

School Wellness Policy Building Assessment Tool

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This tool is to be completed to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. 2nd Grade participates in the Health Smart Kids 5 week program sponsored by Burgess Health Center	x			Each week students learn about nutrition, exercise, sleep, creative activities.	
2. 3rd-6th Grade participate yearly in Jump Rope for Heart	x			Done yearly to promote exercise for a healthy heart & raise money.	
3.					
4.					
Physical Education and Physical Activity Goals					
1. PE for K-12	x			PE twice weekly for students.	
2. Elementary will provide recess outdoors (weather permitting) and encourage activity with equipment and space.	x			Current recess minutes: PK- 2 , 30 min K-3- 2, 15 min & 1, 30min 4-6- 1, 15 min & 1, 30 min	Seek funds to purchase additional playground equipment.
3.					
4.					
Nutrition Guidelines for All Foods Available to Students					
1. Share nutrition info with students & parents			x		Look into getting information on school website.
2.					
3.					
4.					
Other School Based Activities Goals					
Integrating Physical Activity into the Classroom Settings					

1.					
2.					
3.					
4.					
Communication with Parents					
1.					
2.					
3.					
4.					
Food Marketing in Schools					
1. Providing healthier snacks & drinks in vending		x		Adding snacks that are in compliance with State/Fed. guidelines.	
2.					
3.					
Staff Wellness					
1. Staff are encouraged to participate in the Live Healthy Iowa challenge each year.		x		Staff is given information once available each year.	Try to get more staff to participate in friendly challenge.
2.					