

# School Wellness Policy Annual Report Checklist

**District Name** \_\_\_\_\_

**Date of Evaluation** \_\_\_\_\_

**Contact Name** \_\_\_\_\_

**School Name** (if applicable) \_\_\_\_\_

- The purpose of this form is to assist districts in developing regular reports for parents, the local School Board, and the public on the school wellness policy mandated under the State of Alaska Gold Standard School Wellness Policy. Completing this report will also assist districts in being ready for on-site review from the Alaska Department of Education & Early Development Child Nutrition Program.
- **Notes on completing the assessment and report:** This assessment and report template uses the State of Alaska Gold Standard School Wellness Policy as a guide, but can be used to assess any district wellness policy. **Bolded policy elements** are required by federal regulation and should be prioritized when developing goals. Districts are encouraged to determine which additional policy elements are appropriate for schools under their jurisdiction, in order to create a supportive environment for student nutrition and physical activity. When bolded items are not met, include an explanation.
- This report is intended to be completed using district level information; however, each school site within a district could choose to complete a separate report. For larger districts, reporting on a district level may be challenging due to variation in various sites' programs toward standards and goals. If you are completing this report for the entire district, answer questions using best available information and consider noting individual building variation/ concerns in the "notes" sections.

**School Wellness Advisory Group**

**Does the district have a school wellness advisory group?**

Yes  No

**If not, please explain:**

**Has your work group helped maintain, revise, implement, assess, and monitor the policy?**

Yes  No

**If not, please explain:**

Attach a list of participants of your school wellness advisory group with a description of their roles as an appendix to this report:

Attach your latest minutes as an appendix to this report

**Participation in wellness advisory group is promoted to:**

**Students**    **Parents**    **Food Service Personnel**    **Board**  
**Members**    **School Administrators**    **School health**  
**professionals**    **Physical education teachers**    **Local SNAP-**  
 Ed coordinators    Other interested community members  
 Others, please specify:

Communication medium(s) used to promote/  
encourage participation:

Newsletters    Public announcements  
Web-postings    Parent communication

Others, please specify:

**The School Wellness Advisory Group was provided with up-to-date scientific evidence about improving school nutrition and physical activity programs?**

Yes  No

**Presenting Goals**

When was the wellness policy (aka Student Nutrition and Physical Activity policy) passed?

Less than 6 months ago    6 months-1 year ago  
More than 1 year ago    Specific date: \_\_\_\_\_

When was the last time your goals were presented to the Board?

Less than 6 months ago    6 months-1 year ago  
More than 1 year ago    Specific date: \_\_\_\_\_

## Nutrition

### School Meal Programs

Schools in the district participate in all available federal school meal programs Yes In Progress No

Notes:

Schools in the district participate in all available federal school meal programs. School Lunch Program School Breakfast Program  
Fresh Fruit and Vegetables Program

Notes:

Summer Food Service Program Supper Program  
Special Milk Program Afterschool snack program  
Others, please specify:

The District participates in the following supplemental initiatives:

Breakfast in the Classroom Mobile Breakfast Carts  
Grab 'n' Go Breakfast Farm or Fish to School  
Programs School Gardens Others, please specify

There is a school nutrition coordinator in place in our school district.

Yes In progress No

Notes:

### Nutrition Education and Promotion

**All foods and beverages sold during school between 12 am and 30 min after the conclusion of the school day comply with Smart Snack requirements. If not, please explain:** Yes In progress No

**Please check the venues that currently comply with Smart Snack requirements.**

**Vending School Stores Fundraisers  
Concessions A la carte**

**If 'in progress', 'no', or not applicable, please explain:**

**All foods and beverages provided through the National School Lunch/School Breakfast Programs meet nutritional requirements of the National School Lunch Act. If not, please explain:** Yes In progress No

**All food and beverage marketing is limited to foods that meet the National School Lunch Act, Nutritional Guidelines for all foods sold in schools. If not, please explain:** Yes In progress No

Free, potable water is made available for all students throughout the entire school day. Yes In progress No

Notes:

Alaska farm and fish products are utilized in meals and snacks, when practical. Yes In progress No

Notes:

Students are encouraged to participate in federal school meal programs. Yes In progress No

Notes:

Students who participate in federal school meal programs have their identities protected. Yes In progress No

Notes:

Students are involved in menu planning to encourage promotion of healthy and nutritious meals. Yes In progress No

Notes:

Smarter Lunchroom techniques are utilized to encourage consumption of fruits and vegetables and discourage waste. Notes:	Yes	In progress	No
School lunch is scheduled as close to the middle of the school day as possible. Notes:	Yes	In progress	No
Students are encouraged to take healthy snack breaks. Notes:	Yes	In progress	No
Students are given adequate time to eat (20 minutes lunch/10 minutes breakfast) Notes:	Yes	In Progress	No
Students have access to a variety of affordable, nutritious, and appealing foods in a clean environment. Notes:	Yes	In Progress	No
Food and beverages sold after school hours that do not meet the Smart Snacks criteria have higher sales prices than those that do meet the Smart Snacks criteria. Notes:	Yes	In progress	No
<b>Food and beverages made available at school (i.e. classroom parties/events) meet the Smart Snacks requirements. If not, policy explains what nutrition standards are acceptable for foods provided free of cost at school. If not, please explain:</b>	Yes	In progress	No
Foods and beverages are not offered as a reward for students' performance or behavior. _____ Notes:	Yes	In progress	No
<b>Students receive nutrition education that teaches the skills needed to adopt healthy eating behaviors. If not, please explain:</b>	<b>Yes</b>	<b>In progress</b>	<b>No</b>
Classroom nutrition information is reinforced in the school cafeteria setting as well as in the classroom. Notes:	Yes	In progress	No
Nutrition education is taught by a certified/licensed health education teacher. Notes:	Yes	In progress	No
Schools strive to establish and/or support an instructional garden with nutrition education (planting, harvesting, preparing, serving, tasting). Notes:	Yes	In progress	No
All foods available during the school day are offered to students with consideration for promoting health and reducing childhood obesity. Notes:	Yes	In progress	No
<b>Taking into account the items above, describe your overall goals/priorities for nutrition education and promotion:</b>			
<b>Describe your progress towards district nutrition education (e.g. classroom instruction, parent education) goals/priorities:</b>			
<b>Describe your progress towards district nutrition promotion (e.g. Smarter Lunchroom techniques, increasing school lunch or breakfast participation, advertising healthy foods) goals/priorities:</b>			

## Physical Education

### Physical Education- Elementary Schools

Our district meets the National Association for Sport and Physical Education recommendation of 150 minutes of physical education per week, throughout the entire school year. If below requirements, please explain: Below Meets Exceeds

Our district meets the \_\_\_ minutes requirement of physical education per week noted in our wellness policy, which is determined by district capacity. If below requirements, please explain: Below Meets Exceeds N/A

All students are required to participate in physical education for all years of enrollment of elementary school. Notes: Yes In progress No

We currently provide \_\_\_\_\_ minutes of physical education each week for elementary school students

### Physical Education- Middle Schools

Our district meets the National Association for Sport and Physical Education recommendation of 225 minutes of physical education per week, throughout the entire school year. If below requirements, please explain: Below Meets Exceeds

Our district meets the \_\_\_ minutes requirement of physical education per week noted in our wellness policy, which is determined by district capacity. If below requirements, please explain: Below Meets Exceeds N/A

All students are required to participate in physical education for all years of enrollment of middle school. Notes: Yes In progress No

We currently provide \_\_\_\_\_ minutes of physical education each week for middle school students

### Physical Education- High Schools

Our district meets the National Association for Sport and Physical Education recommendation of 225 minutes of physical education per week, throughout the entire school year. If below requirements, please explain: Below Meets Exceeds

Our district meets the \_\_\_ minutes requirement of physical education per week noted in our wellness policy, which is determined by district capacity. If below requirements, please explain: Below Meets Exceeds

All high school students are required to participate in physical education for one full year. Notes: Yes In progress No

All high school students have physical education classes available all four years. Notes: Yes In progress No

We currently provide \_\_\_\_\_ minutes of physical education each week for high school students

### All Schools Physical Education

At least 50% of Physical Education classes are spent in moderate to vigorous physical activity. Notes:	Yes	In progress	No
Physical Education curriculum aligns with the Alaska State Standards for Physical Education for grades K-12, with grade-level benchmarks. Notes:	Yes	In progress	No
Student achievement is assessed based on Physical Education standards. Notes:	Yes	In progress	No
A written Physical Education grade is reported for students according to the grading schedule of our district. Notes:	Yes	In progress	No
An assessment is performed using a valid and reliable tool and is used to track student progress. Notes:	Yes	In progress	No
The student-teacher ratio in Physical Education classes is comparable to that in core classes. Notes:	Yes	In progress	No
Waivers, exemptions, substitutions, and/or pass-fail options are <u>prohibited</u> , unless there are medical, cultural, or religious concerns. Notes:	Yes	In progress	No
Physical Education is taught by a certified/endorsed physical education teacher. Notes:	Yes	In progress	No
The Physical Education teacher receives annual professional development. Notes:	Yes	In progress	No
Physical Education equipment is age-appropriate, inviting, and available in sufficient quantities for all students to be able to participate. Notes:	Yes	In progress	No
Physical Education equipment is inspected regularly for safety and replaced when needed. Notes:	Yes	In progress	No
Taking into account the items above, describe your overall goals/priorities for Physical Education.			

Describe your progress towards current district Physical Education goals/priorities:

### Mandatory Physical Activity (Alaska State Law)

<b>Students in grades K-8 are provided opportunities for at least 54 minutes of daily physical activity during the school day through a combination of recess, classroom-based physical activity, &amp; physical education.</b> <b>If not, please explain:</b>	Yes	In progress	No
Our district provides at least 20 minutes each day of recess. Notes:	Yes	In progress	No

We currently provide \_\_\_\_\_ minutes of recess each day and \_\_\_\_\_ total minutes of physical activity each day for students.

All students are given opportunities for physical activity through a range of programs, including:

Physical activity clubs      Intramural      Interscholastic athletics  
 Classroom-based physical activity  
 Recess      Others, please specify

We promote strategies/events that are designed to generate interest in and support active transport to school, such as:

Walking school buses      Bicycle trains  
 Walk/Bike to School      Safe Routes to School Program  
 Others, please specify

Recess is held outdoors, when practical.  
 Notes:

Yes    In progress    No

Recess is held before lunch periods, when practical.  
 Notes:

Yes    In progress    No

Indoor and outdoor facilities are made available so that physical activity is safe not dependent on the weather.  
 Notes:

Yes    In progress    No

Equipment is inspected, at least weekly, for safety and replaced when needed.  
 Notes:

Yes    In progress    No

We do not use physical activity as punishment or withhold physical activity for behavior management.  
 Notes:

Yes    In progress    No

We keep school spaces and facilities available to students, staff, and community members open before, during, and after the school day.  
 Notes:

Yes    In progress    No

**Taking into account the items above, describe your overall goals/priorities for physical activity.**

**Describe your progress towards current district physical activity goals/priorities:**

**Communication with Parents**

**We regularly, at least annually, activity notify, inform, and update the parents & public about the content, implementation of, and progress towards goals in our wellness policy. If not, please explain:**

Our last update      Yes    In progress    No  
 \_\_\_\_\_ (specific date)

We provide parents and the public with information on healthy foods that meet the USDA Smart Snacks requirements.  
 Notes:

Yes    In progress    No

Our program makes the caloric, sodium, and other nutritional content of foods and beverages at school available to families.  
 Notes:

Yes    In progress    No

We provide information about physical education and other school-based physical activity opportunities before and after school.

Yes In progress No

Notes:

We provide information via:

Our school website      Newsletters      Take-home materials  
 Special events      Physical Education materials  
 Others, please specify

**Monitoring, Compliance, and Evaluation**

**Our superintendent or designee (name: \_\_\_\_\_) ensures compliance with established district-wide nutrition and physical activity wellness policies. If not, please explain:**

Yes In progress No

Our superintendent or designee (name: \_\_\_\_\_) designated one or more persons to be responsible for ensuring that each school within the district complies with this policy at: If applicable, please attach a list of the person(s) in charge of these items as an appendix to this report.

School activities      Fundraisers      Celebrations  
 Daily calendar schedule      PE/PA minutes  
 Others, please specify

We send an annual summary report on district-wide compliance with the established nutrition and physical activity policies to the School Board. Our latest summary was sent on \_\_\_\_\_ (specific date)

Yes In progress No

A time line for implementation of the wellness policy has been established. Notes:

Yes In progress No

**When new standards, rules, or regulations for nutrition and wellness are created, the wellness policy will be updated to follow those standards. If not, please explain:**

Yes In progress No

**Describe progress towards district goals/priorities in other school based activities that promote student nutrition and physical activity:**

Please provide any other information/comments:

Thank you for your efforts to implement a wellness policy. Supportive student nutrition and physical activity policies can go a long way towards improving the health of Alaska’s kids. We encourage you to keep a copy of this assessment for your files.

For more information or questions contact:

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\*Updated November 2016