

Wellness-Related Policy Assessment

Use the assessment tool provided on the back side of this page to measure the strength and implementation of your current Wellness-Related Policies in regard to the *Let's Go!* (LG) five priority strategies and two USDA HealthierUS School Challenge (HUSSC) strategies. Strong policy provides clear direction to staff and students about what is required and/or allowed and what is forbidden during the school day. When measuring the strength of your policy language be sure to look for clear, straightforward language that leaves no room for interpretation and score those as "Strong." Score policy language which is unclear or indirect as "Weak."

Strong policy words that indicate that something is required include:

SHALL, WILL, MUST, HAVE TO, INSIST, REQUIRE, COMPLY and ENFORCE.

Words that **do not indicate requirement** include:

ENCOURAGE, MAY, CAN, SHOULD, COULD, MIGHT, SUGGEST, STRIVE TO, WORK TO and TRY.

Continue to reverse side for assessment tool...

School Name: Milton-Union Exempted Village Schools

Strategy	Current Policy	Strength of Current Policy			Implementation of Current Policy					Notes
		Strong	Weak	No Policy	School Wide	Most Classrooms	A Few Classrooms	In Planning	No Classrooms	
<p>These are the strategies that you will be working to write into policy.</p>	<p>Write any <u>current policy</u> you have for each strategy into the corresponding boxes below. Next you will score the strength and implementation of each policy.</p>									<p>Opportunities, Barriers, Resources Needed, Rank Policies by Priority, etc.</p>
<p>Provide healthy choices for snacks and celebrations; limit unhealthy choices. LG</p>	<ul style="list-style-type: none"> - The district shall encourage students to increase their consumption of healthful foods during the school day. - The district shall create an environment that reinforces the development of healthy eating habits, including offering healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards. - The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited. - All food items and beverages available for sale to students for consumption on the school campus...shall comply with the current USDA Dietary Guidelines for Americans... - All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans... - All food and beverages that are provided, other than through sale, on the school campus (which may include for classroom parties and at holiday celebrations) during 	X			X					<p>Provide additional education and include nutrition as part of the K-5 curriculum.</p> <p>Depending on the season, student allergies, and scheduled time available, actual practice of limiting unhealthy snacks during celebrations can be difficult.</p>

	<p>the school day shall comply with the current USDA Dietary Guidelines for Americans.</p> <ul style="list-style-type: none"> - The food service program will provide all students with affordable access to the varied and nutritious foods they need to be healthy and learn well. - All foods available on campus at any time shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area... - All foods available to students in District programs...shall be served in consideration for promoting student health and well-being. - ...any foods and beverages marketed or promoted to students on the school campus...will meet or exceed the USDA Smart Snacks in School nutrition standards. 									
<p>Provide water and low fat milk; limit or eliminate sugary beverages. LG</p>	<ul style="list-style-type: none"> - The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited. - All food items and beverages available for sale to students for consumption on the school campus...shall comply with the current USDA Dietary Guidelines for Americans... - All food and beverages that are provided, other than through sale, on the school campus (which may include for classroom parties and at holiday celebrations) during the school day shall comply with the current USDA Dietary Guidelines for Americans. - ...any foods and beverages marketed or promoted to students on the school 	X			X					<p>Food Service is required to offer water at breakfast and lunch. Containers of water are made available at lunch, and bottled water is available for purchase.</p> <p>Providing low fat milk is also a requirement. As a matter of practice, low fat milk is offered on a daily basis per guidelines.</p>

	campus...will meet or exceed the USDA Smart Snacks in School nutrition standards.								
Provide non-food rewards. LG	- All food and beverages that are provided, other than through sale, on the school campus (which may include for classroom parties and at holiday celebrations) during the school day shall comply with the current USDA Dietary Guidelines for Americans.	X			X				This is typically common practice although policy does not address this directly.
Primarily non-food items should be sold through school fundraising activities. HUSSC	- All food items and beverages available for sale to students for consumption on the school campus...shall comply with the current USDA Dietary Guidelines for Americans...as well as food and beverages from vending machines, from school stores, or as fundraisers, including those operated by student club and organizations, parent groups, or booster clubs.	X			X			The sheer amount of fundraising activities can make this difficult to manage. The sheer amount of organizations, booster clubs, and parent associations make this difficult to monitor.	
Provide opportunities for children to get physical activity every day. LG	- Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day. - Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations... - The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.	X			X			Family context, employment, and work schedules make supervision difficult.	
The school demonstrates a commitment to neither deny nor require physical activity as a means of punishment. HUSSC	- Physical activity should not be employed as a form of discipline or punishment.	X			X			During recess, students are removed from "play" and required to "walk the line" if misbehaved.	

<p>Limit recreational screen time. (School based screen time) LG</p>	<p>- (5136) Technology including, but not limited to, PCDs intended and actually used for instructional purposes (e.g., taking notes, recording classroom lectures, writing papers) will be permitted, as approved by the classroom teacher or the building principal.</p>	<p>X</p>			<p>X</p>						<p>Policies regarding technology are separate from 8510.</p> <p>In practice, building administrators and classroom teachers are involved in limiting and managing cell phone and PCD use. Wireless access is limited for recreational use to specific areas in the building.</p>
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You can utilize this blank template for other Wellness-Related Policies you may be assessing as part of your Wellness Policy efforts.

School Name: Milton-Union Exempted Village Schools

Strategy	Current Policy	Strength of Current Policy			Implementation of Current Policy					Notes
		Strong	Weak	No Policy	School Wide	Most Classrooms	A Few Classrooms	In Planning	No Classrooms	
<i>List additional strategies that you will be working to write into policy.</i>	<i>Write any <u>current policy</u> you have for each strategy into the corresponding boxes below. Next you will score the strength and implementation of each policy.</i>									<i>Opportunities, Barriers, Resources Needed, Rank Policies by Priority, etc.</i>
Increasing student access to nutrition education via the Health curriculum.	Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the state.		X		X					Scheduling, teacher availability, state requirements, etc. are all barriers and, in some cases, resources that would be needed for implementation.

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