



Does Your Local School Wellness Policy Measure Up?

A local school wellness policy (LSWP) is a written document that guides a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. Use this checklist to review and update your wellness policy and ensure it meets all requirements written in *SEC. 204 of Public Law 111-296 Local School Wellness Policy Implementation* and the Code of Federal Regulation 210.30 and 220.7 and all Final Rule guidance.

How the Required Elements for Local School Wellness Policy (LSWP)	
Policy Includes:	Page(s)
<input type="checkbox"/> Goals for Student Wellness that are specific (measurable) and review and consider evidence based strategies and techniques	*Wellness Policy Implementation Plan
<input type="checkbox"/> nutrition promotion	5
<input type="checkbox"/> nutrition education	7
<input type="checkbox"/> physical activity	7
<input type="checkbox"/> other school-based activities	8
<input type="checkbox"/> School Meals: Meet, at minimum, the federal and state standards for meals provided by all LEA schools during the school day (from midnight to 30 minutes after school day)	5
<input type="checkbox"/> Competitive Foods and Beverages: Smart Snacks in School standards for other foods and beverages sold at school during the school day (from midnight to 30 minutes after school day)	6
<input type="checkbox"/> Foods and Beverages Not Sold -Nutrition standards outlined for foods and beverages available throughout the school day (classroom parties and snacks, foods rewards, fundraising on campus)	6
<input type="checkbox"/> Foods and Beverages Marketing Policies for items marketed or advertised on campus, which must meet Smart Snack standards (if you can't sell it, you can't market it)	7

<input type="checkbox"/> Public Involvement: Permit participation of the general public and the school community in the development, implementation and monitoring of the LSWP	3
<input type="checkbox"/> Description of Plan included in the written policy for:	
<input type="checkbox"/> Public Involvement in the development, implementation, and review and periodic update, of the LSWP-allowing broad participation of stakeholders and encouraging actively seeking members	3
<input type="checkbox"/> Annual Public Notification/Updates –about the content of the policy and any updates	3
<input type="checkbox"/> Evaluation plan- how implementation will be measured including triennial assessment	4
<input type="checkbox"/> LSWP Leadership: LEA has designated at least one school official by position or title who has the authority and responsibility to ensure each school complies with the policy.	
<input type="checkbox"/> Date policy was updated	June 12, 2019
<input type="checkbox"/> Non-discrimination Statement -full statement on complete policy; abbreviated version-shorter documents	8

12.2017 Adapted by the California Department of Education This institution is an equal opportunity provider.

Compliance with Implementation-Questions (Q) on the Administrative Review:	Documentation
<input type="checkbox"/> Q1000-Please explain how the required elements of the LSWP are being met	
<i>Documentation Examples: dated hard copy or provide copy of web posting or link</i>	
<input type="checkbox"/> Q1001-How does the public know about the Local School Wellness Policy?	Monday Message (Weekly School Bulletin)
<input type="checkbox"/> Annual public notification of the content of the LSWP and any updates if needed	Committee Meeting, available on website

<input type="checkbox"/> How the public can be involved in the LSWP -typically method of solicitation for a wellness committee	Committee Meetings
<input type="checkbox"/> The position and/or title of the designated official who has the authority and responsibility to ensure each school complies with the public	Cassandra Coleman
<i>Documentation Examples: web page, letters, e-mails, newsletters, student handbooks, flyers</i>	Monday Message (weekly bulletin) and adding to school website
<input type="checkbox"/> Q1002 -Who is involved in reviewing and updating the LSWP? What is their relationship with SFA?	
Public Involvement: LEA permits involvement of the following people in the development, implementation, review, and modification of the LSWP:	
<input type="checkbox"/> Parents <input type="checkbox"/> Students <input type="checkbox"/> School Food Service <input type="checkbox"/> Teachers of Physical <input type="checkbox"/> School Health <input type="checkbox"/> School Board Members Education Professionals <input type="checkbox"/> School Administrators <input type="checkbox"/> General Public and Community Members	All welcome and encouraged
<i>Documentation Examples: committee roster, agendas/minutes, meetings announcements, work plan</i>	
<input type="checkbox"/> Q1003-When and how does the review and update of the LSWP occur?	
<i>Documentation Examples: committee agendas/minutes, work plan, related documents</i>	Triennial review, committee meetings at least twice yearly
<input type="checkbox"/> Q1004-How are potential stakeholders made aware of their ability to participate in the development, review, update, and implementation of the LSWP?	
<i>Documentation Examples: letters, e-mails, newsletters, web page, student handbooks, flyers</i>	Advertised in Monday Message

	(school bulletin) to join Wellness Committee Meetings
<input type="checkbox"/> Q1005-Provide a copy of your SFA's most recent assessment on the implementation of the LSWP.	
Triennial Assessment: At least every three years, beginning no later than June 30, 2020, assessment to include compliance with the LSWP, comparison to model policies, and progress in attaining LSWP goals.	
<i>Documentation Examples: Comparison to Model Policy-dated policy review tools such as the WellSAT2.0; Compliance with the LSWP and Progress Attaining Goals-School Health Index and/or district generated checklists, updated implementation plans, board reports</i>	
<input type="checkbox"/> Q1006. How does the public know about the results of the most recent assessment on the implementation of the LSWP?	
<i>Documentation: letters, e-mails, newsletters, board reports, web page, student handbooks, flyers</i>	Meeting announced in Monday Message

Wellness Policy Implementation Plan

Actions	Steps and Goals	By Whom and When
<p>1. Learners in the SFA (School Food Authority) have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards.</p>	<ul style="list-style-type: none"> a. All meals operating under federal meal programs will meet or exceed federal and state guidelines. b. All foods and beverages sold on campus, during the school day, to learners (including fundraisers) will meet or exceed federal and state guidelines. c. Celebrations occurring on campus, during the school day involving food “offered” for free will meet or exceed federal and state guidelines. 	<p>Food Vendor Facilitators/Fundraiser coordinators Director</p> <p>All meals served as part of the reimbursable meal program will be in compliance prior to the start of the school year.</p> <p>Progress Update: June 15, 2021</p> <p>We will continue to offer healthy snacks in addition to healthy school meals</p>
<p>2. Learners receive quality nutrition education that helps them develop lifelong healthy eating behaviors.</p>	<ul style="list-style-type: none"> a. The SFA aims to teach, model, encourage, and support healthy eating by students. b. Nutrition education and promotion will be designed to provide students with the knowledge and skills necessary to promote and protect their health; c. Will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities. d. Will promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods. e. Will emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise). f. Will include nutrition education training for facilitators and other staff. 	<p>Director Facilitators</p> <p>Nutrition education will be vetted prior to being implemented into instruction on an as-needed basis by school staff.</p> <p>Progress Update: June 15, 2021</p> <p>Nutrition education is currently being implemented in the Upper School Health Class and moving forward will be implemented in Lower School.</p>

<p>3. Learners have opportunities to be physically active before, during, and after school.</p>	<ul style="list-style-type: none"> a. Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason. b. The SFA will provide learners with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. c. All learners will be provided equal opportunity to participate in physical education classes. d. Outdoor recess will be offered when weather is feasible for outdoor play. e. In the event that the school or SFA must conduct indoor recess, facilitators and staff will follow the indoor recess guidelines that promote physical activity for learners, to the extent practicable. f. Recess will complement, not substitute, physical education class. Care team or facilitators will encourage learners to be active, and will serve as role models by being physically active alongside the learners whenever feasible. 	<p>Health/PE facilitators Director</p> <p>Physical Activity/Education will be incorporated into the school day on a regular basis. Curriculum will be created by Health/PE teachers when lesson plans are created for the school year.</p> <p>Progress Update: June 15, 2021</p> <p>Learners have the opportunity to be physically active when they arrive at school in the morning, during both recess and lunch, and during PE.</p> <p>Learners receive at least 200 minutes of PE every ten days. Curriculum is created and implemented by the Health/PE teachers.</p>
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<p>4. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.</p>	<ul style="list-style-type: none"> a. Staff are encouraged to model healthy behaviors on campus, such as limiting soda or candy consumption in front of students. b. By participating in physical activity throughout the day, if possible. c. By promoting healthy habits to the students through curriculum. d. By promoting the school meal program. 	<p>Facilitators School Administrators and Staff</p> <p>Healthy Habits are encouraged to be displayed throughout the school year.</p> <p>Progress Update: June 15, 2021</p> <p>Healthy Habits are encouraged and displayed through implementation and practice of the Leader in Me Program for both school staff and learners.</p>
<p>5. The community is engaged in supporting the work of the SFA in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.</p>	<ul style="list-style-type: none"> a. The SFA will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. b. The SFA will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. c. School Wellness Committee will communicate to the families at the school(s) and the community how others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that SFA. 	<p>Community partners Wellness Committee Families of Learners Enrolled</p> <p>Families will be notified of the wellness policy each year at the beginning of the year.</p> <p>Assessment results of the policy will be communicated to families as assessments are conducted.</p> <p>Progress Update: June 15, 2021</p> <p>Families will be notified of the wellness policy each year at the beginning of the year.</p> <p>Assessment results of the policy will be communicated to familie as assessments are conducted.</p>



**Action for Healthy Kids' School Health Index
Elementary School Version**

*To complete the School Health Index online, please visit
[https://afhkschoolportal.force.com/AFHK Communities Login](https://afhkschoolportal.force.com/AFHK_Communities_Login).*

School Health and Physical Environment

	Fully in Place	Partially in Place	Under Development	Not in Place
1.School health oversight	3	-	-	0
2.Representative school health committee or team	3	2	1	0
3.Local wellness policy	3	2	1	0
4.School health action plan	3	-	-	0
5.Positive school climate	3	2	1	0

Nutrition Environment and Services

	Fully in Place	Partially in Place	Under Development	Not in Place
6.All foods sold during the school day meet the USDA's Smart Snacks in school nutrition standards	3	-	-	0
7.All beverages sold during the school day meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
8.School meals	3	2	1	0
9.School breakfast	3	-	-	0
10.Variety of offerings in school meals	3	2	1	0
11.Promote health food and beverage choices and school meals using Smarter Lunchroom techniques	3	2	1	0
12.Adequate time to eat school meals	3	2	1	0
13.Annual continuing education and training requirements for school nutrition services staff	3	2	1	0
14.Prohibit using food as a reward or punishment	3	2	1	0
15.Access to free drinking water	3	2	1	0
16.All foods and beverages served and offered during the school day meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
17.All foods and beverages served and offered during the extended school day meet the USDA's Smart Snacks Standards in school nutrition standards	3	2	1	0
18.All foods and beverages sold during the extended school day meet the USDA's Smart Snacks Standards in school nutrition standards	3	2	1	0
19.Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
20.Food and beverages marketing	3	2	1	0
21.Venues outside the cafeteria offer fruits and vegetables	3	2	1	0
22.Engaging families in nutrition education and school meals	3	2	1	0
23.Nutrition education curriculum implantation	3	2	1	0
24.Farm to school activities	3	2	1	0

ACTION FOR HEALTHY KIDS

Health Education

	Fully in Place	Partially in Place	Under Development	Not in Place
25. Health education taught in all grades	3	2	1	0
26. Sequential health education curriculum consistent with standards	3	2	1	0
27. Culturally appropriate activities and examples	3	2	1	0
28. Professional development in health education	3	2	1	0
29. Essential topics on physical activity	3	2	1	0
30. Essential topics on healthy eating	3	2	1	0
31. Opportunities to practice skills	3	2	1	0
32. Assignments encourage student interaction with family and community	3	2	1	0

Physical Education and Physical Activity

	Fully in Place	Partially in Place	Under Development	Not in Place
33. 150 minutes of physical education per week	3	2	1	0
34. Sequential physical education curriculum consistent with standards	3	2	1	0
35. Students active at least 50% of class time	3	2	1	0
36. Health-related physical fitness	3	2	1	0
37. Licensed physical education teachers	3	2	1	0
38. Address special health care needs	3	2	1	0
39. Professional development for physical education teachers	3	2	1	0
40. Recess	3	2	1	0
41. Prohibit using physical activity as punishment	3	2	1	0
42. Prohibit withholding recess as punishment	3	2	1	0
43. Professional development for classroom teachers	3	2	1	0
44. Promotion or support of walking and bicycling to and/or from school	3	2	1	0
45. Availability of before- and after-school physical activity opportunities	3	2	1	0
46. Availability of physical activity breaks in classrooms	3	2	1	0
47. Family engagement in physical activity	3	2	1	0
48. Access to physical activity facilities outside school hours	3	2	1	0
49. Promote community physical activities	3	2	1	0

Social and Emotional Climate

	Fully in Place	Partially in Place	Under Development	Not in Place
50. Fostering positive and nurturing relationships	3	2	1	0
51. Positive student relationships	3	2	1	0
52. Professional development on meeting diverse needs of students	3	2	1	0
53. Collaboration to promote social and emotional learning	3	2	1	0
54. School-wide social and emotional learning	3	2	1	0
55. Prevent harassment and bullying	3	2	1	0
56. Active supervision	3	2	1	0
57. Engaging all students	3	2	1	0



School Health Services

	Fully in Place	Partially in Place	Under Development	Not in Place
58.Collaboration between school nutrition services staff members and teachers	3	2	1	0
59.Health services provided by a full-time nurse	3	2	1	0
60.School nurse collaborates with other school staff members	3	2	1	0
61.Counseling psychological and social services provided by a full-time counselor, social worker and/or psychologist	3	2	1	0
62.School counselor collaborates with other school staff members	3	2	1	0

Staff Wellness

	Fully in Place	Partially in Place	Under Development	Not in Place
63.Programs for staff members on physical activity/fitness	3	2	1	0
64.Programs for staff members on health eating/weight management	3	2	1	0
65.All foods served and sold to staff meet the USDA's Smart Snacks in school nutrition standards	3	2	1	0
66.Modeling healthy eating and physical behaviors	3	2	1	0
67.Stress management programs for staff	3	2	1	0

Family Involvement

	Fully in Place	Partially in Place	Under Development	Not in Place
68.Communication with families	3	2	1	0
69.Family engagement in school decision making	3	2	1	0
70.Family volunteers	3	2	1	0
71.Professional development on family engagement strategies	3	2	1	0
72.Student and family involvement in the school meal programs and other foods and beverages sold, served, and offered on school campus	3	2	1	0
73.Family involvement in learning at home	3	2	1	0
74.School health updates for families	3	2	1	0

Community Involvement

	Fully in Place	Partially in Place	Under Development	Not in Place
75.Community involvement in school decision making	3	2	1	0
76.Community involvement in school health initiatives	3	2	1	0

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Category	Question	Answer
<input type="text" value="All"/>		<input type="text" value="All"/>
School Health and Environment	01. School health oversight	3 = Fully in Place
School Health and Environment	02. Representative school health committee or team	2 = Partially in Place
School Health and Environment	03. Local wellness policy	2 = Partially in Place
School Health and Environment	04. School health action plan	3 = Fully in Place
School Health and Environment	05. Positive school climate	3 = Fully in Place
Nutrition Environment	06. All foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards	2 = Partially in Place
Nutrition Environment	07. All beverages sold during the school day meet the USDA's Smart Snacks in School nutrition standards	3 = Fully in Place
Nutrition Environment	08. School meal programs	3 = Fully in Place
Nutrition Environment	09. School breakfast	3 = Fully in Place
Nutrition Environment	10. Variety of offerings in school meals	3 = Fully in Place
Nutrition Environment	11. Promote healthy food and beverage choices and school meals using Smarter Lunchroom techniques	3 = Fully in Place
Nutrition Environment	12. Adequate time to eat school meals	3 = Fully in Place
Nutrition Environment	13. Annual continuing education and training requirements for school nutrition services staff	3 = Fully in Place
Nutrition Environment	14. Prohibit using food as reward or punishment	3 = Fully in Place
Nutrition Environment	15. Access to free drinking water	3 = Fully in Place
Nutrition Environment	16. All foods and beverages served and offered during the school day meet the USDA's Smart Snacks in School nutrition standards	3 = Fully in Place

Category	Question	Answer
Nutrition Environment	17. All foods and beverages served and offered to students during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards	3 = Fully in Place
Nutrition Environment	18. All foods and beverages sold to students during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standard	3 = Fully in Place
Nutrition Environment	19. Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards	2 = Partially in Place
Nutrition Environment	20. Food and beverage marketing	3 = Fully in Place
Nutrition Environment	21. Venues outside the cafeteria offer fruits and vegetables	3 = Fully in Place
Nutrition Environment	22. Culturally relevant, age appropriate, evidence-based nutrition education curriculum	1 = Under Development
Nutrition Environment	23. Family engagement in nutrition education and school meal programs	2 = Partially in Place
Nutrition Environment	24. Farm to School activities	1 = Under Development
Health Education	25. Required health education course	3 = Fully in Place
Health Education	26. Sequential health education curriculum consistent with standards	3 = Fully in Place
Health Education	27. Culturally-appropriate activities and examples	2 = Partially in Place
Health Education	28. Credentialed health education teachers	3 = Fully in Place
Health Education	29. Professional development in health education	0 = Not in Place
Health Education	30. Essential topics on physical activity	3 = Fully in Place
Health Education	31. Essential topics on healthy eating	3 = Fully in Place

Category	Question	Answer
Health Education	32. Opportunities for students to practice or rehearse the skills needed to maintain and improve their health	3 = Fully in Place
Health Education	33. Health education use assignments or projects that encourage students to have interactions with family members and community organizations	1 = Under Development
Health Education	34. Topics on preventing unintentional injuries and violence	2 = Partially in Place
Health Education	35. Topics on preventing tobacco use	2 = Partially in Place
Health Education	36. Topics on preventing alcohol and other drug use	3 = Fully in Place
Health Education	37. Topics on preventing HIV, other STD and pregnancy	3 = Fully in Place
PE and PA	38. 225 minutes of physical education per week	2 = Partially in Place
PE and PA	39. Sequential physical education curriculum consistent with standards	3 = Fully in Place
PE and PA	40. Students active at least 50% of class time	3 = Fully in Place
PE and PA	41. Health-related physical fitness	3 = Fully in Place
PE and PA	42. Licensed physical education teachers	2 = Partially in Place
PE and PA	43. Address special health care needs	3 = Fully in Place
PE and PA	44. Professional development for physical education teachers	3 = Fully in Place
PE and PA	45. Prohibit using physical activity as punishment	3 = Fully in Place
PE and PA	46. Professional development for classroom teachers	1 = Under Development
PE and PA	47. Promotion or support of walking and bicycling to and/or from school	0 = Not in Place

Category	Question	Answer
PE and PA	48. Availability of before- and after-school physical activity opportunities	3 = Fully in Place
PE and PA	49. Availability of physical activity breaks in classrooms	3 = Fully in Place
PE and PA	50. Family engagement in physical education and physical activity programs	1 = Under Development
PE and PA	51. Physical activity facilities open to students, their families, and the community outside school hours	0 = Not in Place
PE and PA	52. Methods to promote student participation in community physical activity	1 = Under Development
Social and Emotional Climate	53. Positive relationships with students	3 = Fully in Place
Social and Emotional Climate	54. Foster peer relationships	3 = Fully in Place
Social and Emotional Climate	55. Professional development on meeting the diverse cognitive, emotional, and social needs of children and adolescents	3 = Fully in Place
Social and Emotional Climate	56. Collaboration with counseling and psychological services	3 = Fully in Place
Social and Emotional Climate	57. Social and emotional learning programs	3 = Fully in Place
Social and Emotional Climate	58. Harassment and bullying prevention	3 = Fully in Place
Social and Emotional Climate	59. Active supervision of students	3 = Fully in Place
Social and Emotional Climate	60. Fosters sense of belonging	3 = Fully in Place
School Health Services	61. Collaboration between school nutrition services staff members and teachers	0 = Not in Place
School Health Services	62. Health services provided by a full-time school nurse	3 = Fully in Place
School Health Services	63. School nurse collaborates with other school staff members	1 = Under Development

Category	Question	Answer
School Health Services	64. Counseling, psychological, and social services provided by a full-time counselor, social worker, and psychologist	3 = Fully in Place
School Health Services	65. School counselor collaborates with other school staff members	3 = Fully in Place
Staff Wellness	66. Programs for staff members on physical activity/fitness	0 = Not in Place
Staff Wellness	67. Programs for staff members on healthy eating/weight management	0 = Not in Place
Staff Wellness	68. All foods served and sold to staff meet the USDA's Smart Snacks in School nutrition standards	3 = Fully in Place
Staff Wellness	69. Modeling healthy eating and physical activity behaviors	2 = Partially in Place
Staff Wellness	70. Free or low-cost stress management programs	0 = Not in Place
Family Involvement	71. Communication with families	2 = Partially in Place
Family Involvement	72. Family engagement in school decision making	3 = Fully in Place
Family Involvement	73. Family volunteers	2 = Partially in Place
Family Involvement	74. Professional development on family engagement strategies	0 = Not in Place
Family Involvement	75. Student and family involvement in the school meal programs and other foods and beverages sold, served and offered on school campus	3 = Fully in Place
Family Involvement	76. Opportunities for learning reinforcement at home	3 = Fully in Place
Family Involvement	77. Regular updates about student health	2 = Partially in Place
Community Involvement	78. Community involvement in school decision making	3 = Fully in Place
Community Involvement	79. Community involvement in school health initiatives	1 = Under Development

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