

Diocese of Evansville

School Wellness Policy Evaluation

| <u>School Wellness Rubric</u> | | |
|---|-----------------|-----------------------------|
| School _____ | Principal _____ | Date _____ |
| Each of the twelve elements of the School Wellness Plan has multiple criteria. Please evaluate each criteria as being MET or IN PROGRESS for the current school year. <i>Results of this evaluation should be utilized to review and revise the School Wellness Plan.</i> | MET | IN PROG RESS |
| I. Wellness Committee | | |
| 1. The School Administrator, PE teacher and additional interested faculty or staff are members on the committee. | | |
| 2. There are students on the committee. | | |
| 3. Parents or board members serve on this committee. | | |
| 4. Cafeteria or child nutrition manager serves on this committee. | | |
| 5. A health care professional serves on this committee. | | |
| 6. The Wellness Committee meets at minimum twice annually. | | |
| 7. Wellness Coordinator and Title: | n/a | n/a |
| II. USDA Requirements for School Meals | | |
| 1. School meal programs meet minimum nutritional requirements established by the USDA. | | |
| 2. Nutritional analysis of menu items is available upon request. | | |
| 3. Students are provided with at least 20 minutes to each lunch. | | |
| III. Nutritional Guidelines for All Food and Beverages Sold | | |
| 1. Beverages sold meet the requirements in the Wellness Policy. | | |
| 2. Food sold outside of the meal program meet Smart Snack Standards. | | |
| 3. Vending Machines are not accessible to students during the school day. | | |
| 4. The school uses at least 50% non-food items for fundraising. | | |
| 5. No more than two fundraising exemptions, each lasting one day in duration, were granted during the school year. | | |
| IV. Nutritional Guidelines for Non-Sold Foods and Beverages | | |
| 1. Snacks provided in after-school care and/or extra-curricular programs emphasize fruits, vegetables, whole grains, low-fat dairy products, and water. | | |
| 2. Celebrations include only healthy food choices, with the exception of one exempt celebration per school year, which allows for an unhealthy food choice opposite of each healthy food choice. | | |
| 3. Students bring in food or beverages that are Smart Snack compliant, or no food or beverages at all, to celebrate their birthdays. | | |
| 4. Food and beverages are not used as rewards. | | |

| | MET | IN PROG RESS |
|---|-----|--------------------|
| V. Food and Beverage Marketing | | |
| 1. Marketing of food and beverages during the school day is limited to promotion of those items that meet the minimum nutrition guidelines for meals or foods and beverages sold individually. | | |
| 2. Promotional materials distributed during the school day do not contain images or wording of food or beverage items that do not meet the minimum nutritional guidelines. | | |
| 3. Current marketing contracts that expired this year are renewed under the new marketing guidelines, which promote only the company and not the non-compliant food or beverage. | | |
| VI. Nutrition Education | | |
| 1. Nutrition education, within the Health and/or PE curriculum, is taught in all grade levels. | | |
| 2. Nutrition and Health education is being taught by either a classroom teacher (elementary grades) or by a teacher who is licensed to teach PE or Health. | | |
| 3. The staff responsible for nutrition education, including the cafeteria staff, participates in professional development annually. | | |
| 4. Additional School Goal: | | |
| VII. Nutrition Promotion | | |
| 1. Students were introduced to new food choices once per semester by the cafeteria staff. | | |
| 2. The cafeteria displays nutrition education posters to encourage healthy eating. | | |
| 3. The Wellness Committee has identified two Smarter Lunchroom techniques to implement in the upcoming school year. Technique 1: Technique 2: | | |
| 4. Elementary and middle school students and families have access to information on exercise, nutrition, and other health topics related to eating and physical activity via FitFuture Family Newsletter. | | |
| 5. Additional School Goal: | | |
| VIII. Physical Activity | | |
| 1. Classroom teachers provide short physical activity breaks between lessons or classes as appropriate. | | |
| 2. School discourages long periods of inactivity. When long periods of inactivity cannot be avoided, the school takes measures to ensure that students are provided with periodic breaks to stand and be moderately active. | | |
| 3. All students participate in regular physical education classes, in which they are engaged in moderate to vigorous physical activity for at least 50% of the class. | | |

| XII. Communication | | |
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| 1. The school communicates with stakeholders annually regarding the School Wellness Policy, description of school wellness goals and current level of progress, contact information for the School Wellness Committee, and information on how to join the School Wellness Committee. | | |
| 2. The school utilizes at least one of the following channels of communication when communicating information regarding the School Wellness Policy: School Newsletters: School Website: School Messenger: The Message: Other (please specify): | | |

Comparison to Model School Wellness Policies for Triennial Assessment (every three years, beginning with 2018)

Indicate model policy language used for comparison. Links to model policies may be found [Here](#).

Alliance for a Healthier Generation: Model Policy

Upgrade Sample Language

Other (please specify):

Describe how the school wellness policy compares to model wellness policies.

