

**WENDEN ELEMENTARY DISTRICT  
SCHOOL WELLNESS ASSESSMENT**

**School:     *Wenden Elementary***  
**Date:       *March 5, 2015***  
**Assessor:   *Kristy Lott***

**Comprehensive Learning Environment**

	<b><u>In Place</u></b>	<b><u>Partly in Place</u></b>	<b><u>Points</u></b>
Age appropriate instruction is provided to students that teaches lifelong healthy eating habits and healthy level of physical activity.	yes		2
Nutrition education is included for all grades K-8.	yes		2
Nutrition education is part of a systematic and structured unit of instruction.		yes	1
Healthy eating, physical activity and the school meal program are actively promoted to students, parents, school staff and the community by school registrations, meetings, letters, media releases, etc.	yes		2
Staff is provided with educational opportunities to learn about nutrition and physical activity.	yes		2
Posters within the school reinforces the goals of healthy education and nutrition standards.	yes		2
Teachers have adequate materials and resources to provide current nutrition in the classroom.		yes	1
Nutrition education opportunities are offered to parents and families.		yes	1
Parents have the opportunity to volunteer for wellness-related activities in the school.		yes	1

Total Score: 14/20 = 70%

<b>Healthy Eating Opportunities &amp; Practices</b>	<b>In Place</b>	<b>Partly in Place</b>	<b>Score</b>
Students have access to healthful food choices in the school cafeteria.	yes		2
Students have adequate time to eat breakfast and lunch every day.	yes		2
Nutritional information is accessible to students and their parents/guardians concerning the nutritional content of foods and beverages served through the school meal programs.		yes	1
100% of fundraisers sold during the school day are non-food or healthy food items.		yes	1
Fundraisers sold outside the school day are primarily non-food items or healthy food items.		yes	1
Food is not used as a reward or punishment.	yes		2
The cafeteria atmosphere is clean and inviting and offers a pleasant eating environment.	yes		2
Soda is prohibited on the school premises during the school day.	yes		2
Appropriate portion sizes, My Plate recommendations, are promoted whenever foods are available.	yes		2
Staff encourages students to take and eat fruits and vegetables in the lunchroom. However, students are not forced to eat or finish their plate.	yes		2
Healthy foods and beverages:			
Not more than 30% of total calories of the food item is from fat.	yes		2
Not more than 10% of total calories of the food item is from saturated fat.	yes		2
Not more than 35% of the total weight of food item is composed of sugar.	yes		2
School beverage categories: bottled water, fat-free and low-fat milk, flavored and non-flavored; 100% juices without added sweeteners.	yes		2

Total Score: 25/28 = 89%

**Physical Activity**

**In Place**

**Partly in Place**

**Score**

According to school schedule, students receive a minimum amount of physical activity for 30 minutes (includes but is not limited to recess, exercise programs, fitness breaks, classroom activities that include physical activity, and PE classes.

yes

2

Physical activity opportunities (i.e. recess) are not withheld as punishment.

yes

2

Physical activity is never required as a form of punishment.

yes

2

All students are provided with unstructured daily opportunities for physical activity such as recess.

yes

2

Students receive adequate recess time every day.

yes

2

Students are active during recess.

yes

2

Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.

yes

2

The physical activity program provides maximum participation for every student.

yes

1

Teachers incorporate physical activity into other subject areas (i.e. math, reading, science, social studies).

yes

1

Indoor and outdoor facilities are safe and adequate so that PE classes are not displaced by other activities.

yes

1

The school has adequate physical activity equipment for PE, recess, etc.

yes

2

Total Score: 19/22 = 86%

Signature/Date:

