



# Wellness Checklist DISTRICT SUMMARY

Name/title of person  
completing this document:

DATE:

DISTRICT:

SCHOOL YEAR:

All RI school districts are required by federal and state law to adopt a Local Wellness Policy to address comprehensive nutrition and physical activity in the school setting. Individual schools must implement the provisions of the Wellness Policy and be measured on the extent to which they are in compliance so that the district can report progress to the school community, as required.

This **DISTRICT SUMMARY** consolidates results from completed school checklists (**Wellness Checklist Single School**) in a district, and provides scores for 6 additional *district-level* standards (below) to create a summary of wellness policy implementation and compliance for the district as a whole.

The following standards should be completed by a person at the district level who is responsible for district wellness committee and policy activities.

**Measurement Codes:** ES = Exceeds Standard MS = Meets Standard NI = Needs Improvement N/A = Not Applicable

District-Level Standard		Measurement				
A. Wellness Committee		ES	MS	NI	N/A	Notes
1	District maintains an active wellness committee that meets at least four times yearly.					
2	District wellness committee is co-chaired by a school committee member and school administrator and has community-wide representation (administrators, PE teachers, nurses, school staff, food service, parents, students, community members) with a majority not employed by the school district, in accordance with RI General Law 16-21-28. ( <a href="http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-28.HTM">http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-28.HTM</a> )					
B. Leadership/Communication		ES	MS	NI	N/A	Notes
3	One (or more) school official is responsible for district-wide compliance with the wellness policy.					
4	District has an annual communication and recruitment effort for wellness committee participation.					
5	District posts wellness meeting agendas and minutes on district website.					
C. Assessment		ES	MS	NI	N/A	Notes
6	District conducts regular (at least once every three years) assessments of wellness policy implementation in each school and makes this information available to the public (school committee report, website posting, public forums).					

[illegible]

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revised Sept. 2016

**ES** Exceeds Standard  
**MS** Meets Standard  
**NI** Needs Improvement  
**NA** Not Applicable

List individual schools here ↓

																							TOTALS				
																							ES	MS	NI	NA	
<b>Standard</b>																											
<b>A. Communication</b>																											
<b>1</b>	District administration and/or district Wellness Committee regularly communicates with this school about the contents of the Wellness Policy.																										
<b>2</b>	Principal regularly communicates with this school's staff about the content and implementation of the Wellness Policy and school-based wellness initiatives (for example, at staff orientations and meetings).																										
<b>3</b>	This school regularly shares information and solicits input on the provisions of the Wellness Policy and school wellness initiatives with students/parents/guardians.																										
<b>4</b>	This school has representation on the district Wellness Committee.																										
<b>5</b>	This school provides an annual report of wellness activities, successes and challenges to the district wellness committee.																										
<b>B. Foods/Beverages in the Cafeteria</b>																											
<b>Environment</b>																											
<b>6</b>	The cafeteria has a pleasant and inviting environment.																										
<b>7</b>	Students are given adequate time at breakfast and lunch to purchase and eat food (ideally, minimum 10 minutes for breakfast and 20 minutes for lunch after seated).																										
<b>8</b>	Healthful foods are promoted to students and the marketing of foods/beverages that do not meet <i>USDA Smart Snacks in Schools</i> nutrition standards are prohibited during the school day.																										

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ES Exceeds Standard MS Meets Standard NI Needs Improvement NA Not Applicable																							TOTALS			
																							ES	MS	NI	NA
	Meal Programs																									
9	The School Breakfast, Lunch and After-School Snacks Programs, at a minimum, comply with the current USDA Nutrition Standards for Federal Meals Programs and with the RI School Meals Nutrition Requirements (RINR).*																									
10	The meal programs utilize locally sourced RI farm products whenever possible.																									
11	School kitchen facilities are upgraded as needed to support the preparation and storage of freshly prepared food.																									
12	Food service workers are provided nutrition education, training and support for the preparation of made-from-scratch meals and the promotion of healthier eating.																									
13	Nutrition information for school meals is available to students/parents/guardians.																									
14	Students/parents/guardians can provide feedback and give input on menus and participate in the promotion of healthful options.																									
	A la carte Beverages and Snacks																									
15	The food service program is in compliance with <u>USDA Smart Snacks in School</u> standards and <u>RI state law</u> for the sale of only healthier a la carte beverages and snacks <i>before, during and one hour after the school day</i> .* (Beverage choices are limited to water, carbonated water flavored or sweetened with 100% fruit juice, 100% fruit juice, nonfat or 1% non-flavored or flavored milks, and fortified soy beverages. Snack choices are mostly fruits, vegetables, and whole grain items that are low in fat, sugar and sodium.)																									





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																							ES	MS	NI	NA
<b>E. Nutrition Ed./Wellness Promotion (cont.)</b>																										
	<b>Nutrition Education</b>																									
<b>31</b>	Nutrition education is linked to the school food environment, including the cafeteria.																									
	<b>Wellness Promotion</b>																									
<b>32</b>	Marketing of foods/beverages that do not meet <i>USDA Smart Snacks in Schools</i> and state nutrition standards is prohibited during the school day.																									
<b>33</b>	This school provides parents/guardians with educational opportunities regarding nutrition, physical activity and wellness promotion.																									
<b>34</b>	The staff is encouraged to model healthy behaviors and build the commitment of staff to help improve the school nutrition and physical activity environment.																									
<b>35</b>	The staff is afforded opportunities for wellness education, including presentations and workshops, health assessments, fitness activities and the distribution of educational and informational materials.																									
	<b>Student Rewards and Incentives</b>																									
<b>36</b>	Student rewards and incentives support the district Wellness Policy. (Ideally, food or candy is never used as a reward or incentive in the classroom or elsewhere in the school environment.)																									





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																										ES	MS	NI	NA
G. Physical Activity																													
43	This school provides adequate, developmentally appropriate and safe facilities and recreation areas for physical activity.																												
44	All students in schools with grades K-6 receive 20 consecutive minutes of daily recess as required by RI state law. Good faith efforts are made to not withhold recess for punitive reasons. (Ideally, recess is before lunch and provisions are made for active play when indoor recess is necessary.)																												
45	Physical activity, <u>including recess</u> , is not used or withheld for punitive or academic reasons.																												
46	Physical activity breaks are utilized during classroom time. (Ideally, staff training is provided.)																												
47	This school provides and/or collaborates with qualified professionals or community organizations to provide a range of organized before/after school physical activity opportunities for all students (i.e. club, intramural, interscholastic).																												
48	School spaces and facilities are available to students, staff and community members, agencies and organizations outside of the school day to encourage physical activity.																												

