

# School Wellness Policy Building Assessment Tool

**School Name:** Grinnell-Newburg CSD

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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.

<b>Wellness Policy Language</b> <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	<b>Fully in Place</b>	<b>Partially in Place</b>	<b>Not in Place</b>	<b>List steps that have been taken to implement goal and list challenges and/or barriers of implementation.</b>	<b>List next steps that will be taken to fully implement and/or expand on goal.</b>
<b>Nutrition Education and Promotion Goals</b>					
1. Comprehensive Standards based		X		Elem. Limited time to teach nutrition per curriculum director. MS and HS have classes available to all grades	Give ideas to elem. on how to incorporate into the math, science standards, etc.
2. Promote fruit/veggies	X			School nutrition program and we added salad bars. Switch Program at Davis 16-17 school year.	
3. Caloric balance and food intake	X			Phys. Ed	
4. Links with meal program		X		Some math and sciences links to school meal program	Give teachers examples on how to link to meal program
<b>Physical Education and Physical Activity Goals</b>					

1. Daily Physical Education	X			PE teachers are meeting set requirements	
2. Daily Recess	X			Exceeding 30 minutes at elem.	Try to implement recess before lunch at all elem.
3. Physical Activity as Punishment	X			Not a practice at the schools	
4. Food as Reward or punishment		X		Some will get food as a reward occasionally at most of the schools. Hard to "police". Will be reminding teachers yearly about this goal.	Will send yearly reminders to buildings about this goal.
Nutrition Guidelines for All Foods Available to Students					
1. School Meals	X			Follow USDA guidelines.	Continue to me up to date on the newest rules and regulations
2. Breakfast	X			Continue to work with bus schedules to get kids to school in time to eat breakfast	Continue to promote breakfast.
3. Free and Reduced Meals	X			Use electronic system	
4. Meal time and Schedule	X			Schools are all starting after 11:00 now for lunch.	
5. Foods Sold Outside the Food Service Program	X			Smart Snacks---have spoken to groups that sell food as fundraisers	Continue to monitor

Other School Based Activities Goals					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
1. Health Education	X			Seem to get this through health classes and PE at all schools	Continue to monitor
2. Physical activity breaks		X		Hard to monitor, but most of the schools believed the K-8 did this regularly	Continue to monitor
3.					
4.					
<b><i>Communication with Parents</i></b>					
1. Nutrition information	X			We send home information and have info and the website. E-Newsletter	Continue to find ways to get nutrition information to parents.
2. Pack healthy lunches		X		Encouraged by our registration newsletter hard to enforce. They do receive a healthy snack list.	Send parents healthy meal component ideas.
3. Physical Activity		X		Information if send home via PE teachers, but some physical activity ideas could be better communicated at all schools. Switch program 16-17 year helped us do this with 4 <sup>th</sup> graders at Davis.	Increase amount of communication with parents

4.					
<b>Staff Wellness</b>					
1. Gym use	X			In place (MS and HS gym use for all contract employees)	Continue to brainstorm ideas to help staff wellness
2.					