

ASSESSMENT OF NUTRITION AND PHYSICAL ACTIVITY ENVIRONMENTS AND WELLNESS POLICY

Campus please check the response which best describes the statement.

NUTRITION

	None of the time	Some of the time	Most of the time	All of the time
1. Students received nutrition education that was interactive and taught the skills needed to adopt healthy eating behaviors.	1	3	1	
2. Food service staff and teachers coordinated nutrition education in the lunchroom and classroom.	3	1	1	
3. Nutrition messages were evident throughout the school, classrooms, and cafeteria.			2	3
4. District health education curriculum standards and guidelines included both nutrition and physical education.			2	3
5. Nutrition was integrated into the health education/core curricular classes.		3		2
6. Campus linked nutrition education activities to the coordinated school health program.	2	1	2	
7. Staff providing nutrition education had appropriate training.			1	4
8. Parents, students, and the community were encouraged to participate in wellness activities.	1	2	2	
9. Campus is enrolled as a Team Nutrition School.				5

PHYSICAL ACTIVITY

	None of the time	Some of the time	Most of the time	All of the time
1. Students were given opportunities for physical activity during the school day through PE classes, daily recess periods and/or integration of physical activity into the academic curriculum.				5
2. Students were given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. (baseball, soccer, softball, volleyball, tennis etc)			1	4
3. Students could walk or bike to school safely. (3 campuses NA)				2
4. Parents and guardians were encouraged to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.		2	1	2
5. Teachers and staff were provided information/training to promote enjoyable, lifelong physical activity among students.	3	2		

OTHER WELLNESS ACTIVITES

	None of the time	Some of the time	Most of the time	All of the time
1. Campus provided a clean, safe, enjoyable meal environment for students.				5
2. Campus provided enough space and serving areas to ensure all students have access to school meals with minimum wait time.				5
3. Drinking fountains were made available so that students could get water at meals and throughout the day.				5
4. Students were encouraged to participate in the school meals programs.				5
5. Identity of students on free and reduced price meals was protected.				5
6. Students had adequate time to enjoy eating healthy foods with friends.				5
7. Lunch time was scheduled as near the middle of the school day as possible.				5
8. Recess of most elementary students was before lunch as the scheduled allowed.		1	1	3
9. Foods were not used to reward or punish students.				5
10. Denial of the participation in recess or other physical activities was not used as a form of discipline of for classroom make-up time. (1 campus NA)				4
11. Campus fundraisings were supportive of healthy eating habits.		1	4	
12. Opportunities for training for food service staff/teachers in nutrition and physical education were provided.	2	3		
13. All was encouraged to serve as role models in healthy eating and being physically active in & out of school.	1	2	1	1
14. Opportunities were provided to practice healthy eating and to serve as role models in the school dining areas.		2	1	2
15. Requested information about other FNS programs such as Food Stamps and WIC was provided.		1	1	3
16. Students were encouraged to participate in school meals programs, i.e. the National School Lunch and School Breakfast program.				5

COMMENTS: _____

Principal _____ Campus _____ Date _____