



Wellness Checklist Single School

Updated SEPT 2016



RIDE Child Nutrition Programs

Date: _____ District: _____ School: _____

Name & Title of Person(s)
Completing Checklist:

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 the district can report progress to the school community, as required.

The purpose of this checklist is to assist your school in identifying areas where you have been successful in achieving your school wellness goals and complying with your district policy as well as to help identify priority areas where you can focus your future efforts.

The standards for comparison have been adapted from USDA regulations, RI General Laws and regulations, and national model policy language and exemplary practice provisions. You will need to refer to your own District Wellness Policy for provisions specific to your school district.

This Checklist can be completed by any person(s) at the school level who is familiar with school wellness curriculum, activities, practices and programs. It is likely that no one person will be able to accurately address all content areas so it is recommended that other knowledgeable school personnel (Principal, Food Service staff, PE teacher, Health teacher, School Nurse, PTO leader, etc.) be asked to contribute information and answers.

This checklist is a pdf designed to be filled out electronically with free Adobe Acrobat Reader software. If you need the current version of Adobe Reader, you can download it here: <https://get.adobe.com/reader/>

Please refer to the following links for further information and detail:

- *USDA Nutrition Standards for School Meals*
www.fns.usda.gov/school-meals/nutrition-standards-school-meals
- *USDA SmartSnacks in Schools (Competitive Foods)*
<https://healthymeals.nal.usda.gov/smartsnacks>
- *USDA Local School Wellness Policy Requirements*
<http://www.fns.usda.gov/tn/local-school-wellness-policy>
- *RI General Law regarding Physical Education Curriculum requirements*
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-22/16-22-4.HTM>
- *RI General Law regarding the sale of only healthier snacks & beverages in schools*
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-7.HTM>
<http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-29.HTM>
- *RI General Law regarding recess in elementary schools*
<http://webserver.rilin.state.ri.us/PublicLaws/law16/law16157.htm>
- *RI School Meals Nutrition Requirements (RINR)*
http://www.thriveri.org/documents/RINR2009_%20BOR_%20Mandated%2011%205%2009.pdf

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

SCHOOL:

Standard		Measurement				
A. Communication		ES	MS	NI	N/A	Notes
1	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 students/parents/guardians.					
4	This school has representation on the district Wellness Committee.					
5	This school provides an annual report of wellness activities, successes and challenges to the district wellness committee.					
B. Foods/Beverages in the Cafeteria		ES	MS	NI	N/A	Notes
	<i>Environment</i>					
6	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).					
8	Healthy food choices are promoted to students; the marketing of foods/beverages that do not meet <u>USDA Smart Snacks in Schools</u> standards and RI state law is prohibited during the school day.*					
	<i>Meal Programs</i>					
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).*					

*All federal and state laws/regulations referenced above are linked on the Checklist cover page

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B. Foods/Beverages in the Cafeteria (cont.)		ES	MS	NI	N/A	Notes
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.					
<i>A la carte Beverages and Snacks</i>						
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.)					
16	Students are provided access to free, safe and fresh drinking water during meal service (and ideally throughout the day).					
C. Foods/Beverages Outside the Cafeteria		ES	MS	NI	N/A	Notes
<i>Vending Machines</i>						
17	Vending machines in this school are in compliance with <u>USDA Smart Snacks in School</u> standards and <u>RI state law</u> for the sale of only healthier 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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C. Foods/Beverages Outside the Cafeteria (cont.)		ES	MS	NI	N/A	Notes
School Store						
18	The school store sells only non-food items or sells beverages and/or snacks that comply with <u>USDA Smart Snacks in School standards</u> and <u>RI state law</u> for the sale of only healthier 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.)					
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 <u>USDA Smart Snacks in Schools standards</u> and <u>RI state law</u>) 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						
22	All beverages and snacks provided by school employees or representatives of outside organizations operating on school premises comply with the district Wellness Policy.					
Concessions						
23	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. Fundraising		ES	MS	NI	N/A	Notes
<i>Applies to all school fundraising activities (including, but not limited to, PTA/PTO/PTG, student clubs and sports, and principal/staff fundraisers)</i>						
24	Everyone conducting fundraising activities is aware of the <u>USDA Smart Snacks in School standards</u> , <u>RI state law</u> for the sale of only healthier beverages and snacks, and the district Wellness Policy.*					

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D. Fundraising (cont.)		ES	MS	NI	N/A	Notes
25	Any food fundraising for sale and consumption <i>before, during and one hour after the school day</i> complies with <u>USDA Smart Snacks in School</u> standards and <u>RI state law</u> 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 <i>outside of the school day</i> comply 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.)					
27	Fundraisers that promote physical activity are encouraged.					
28	Candy fundraising, while strictly prohibited during school hours, is discouraged or prohibited outside of school hours.					
E. Nutrition Education/Wellness Promotion		ES	MS	NI	N/A	Notes
<i>Nutrition Education</i>						
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.					
31	Nutrition education is linked to the school food environment, including the cafeteria.					
<i>Wellness Promotion</i>						
32	Marketing of foods/beverages that do not meet <u>USDA Smart Snacks in Schools</u> and state nutrition standards is prohibited during the school day.*					
33	This school provides parents/guardians with educational opportunities regarding nutrition, physical activity and wellness promotion.					

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E. Nutrition Education/Wellness Promotion (cont.)		ES	MS	NI	N/A	Notes
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 education, including presentations and workshops, health assessments, fitness activities and the distribution of educational and informational materials.					
<i>Student Rewards and Incentives</i>						
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.)					
F. Physical Education		ES	MS	NI	N/A	Notes
37	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 <u>throughout the entire school year.</u>)					
38	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.*					
39	This school provides an enjoyable and safe environment for PE classes with adequate space and equipment.					
40	This school introduces and administers developmentally appropriate health-related fitness assessments.					
41	All PE classes are taught by certified PE teachers who are provided professional development specific to Physical Education each school year.					
42	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.					

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G. Physical Activity		ES	MS	NI	N/A	Notes
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 not to 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.					

= Total should equal 48 standards

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After completing this Checklist, use your findings to report:

COMPLIANCE (successes that your school can celebrate and publicize):

- 1)
- 2)
- 3)

AREAS IN NEED OF IMPROVEMENT (obstacles that your school can focus on for improvement):

- 1)
- 2)
- 3)

Plans for overcoming obstacles:

- 1)
- 2)
- 3)

Other notes: