

# School Wellness Policy Building Assessment Tool

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 Enarson Elementary

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.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
<b>Nutrition Education and Promotion Goals</b>					
1. My Plate Curriculum	X				
2. SWITCH Program-Elementary	X			lack of time	will continue to work with teachers to find schedules that work.
3.					
4.					
<b>Physical Education and Physical Activity Goals</b>					
1. PE + Recess	X			rearranging of schedules to ensure each student has adequate amounts of physical activity	working on developing an elementary Fit Club + added strength + agility training for MS students.
2.					
3.					
4.					
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1. Smart Snacks	X			we utilize and follow USDA guidelines as well as only offer Smart Snack choices.	continue to follow guidelines
2. USDA Guidelines					
3.					
4.					
<b>Other School Based Activities Goals</b>					
<b>Integrating Physical Activity into the Classroom Settings</b>					
1. Go Noodle- elementary		X		promoting the use of Go Noodle + Fuel up to Play ideas to ↑ activity during the day.	continue working w/ wellness committee members to brainstorm ways to ↑ activity without ↓ instruction time of teachers.
2. SWITCH Program- elementary	X				
3.					
4.					
<b>Communication with Parents</b>					
1. Wellness Newsletter		X		not consistent in timely communication.	-working on preparing monthly health/wellness newsletters to send home + post on website.
2.					

3.					
4.					
<b>Food Marketing in Schools</b>					
1. Follow Smart Snack guidelines	X				continue to follow guidelines
2.					
3.					
<b>Staff Wellness</b>					
1. Flu Shot / Health Fair offering	X	<del>X</del>		coordination with CHI	
2. Staff Wellness Newsletter			X	+ insurance carrier	

Wellness committee working on a survey to gain understanding of the wants/needs of staff.