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:_gray Public Schools
School Name: gray Elementary
Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

Yes  No
I. Public Involvement
- 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
- We have a designee in charge of compliance.
  - Name/Title: Todd Glasgow - Superintendent
- We make our policy available to the public.
  - Please describe: Posted on website
- We measure the implementation of our policy goals and communicate results to the public.
  - Please describe: We send out information with changes or adjustments. Use student surveys.
- Our district reviews the wellness policy at least annually.

Yes  No
II. Nutrition Education
- Our district's written wellness policy includes measurable goals for nutrition education.
- We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).
- We offer nutrition education to students in: Elementary School
  - Middle School
  - High School

Yes  No
III. Nutrition Promotion
- Our district's written wellness policy includes measurable goals for nutrition promotion.
- We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.
- We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.
- We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).
- We ensure students have access to hand-washing facilities prior to meals.
- We annually evaluate how to market and promote our school meal program(s).
- We regularly share school meal nutrition, calorie, and sodium content information with students and families.
- We offer taste testing or menu planning opportunities to our students.
- We participate in Farm to School activities and/or have a school garden.
- We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).
- We price nutritious foods and beverages lower than less nutritious foods and beverages.
- We offer fruits or non-fried vegetables in: Vending Machines
  - School Stores
  - Snack Bars
  - La Carte
- We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.
- We provide teachers with samples of alternative reward options other than food or beverages.
- We prohibit the use of food and beverages as a reward.

(Cont. on page 2)
IV. Nutrition Guidelines (Cont'd from page 1)

☐  Yes  ☐  No
☐  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 Afterschool 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:
  ☑ as a La Carte Offerings  ☐ in School Stores  ☑ In Vending Machines  ☐ as Fundraisers

V. Physical Activity

☐  Yes  ☐  No
☐  Our district's written wellness policy includes measurable goals for physical activity.
☐  We provide a 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

☐  Yes  ☐  No
☐  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.

We would like to start a school garden and promote farm to table practices.

Physical activity is very important to keep in our curriculum for all students and staff.

VIII. Contact Information:

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

Name: Todd Glasgow  Position/Title: Superintendent

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This institution is an equal opportunity provider.