed.	1	2	3

Due to Covid 19, Distance Learning & school closures, many nutritional education activities have not been implemented fully.

Physical Activity Definition: All students will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week.

Physical Education Requirements (Circle the applicable answer:

The district requires physical education classes.	YES	NO
The amount of required physical education in the district includes:		
Elementary Grades K - 4	Not less than 200 minutes each 10 days	3
Bend Grades K- 8	Not less than 200 minutes each 10 days	3
Middle Grades 5 - 8	Not less than 400 minutes each 10 days	3

Goals for Physical Activity

	Applicable but not addressed	Partially Implemented	Fully Implemented
The physical education department has a framework and curriculum.	1	2	3
Classroom health education includes the knowledge and self-management skills needed to maintain a physically active lifestyle.	1	2	3
Physical activity is incorporated into other subject areas (math, language arts, social studies, science), or between lessons.	1	2	3
Physical activity is encouraged verbally and through the provision of adequate space and age-appropriate equipment.	1	2	3
Extracurricular physical activity programs, clubs or intramural programs are offered.	1	2	3
Information and resources are provided to help families incorporate physical activity into their lives.	1	2	3

Incorporating physical activity more into lessons could be improved upon.

Nutrition Guidelines for All Foods

2): Nutrition guidelines for all foods available on each school campus during the school day.

Nutrition guidelines definition: All foods and beverages offered during the school day include nutrition guidelines selected by the local educational agency with the objectives of promoting student health and reducing childhood obesity.

	Applicable but not addressed	Partially Implemented	Fully Implemented
Guidelines have been established for all foods available on the school campus during the day.	1	2	3
Portion size is addressed in the food goals.	1	2	3
It is required that healthy food choices are made available to students at every school function that includes food.	1	2	3
Every student has access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means which provide him or her with sufficient water.	1	2	3
Non-food fundraisers are encouraged, such as flowers, gift wrap, sporting events, and family fun events.	1	2	3
At least 50 percent of fundraising activities will not involve the sale of food or beverages.	1	2	3
Beverages offered in vending machines meet nutritional standards.			
a) non-flavored water	1	2	3

N/A

Notes: Due to Covid 19 restrictions, water fountains were shut down and students were provided cups for water consumption. No vending machines are located on campuses.

USDA Meal Guidelines –General

3): USDA Meal Guidelines and Regulations

	Applicable but not addressed	Partially Implemented	Fully Implemented
The cafeteria has adequate seating to accommodate students during each serving period.	1	2	3
Students are allowed to converse with one another while they eat their meals.	1	2	3
The dining area has adequate adult supervision.	1	2	3
School food service personnel are encouraged to attend nutritional related training/workshops.	1	2	3
Students have at least 10 minutes to eat breakfast and 15 minutes to eat lunch, not including time spent walking to and from class or waiting in line.	1	2	3
Recess for elementary students is scheduled before lunch.	1	2	3
Participation in the free and reduced meal program is encouraged by the district.	1	2	3

N/A

Notes: *Elementary school does not have adequate seating for lunch periods.

Due to Covid 19 guidelines, students did not eat in the cafés.

Bend School has recess before lunch, but ES and MS do not.

Ideas to implement for next year; Pilot second chance breakfast for MS, Grab & go cart at MS, Menus differing at sites, Recycling at Bend & MS, atmosphere in cafes inviting to all students.

We need a new student member and a new parent member for next school year.

School Facilities for Cafeteria Eating and Food Preparation Audit Form

School: Evergreen Union School District

Date: 5/10/21

Completed by: Candi Fay / Cynthia Roberts
(Name)

Cafe Business Mgr / Principle
(Title)

Directions: For each objective that is met, place a check in the corresponding box to the left. Please provide reason for each objective not met in the comment area provided.

(Check)	School Facilities for Cafeteria Eating and Food Preparation Objectives
Objective 1 <input checked="" type="checkbox"/>	Bathroom facilities for students are near the eating facility. Comments:
Objective 2 <input checked="" type="checkbox"/>	Bathroom facilities are equipped with soap and paper towels for students to wash. Comments: <u>Some bathrooms have air dryers remaining</u>
Objective 3 <input checked="" type="checkbox"/>	Students have enough time to retrieve and eat their meals during scheduled lunch periods. Comments:
Objective 4 <input checked="" type="checkbox"/>	Cafeteria seating is available for all students during the scheduled lunch period. Comments:
Objective 5 <input checked="" type="checkbox"/>	Food preparation personnel are observed following safety and sanitation requirements. Comments:
Objective 6 <input checked="" type="checkbox"/>	At least one employee has passed a safety certificate exam Comments:
Objective 7 <input checked="" type="checkbox"/>	Food Safety Certificate is on file and up to date Comments:
Objective 8 <input checked="" type="checkbox"/>	District's policies and regulations on nutrition and physical activity are in public view. Comments:

