

# School Wellness Policy Building Assessment Tool

School Name: Hinton

District Wellness Contact: Peter.Stuerman@hintonschool.com

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.
<b>Nutrition Education and Promotion Goals</b>					
1. Caloric balance between food intake and physical act.		X			
2. Link school meal programs with nutrition and school garden.	X				
3. Promote healthy eating	X				
4.					
<b>Physical Education and Physical Activity Goals</b>					
1. Encourage Classroom teachers to provide short activity breaks, at least two recesses		X			
2. Encourage teachers to incorporate movement and kinesthetic learning approaches into core subjects.		X			
3. Offer classroom health education that complements physical education	X				
4.					
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1. Lunch and breakfast are appear appealing to students	X				
2. Meals meet USDA guidelines	X				
3. Unlimited fruits and vegetable bar	X				
4. All foods sold at school meet the USDA and smart snack guidelines	X				
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					

1. Recess for students after lunch (el, ms) when possible	X				
2. Students are encouraged to have water bottles	X				
3. Filtered water bottle fillers are in the schools	X				
4. Water is served with the meals	X				
<b>Communication with Parents</b>					
1. Lunch is addressed at Advisory Committee meetings at least twice a year	X				
2. Surveys of the lunch program are shared	X				
3. Menus and newsletter about lunch are sent on monthly	X				
4. Food Service news is available on the front page of school website	X				
<b>Food Marketing in Schools</b>					
1. Signs promoting healthy eating	X				
2. Vending machines are appropriately stocked	X				
3. Garden to lunch connection is made through the school garden with cooperation with Lunchtime Solutions.	X				
<b>Staff Wellness</b>					
1. Wellness center is being built for student and staff use.	X				
2. Elliptical machine is used in the teacher lounge. Hallway distance is measured for walking.	X				