

# 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 Ropes USD

Reviewer Maria V. Coronado CND

School Name Ropes Schools

Date Joel Willman Superintendent  
5/22/23

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:

- |  |   |  |   |
|--|---|--|---|
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff   | <input type="checkbox"/> P.E. Teachers | <input checked="" type="checkbox"/> Parents |
| <input type="checkbox"/> School Board Members      | <input checked="" type="checkbox"/> School Health Professionals | <input type="checkbox"/> Students      | <input type="checkbox"/> Public             |

Yes  No We have a designee in charge of compliance.

Name/Title: JOEL WILLMAN / SUPERINTENDENT

Yes  No We make our policy available to the public.

Please describe: SCHOOL WEBSITE

Yes  No We measure the implementation of our policy goals and communicate results to the public.

Please describe: SCHOOL WEBSITE

Yes  No 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.

Yes  No We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

Yes  No 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.

Yes  No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

Yes  No We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

Yes  No We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

Yes  No We ensure students have access to hand-washing facilities prior to meals.

Yes  No We annually evaluate how to market and promote our school meal program(s).

Yes  No We regularly share school meal nutrition, calorie, and sodium content information with students and families.

Yes  No We offer taste testing or menu planning opportunities to our students.

Yes  No We participate in Farm to School activities and/or have a school garden.

Yes  No We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

Yes  No We price nutritious foods and beverages lower than less nutritious foods and beverages.

Yes  No We offer fruits or non-fried vegetables in:  Vending Machines  School Stores  Snack Bars  à La Carte

Yes  No We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

Yes  No We provide teachers with samples of alternative reward options other than food or beverages.

Yes  No We prohibit the use of food and beverages as a reward.

**IV. Nutrition Guidelines** (Cont. from page 1)

- Yes  No  Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- Yes  No  We operate the School Breakfast program:  Before School  In the Classroom  Grab & Go
- Yes  No  We follow all nutrition regulations for the National School Lunch Program (NSLP).
- Yes  No  We operate an Afterschool Snack Program.
- Yes  No  We operate the Fresh Fruit and Vegetable Program.
- Yes  No  We have a Certified Food Handler as our Food Service Manager.
- Yes  No  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

*no school stores N/A*

**V. Physical Activity**

- Yes  No  Our district's written wellness policy includes measurable goals for physical activity.
- Yes  No  We provide physical education for elementary students on a weekly basis.
- Yes  No  We provide physical education for middle school during a term or semester.
- Yes  No  We require physical education classes for graduation (high schools only).
- Yes  No  We provide recess for elementary students on a daily basis.
- Yes  No  We provide opportunities for physical activity integrated throughout the day.
- Yes  No  We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Yes  No  Teachers are allowed to offer physical activity as a reward for students.
- Yes  No  We offer before or after school physical activity:  Competitive sports  Non-competitive sports  Other clubs

**VI. Other School Based Wellness Activities**

- Yes  No  Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- Yes  No  We provide training to staff on the importance of modeling healthy behaviors.
- Yes  No  We provide annual training to all staff on:  Nutrition  Physical Activity
- Yes  No  We have a staff wellness program.
- Yes  No  We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- Yes  No  We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- Yes  No  We have a recycling/environmental stewardship program.
- Yes  No  We have a recognition /reward program for students who exhibit healthy behaviors.
- Yes  No  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

*Plan to do taste testing next year  
Plan to do farm-fresh holidays*

**VIII. Contact Information:**

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

Name:  Position/Title:

Email:  Phone: