

(http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-28.HTM)

One (or more) school official is responsible for district-wide compliance with

District has an annual communication and recruitment effort for wellness

District posts wellness meeting agendas and minutes on district website.

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

B. Leadership/Communication

committee participation.

the wellness policy.

C. Assessment

forums).

Wellness Checklist DISTRICT SUMMARY

Notes

Notes

Name/title of person completing this document:

DA	TE:					
DIS	TRICT:					SCHOOL YEAR:
sett	RI school districts are required by federal and state law to adopt a ting. Individual schools must implement the provisions of the Well trict can report progress to the school community, as required.				•	address comprehensive nutrition and physical activity in the school ured on the extent to which they are in compliance so that the
add	s DISTRICT SUMMARY consolidates results from completed schoo litional <i>district-level</i> standards (below) to create a summary of well following standards should be completed by a person at the district.	llness p	policy	imple	menta	tion and compliance for the district as a whole.
	Measurement Codes: ES = Exceeds Standard	MS =	= Meet	s Stanc	dard I	NI = Needs Improvement N/A = Not Applicable
Dis	trict-Level Standard			remen		
A. V	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,					

ES

ES

MS

MS

NI

N/A

N/A

NI

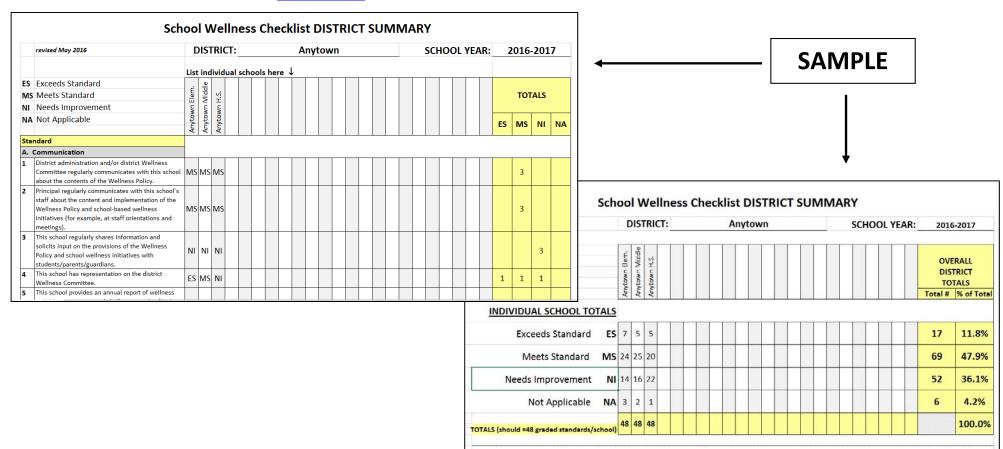


(September 2016 revision)

Tips and Instructions

This summary tool consolidates results from all individual schools in the district. On the following 9 pages, transfer scores from each school's checklist (Wellness Checklist Single School) into the grid.

- On page 1, type in the name of your school district and the school year, as well as each individual school in your district. *This information you type on page 1 will appear on all succeeding pages.*
- Please type the appropriate "score" in UPPERCASE LETTERS (ES, MS, NI and NA); lowercase letters will NOT register in the totals.
- Totals will automatically tally at the end of each line; school and district totals will automatically tally on last page.
- NEED HELP? Send us an email at info@rihsc.org.





Khoc	de Island Healthy Schools Coalition	L	ו כונ	KIC	.1:									3	CH	100	JL '	YEA	K:				
	revised Sept. 2016	List	ind	ividı	uals	scho	ols I	nere	\downarrow														
ES	Exceeds Standard																						
MS	Meets Standard																				тот	ALS	
	Needs Improvement																						
	•																						
NA	Not Applicable																			ES	MS	NI	NA
	ndard																						
4. (Communication																						
Ĺ	District administration and/or district Wellness																						
	Committee regularly communicates with this																						
	school about the contents of the Wellness Policy.																						
2	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).								_				-	_									
3	This school regularly shares information and																						
	solicits input on the provisions of the Wellness																						
	Policy and school wellness initiatives with																						
1	students/parents/guardians. This school has representation on the district								-				-	-									
+	Wellness Committee.																						
	This school provides an annual report of wellness								\dashv				\rightarrow										
,	activities, successes and challenges to the district																						
	wellness committee.																						
B. F	Foods/Beverages in the Cafeteria												-							-			
	Environment	J																					
5	The cafeteria has a pleasant and inviting																						
	environment.																						
7	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).																						
3	Healthful foods are promoted to students and the																						
	marketing of foods/beverages that do not meet USDA Smart Snacks in Schools nutrition standards																						
	are prohibited during the school day.																						

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node	e Island Healthy Schools Coalition	D	ISTF	RIC	Т:									SCF	100	OL	YEA	R:				
	-																					
S	Exceeds Standard																					
/IS	Meets Standard																			TOT	ALS	
II	Needs Improvement																					
	Not Applicable																	ŀ				
	Not Applicable																		ES	MS	NI	NA
	Meal Programs						J															
	The School Breakfast, Lunch and After-School																					
	Snacks Programs, at a minimum, comply with the					i																
	current USDA Nutrition Standards for Federal																					
	Meals Programs and with the RI School Meals																					
	Nutrition Requirements (RINR).*																					
0	The meal programs utilize locally sourced RI farm																					
	products whenever possible.																					
1	School kitchen facilities are upgraded as needed to					i																
	support the preparation and storage of freshly																					
	prepared food.																					
2	Food service workers are provided nutrition																					
	education, training and support for the preparation																					
	of made-from-scratch meals and the promotion of																					
_	healthier eating.					-																
3	Nutrition information for school meals is available																					
_	to students/parents/guardians. Students/parents/guardians can provide feedback				\dashv					-	-											
4	and give input on menus and participate in the					i																
	promotion of healthful options.																					
	A la carte Beverages and Snacks																					
5	The food service program is in compliance with				\neg																	
,	USDA Smart Snacks in School standards and RI																					
	state law for the sale of only healthier a la carte																					
	beverages and snacks before, during and one hour					i																
	after the school day .* (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)									1	ı											

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hode	e Island Healthy Schools Coalition	D	IST	RIC	T:											SC	CHC	0	L YE	AR:				
S	Exceeds Standard																	T						
ΝS	Meets Standard																					TOT	ALS	
NI	Needs Improvement																							
	Not Applicable																							
																					ES	MS	NI	NA
	A la carte Beverages and Snacks (cont.)												1					_		<u> </u>		l .		
.6	Students are provided access to free, safe and																							
	fresh drinking water during meal service (and																							
	ideally throughout the day).																							
). F	oods/Beverages Outside the Cafeteria			-		<u> </u>	<u>-</u>	-	-	-	 	-	-	<u>-</u>	 	_	<u>-</u>		_	_	=	=		
	Vending Machines																							
.7	Vending machines in this school are in compliance																							
	with <u>USDA Smart Snacks in School</u> standards and <u>RI</u>																							
	state law for the sale of only healthier beverages																							
	and snacks before, during and one hour after the																							
	school day .* (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.)																							
	School Store																							
.8	The school store sells only non-food items or sells																							
	beverages and/or snacks that comply with <u>USDA</u>																							
	Smart Snacks in School standards and RI state law																							
	for the sale of only healthier beverages and snacks																							
	before, during and one hour after the school day .*																							
	(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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Rhod	e Island Healthy Schools Coalition	DISTRICT: SCHOOL YEA	R:				
			_				
MS	Exceeds Standard Meets Standard Needs Improvement				тот	ALS	
	Not Applicable			ES	MS	NI	NA
	School/Classroom Celebrations and Events		-				
19	Celebrations and events (birthdays, holidays, potlucks, etc.) comply with the district Wellness Policy. (Ideally, they do not include food or only items that meet the USDA Smart Snacks in Schools standards or are only allowed to include food on limited occasions as part of a curriculum-related activity.)						
20	Parents/guardians are notified of any celebration or event where food will be served and given the option to decline their child's participation.						
21	Ingredient lists for any foods/beverages served as a part of a school celebration or event are available upon request due to food allergy/sensitivity concerns.						
	After-School Programs						
	All beverages and snacks provided by school employees or representatives of outside organizations operating on school premises comply with the district Wellness Policy.						
	Concessions						
	Food concessions available for sale after the school day on school grounds comply with the district Wellness Policy. (Ideally, healthy items are featured and high sugar, high fat and/or high calorie items are limited.)						
D. F	undraising						
	Applies to all school fundraising activities (including, but not	nited to, PTA/PTO/PTG, student clubs and sports, and principal/staff fundraisers)					
24	Everyone conducting fundraising activities is aware of the <u>USDA Smart Snacks in School</u> standards, <u>RI state law</u> for the sale of only healthier beverages and snacks, and the district Wellness Policy.*						

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lhod	de Island Healthy Schools Coalition	D	ISTR	RICT	`:							SC	НО	OL	YEA	R:_				
								1	1				1							
	Exceeds Standard																			
ΝS	Meets Standard																	TOT	ALS	
١I	Needs Improvement																			
NΑ	Not Applicable																-6			
																	ES	MS	NI	NA
). I	Fundraising (cont.)								<u> </u>											
25	Any food fundraising for sale and consumption																			
_	before, during and one hour after the school day																			
	complies with <u>USDA Smart Snacks in School</u>																			
	standards and RI state law for the sale of only																			
	healthier beverages and snacks.* (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.)																			
26	Fundraisers held outside of the school day comply									ı										
	with the district Wellness Policy. (Ideally, <u>non-food</u>																			
	fundraisers are encouraged and food sales																			
	featuring high sugar, high fat and/or high calorie																			
	items are discouraged.)																			
7	Fundraisers that promote physical activity are encouraged.																			
										_										
	Candy fundraising, strictly prohibited during school hours, is discouraged or prohibited.outside of school hours.																			
. N	lutrition Education/Wellness Promotion																			
	Nutrition Education																			
29	All students in this school receive yearly grade-																			
	appropriate nutrition education that is interactive																			
	and teaches the skills needed to adopt healthy																			
	eating behaviors.																			
30	Nutrition lessons are integrated into the core																			
	curriculum, including math, science and language																			
	arts														I I					

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	<u>'</u>																					
S	Exceeds Standard																					
νıs	Meets Standard																			TOT	ALS	
NI	Needs Improvement																					
	Not Applicable																					
	, recent product																	F	ES	MS	NI	NA
. N	Nutrition Ed./Wellness Promotion (cont.)																					
	Nutrition Education																					
31	Nutrition education is linked to the school food																					
	environment, including the cafeteria.																					
	Wellness Promotion																					
32	Marketing of foods/beverages that do not meet																					
	USDA Smart Snacks in Schools and state nutrition																					
	standards is prohibited during the school day.															i						
33	This school provides parents/guardians with																					
	educational opportunities regarding nutrition,																					
	physical activity and wellness promotion.			_	_	_			_				_		_		_	_	_			
34	The staff is encouraged to model healthy behaviors																					
	and build the commitment of staff to help improve																					
	the school nutrition and physical activity environment.																					
35	The staff is afforded opportunities for wellness				-	\dashv			-				+		\dashv				\dashv			
55	education, including presentations and workshops,																					
	health assessments, fitness activities and the																					
	distribution of educational and informational																					
	materials.																					
	Student Rewards and Incentives							•		•		•	•									
36	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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			1																		
S	Exceeds Standard																				
/IS	Meets Standard																		TOT	ALS	
II	Needs Improvement																				
ΙΑ	Not Applicable																	ГC	D.A.C	NII	NIA
																		ES	MS	NI	NA
. P	hysical Education						•					•									
7	Every student in this school participates in Physical																				
	Education that meets the RI mandated																				
	requirement of an average of 20 minutes per day																				
	(100 minutes per week) for PE/Health.* (Ideally, PE																				
	classes meet consistently throughout the entire																				
	school year.)																				
8	The Physical Education program is aligned with the																				
	RI PE Framework and state standards, which																				
	provides a sequential, developmentally appropriate																				
	curriculum designed, implemented and evaluated																				
	to help students develop the knowledge, motor																				
	skills, self-management skills, attitudes and																				
	confidence needed to adopt and maintain physical																				
	activity throughout their lives.*																				
9	This school provides an enjoyable and safe																				
	environment for PE classes with adequate space																				
	and equipment.																				
0	This school introduces and administers																				
	developmentally appropriate health-related fitness																				
	assessments.																				
1	All PE classes are taught by certified PE teachers																				
	who are provided professional development																				
	specific to Physical Education each school year.																				
2	This school does not allow exemptions, waivers or																				
	substitutions for PE classes. All students must																				
	participate in PE unless excused by a certified																				
	medical provider		l																		

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	F								1		-		-			-					
ES	Exceeds Standard																				
MS	Meets Standard																		TOT	ALS	
NI	Needs Improvement																				
NA	Not Applicable																	ES	MS	NI	NA
G. P	hysical Activity																				
	This school provides adequate, developmentally appropriate and safe facilities and recreation areas for physical activity.																				
	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.)																				
	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.)																				
	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																				

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Island Healthy Schools Coalition		ט	1214	KIC I	:_									SCF	IU	UL	Y E A	AK:			
																			To	DIST	ERALL TRICT TALS % of Total
INDIVIDUAL SCHOOL TO	TALS								<u> </u>			<u> </u>								<u> </u>	70 01 1044
Exceeds Standard	ES																				
Meets Standard	MS																				
Needs Improvement	NI																				
Not Applicable	NA																				
TOTALS (should =48 graded standards/s	chool)																				
Identify 2-3 successes that your distri	ict can	cele	brate	e & ı	oubl	icize	:: 1)														
							2)														
							3)														
dentify 2-3 areas that your district ca	n focus	on	for ir	npro	oven	nent	:: 1)														
							2)	_													
							3)														

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