

Example: "The wellness committee will determine how best to share wellness policy information with the school and general community."

2

2: There is a clear plan for communication that includes specific communication methods

Example: "The SWP and annual progress reports will be shared with the public via any or all of the following: the district website, direct mailings to families, presentations to the PTA, press release to local news media."

IEC11. Specifies how district will engage families to provide information and/or solicit input to meet district wellness goals (e.g., through website, e-mail, parent meetings, or events)

0: Not mentioned

1: Methods for reaching families are suggested or vague.

Examples:

"Nutrition information and links to relevant resources in the community should be provided to families through newsletters, publications, health fairs, and other channels."

"Feedback from parents should be encouraged through stakeholder meetings."

2: Specific methods for engaging families are mentioned.

2

Examples:

"Nutrition education, particularly as it relates to the new nutrition standards, will be provided to parents in the form of handouts, the school website, articles and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach parents."

"The food service director will be available to speak with parents during open house."

School Wellness Policy Score Sheet

District ID _____

The following tables include wellness policy statement numbers and item descriptions broken down by section. Please rate the level to which each policy item is addressed in the school wellness policy.

0 = Not mentioned

1 = Weak Statement

2= Meets/Exceeds Expectations

Section 1. Nutrition Education		
Rating	#	Item
2	NEWP1	There is a standards-based nutrition curriculum/health education or other curriculum includes nutrition
2	NEWP2	All elementary school students receive nutrition education
2	NEWP3	All middle school students receive nutrition education

Section 4. Physical Education and Physical Activity		
Rating	#	Item
1	PEPA1	There is a written physical education curriculum for grades K-12
1	PEPA2	The written physical education curriculum is aligned with national and/or state physical education standards.
2	PEPA3	Addresses time per week of physical education instruction for all elementary school students
2	PEPA4	Addresses time per week of physical education instruction for all middle school students.
0	PEPA5	Addresses time per week of physical education instruction for all high school students
0	PEPA6	Addresses teacher-student ratio for physical education classes
2	PEPA7	Addresses qualifications for physical education teachers for grades K-12.
1	PEPA8	District provides physical education training for physical education teachers.
2	PEPA9	Addresses physical education waiver requirements for K-12 students
2	PEPA10	Addresses physical education exemptions for K-12 students
2	PEPA11	Addresses physical education substitution requirements for K-12 students
1	PEPA12	District addresses the development of a comprehensive school physical activity program (CSPAP) plan at each school
2	PEPA13	District addresses active transport for all K-12 students
2	PEPA14	District addresses before and after school physical activity for all K-12 students
2	PEPA15	District addresses recess for elementary school students
2	PEPA16	Addresses physical activity breaks for all K-12 students
2	PEPA17	Addresses staff involvement in physical activity opportunities at all schools
2	PEPA18	Addresses family and community engagement in physical activity opportunities at all schools
2	PEPA19	District provides physical activity training for all teachers
2	PEPA20	Joint or shared-use agreements for physical activity participation at all schools
Section 5. Wellness Promotion and Marketing		
Rating	#	Item
2	WPM1	Encourages staff to model healthy eating/drinking behaviors
2	WPM2	Addresses staff not modeling unhealthy eating/drinking behaviors
2	WPM3	Encourages staff to model physical activity behaviors
2	WPM4	Addresses food not being used as a reward.
2	WPM5	Addresses using physical activity as a reward
2	WPM6	Addresses physical activity not being used as a punishment
2	WPM7	Addresses physical activity not being withheld as a punishment
2	WPM8	Specifies marketing/ways to promote healthy food and beverage choices
2	WPM9	Specifies ways to promote physical activity
2	WPM10	Specifies that family wellness activities will be planned and will include nutrition and physical activity components
2	WPM11	Addresses the restriction of marketing of food and beverages that cannot be sold to students during the school day on signs, scoreboards, sports equipment
2	WPM12	Addresses the restriction of advertising or marketing of food and beverages that cannot be sold to students during the school day in curricula, textbooks, websites used for educational purposes, or other educational materials
2	WPM13	Addresses the restriction of advertising or marketing of food and beverages that cannot be sold to students during the school day on exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash, etc
2	WPM14	Addresses the restriction of marketing of food and beverages that cannot be sold to students during the school day on advertisements in school publications, school radio stations, in-school television, computer screen savers and/or school-sponsored Internet sites, or announcements on the PA system