Wellness Policy Assessment Tool

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: Arlington CSD

School Name: Arlington CSD

Reviewer: Mark Hicks

Date: 8/1/2020

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

Yes No

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

☐ Yes ☐ No

- We have a designee in charge of compliance.

Name/Title: Mark Hicks, Food Service Director and Wellness Coordinator

☐ Yes ☐ No

- We make our policy available to the public.

Please describe: A link is posted on our District website

☐ Yes ☐ No

- We measure the implementation of our policy goals and communicate results to the public.

Please describe: The triennial assessment is completed and posted on the District 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: [✓] 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)
- 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 After School 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: ☑ à la Carte Offerings in School Stores ☑ in Vending Machines ☑ as Fundraisers

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

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.

Our Wellness Committee has been continually active during COVID-19, and will continue to work on the progress we have made to date. However, COVID-19 events may affect our calendar and plans.

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

Name: Mark Hicks
Email: mhicks@acsdny.org
Position/Title: District Wellness Coordinator
Phone: 845-486-4491