

Wellness Policy Assessment Tool

Respondent Name: _____

School District: _____

A. Nutrition

Wellness Policy Language (The number and letter that follow each policy language item in italicized parentheses– e.g., (A-9) – refers to the section that item is taken from in the SC Wellness Policy Guidelines.)	Grade ES= PreK-5 MS= 6-8 HS= 9-12	Fully in Place X	Partially in Place X	Not in Place Explain your plans to implement standards or list challenges/barriers to implementation
Food Safety				
1. All food sold/served to students is prepared in health-inspected facilities under the guidance of food safety certified staff. <i>(I.A-9)</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
2. Students are provided access to hand washing or hand sanitizing before meals or snacks	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Scheduling of Meals				
3. Students are provided with at least 10 minutes to eat after sitting down for breakfast and 20 minutes to eat after sitting down for lunch. <i>(I.B-1;I.C-1)</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Celebrations				
4. Classroom celebrations and rewards encourage healthy choices and portion control; does not include more than one item from outside the criteria established for “healthy” foods. <i>(I.G-3)</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Snacks				
5. Only “healthy” snack options are offered in vending machines, school stores, concessions stands, a la carte lines, and classrooms. Choices meet guidelines for foods sold outside reimbursable meals and portion size. <i>(See section I E & F)</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
6. Has your school district adopted and implemented policies that clearly describe criteria for all foods and beverages sold during the school day.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
7. Schools have adopted and implemented policies that clearly describe criteria for all competitive foods sold during the school day.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

Beverages ALLOWED for sale				
8. Do not sell or serve the following beverages to students until after the last regularly scheduled class: soda, soft drinks, sports drinks, punches, ice teas and coffees, and fruit based drinks that contain less than 100% fruit juice or contains sweeteners (<i>I.F-1; S.C. code Ann. Regs. 43-168.11(B)(2)</i>)	ES <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	MS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	HS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
9. Fruit drinks that contain 100% Juice are allowed for sale (<i>I. D-8</i>)	ES <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	MS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	HS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Lunch & Breakfast				
10. Schools offer a low-fat meal choice and work to reduce fat, sodium and calories in school meals whenever possible (<i>I. C-5&4</i>)	ES <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	MS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	HS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
11. Fruit, vegetables and whole-grain enriched items are offered daily. (<i>I.B-3&4;I.C-7-10</i>)	ES <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	MS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	HS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
12. Only low-fat (1%) unflavored milk, fat free (skim) unflavored milk, or fat-free (skim) flavored milk are offered. (<i>I.B-5;I.C-11</i>)	ES <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	MS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	HS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fundraising				
13. Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items	ES <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	MS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	HS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
14. Fundraising activities involving the sale of food will take place outside the school day (1/2 hour before school starts and when the bell rings at the end of the day) and must meet the guidelines for foods sold outside of reimbursable meals menu.	ES <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	MS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	HS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
15. Students and staff are prohibited from personal fundraising efforts that include the sale of food or beverages on campus	ES <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	MS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	HS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

B. Nutrition Education

Wellness Policy Language (The number and letter that follow each policy language item in italicized parentheses– e.g., (A-9) – refers to the section that item is taken from in the SC Wellness Policy Guidelines.)	Grade ES= PreK-5 MS= 6-8 HS= 9-12	Fully in Place X	Partially in Place X	Not in Place Explain your plans to implement standards or list challenges/barriers to implementation
1. Health Education, including nutrition education, is delivered by a licensed elementary (K-5) or Health Educator (7-12) in grade level bands: K-2, 3-5, 6-8 and 9-12 <i>(II.A-4)</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
2. Schools provide information on calories, percentages of fat, and serving sizes of school meal items to help children select appropriate portions of food <i>(II.B.1)</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
3. Cafeteria is used as a “learning laboratory” and includes enjoyable , developmentally age-appropriate, participatory activities such as taste tests, promotions, farm visits to farms and gardens <i>(II.E.4)</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
4. Provide and promote nutrition education to families and the broader community. <i>(II.D-3)</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
5. Encourage families through newsletters PSA’s, homework assignments, parent-teach meetings, health fairs, etc. to make healthy food choices and lead a healthy lifestyle. <i>(II.D-2)</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Food Marketing				
6. All food and beverage advertising (vending machines, school stores, etc.) displays healthy messaging. <i>(II.E-9-13)</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
7. School-based marketing of brands promoting predominantly low nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruit, vegetables, whole grains, and low fat dairy products is encouraged.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

C. Physical Activity

Wellness Policy Language (The number and letter that follow each policy language item in italicized parentheses– e.g., (A-9) – refers to the section that item is taken from in the SC Wellness Policy Guidelines.)	Grade ES= PreK-5 MS= 6-8 HS= 9-12	Fully in Place X	Partially in Place X	Not in Place Explain your plans to implement standards or list challenges/barriers to implementation
Physical Education				
1. Provides all ELEMENTARY students with 150 minutes per week of physical education throughout the entire year. <i>(III. A-1)</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
2. Provides all MIDDLE school students with 225 minutes per week for the entire school year. <i>(III. A-2)</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
3. Daily physical education (the equivalent of 225 minutes per week) is offered in HIGH school for all students.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
4. Schools maintain a graduation requirement of <i>two credits</i> of both Health and Physical Education in high school. <i>(III. A-3)</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
5. All students receive physical education each year. There will be no exemptions to this law (i.e., choice between band, foreign language and physical education is not permissible)	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Integrating Physical Activity into the Classroom				
6. Integrate physical activity into health and other classroom curriculum such as science, math and social studies when appropriate. <i>(III. B-9)</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
7. Classroom teachers provide short physical activity breaks between lessons or classes, as appropriate <i>(III. B-8)</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Daily Recess				
8. Provide ELEMENTARY school students with at least 20 minutes a day of supervised recess each day.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Physical Activity Opportunities Before and After School				
9. School facilities are available to student staff and community members before and after the school day, on weekends, and during school vacations for physical activity and nutrition programs through Community Education <i>(III.D-3)</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

10. Offer a program to encourage safe walking or biking to and from school where appropriate.	ES <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	MS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	HS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Physical Activity and Punishment				
11. Teachers and other school and community personnel do not use physical activity (i.e. running laps, pushups) or withhold opportunities for physical activity (i.e. recess, physical education) as punishment	ES <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	MS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	HS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

III. Other School-Based Activities

Wellness Policy Language (The number and letter that follow each policy language item in italicized parentheses– e.g., (A-9) – refers to the section that item is taken from in the SC Wellness Policy Guidelines.)	Grade ES= PreK-5 MS= 6-8 HS= 9-12	Fully in Place X	Partially in Place X	Not in Place Explain your plans to implement standards or list challenges/barriers to implementation
Staff Wellness				
1. School staff serves as role models for students by practicing healthy eating and being physically active around students.	ES <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	MS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	HS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. The district and schools offer nutrition and physical activity programs and resources. (Examples brochures, pamphlets, weight-loss programs)	ES <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	MS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	HS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. The district and school offer nutrition and physical activity opportunities for staff (Example: walking track, exercise facility, time for activity breaks, nutritious items in vending machines)	ES <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	MS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	HS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. Local Wellness Policy goals are considered in planning all school-based activities (such as school events, field trips, dances and assemblies).	ES <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	MS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	HS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5. District or schools periodically measure and make available to the public an assessment on the implementation of local wellness policies, including the extent to which schools are in compliance and a description of the progress made in attaining goals in the local wellness policies	ES <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	MS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	HS <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Staff Wellness (Cont.)	ES	MS	HS
<p>6. Local School Wellness Policy. Check all that applies:</p>	<input type="checkbox"/> District-wide <input type="checkbox"/> Per School <input type="checkbox"/> Per School and District Wide	<input type="checkbox"/> District-wide <input type="checkbox"/> Per School <input type="checkbox"/> Per and District Wide	<input type="checkbox"/> District-wide <input type="checkbox"/> Per School <input type="checkbox"/> Per School and District Wide
<p>7. Schools have a Local School Wellness Policy Committee to plan, implement, and improve nutrition and physical activity in the school environment in accordance with the Local School Wellness Policy</p>	<input type="checkbox"/> Physical Education Teacher <input type="checkbox"/> School Health Professional <input type="checkbox"/> School Food Authority <input type="checkbox"/> School Board Members <input type="checkbox"/> School Administrators <input type="checkbox"/> Community Members <input type="checkbox"/> Parents <input type="checkbox"/> Students	<input type="checkbox"/> Physical Education Teacher <input type="checkbox"/> School Health Professional <input type="checkbox"/> School Food Authority <input type="checkbox"/> School Board Members <input type="checkbox"/> School Administrators <input type="checkbox"/> Community Members <input type="checkbox"/> Parents <input type="checkbox"/> Students	<input type="checkbox"/> Physical Education Teacher <input type="checkbox"/> School Health Professional <input type="checkbox"/> School Food Authority <input type="checkbox"/> School Board Members <input type="checkbox"/> School Administrators <input type="checkbox"/> Community Members <input type="checkbox"/> Parents <input type="checkbox"/> Students