

Hampshire County Schools WELLNESS ASSESSMENT 2018 2019

Nutritional

Goal- Challenge your school to increase opportunities for students to make healthy, nutritional choices.

#	Question	Yes	No	N/A
1.1	Does your school offer breakfast?	x		

#	Question	Yes	No	N/A
1.2	<p>Does school breakfast include a variety of foods that meet the following criteria?</p> <ul style="list-style-type: none"> • Offer at least 3 different fruits and vegetables each week • Serve fresh fruit at least 1 day per week • Ensure that at least 50% of grains offered per week are whole grain-rich • Offer only nonfat (flavored or unflavored) and low-fat (unflavored) fluid milk each day 	x		
1.3	Does your school offer alternative approaches to breakfast such as breakfast in the classroom or grab-and-go breakfast service?	x		
1.4	Does your school offer a lunch program? <i>If no, skip to question 1.6</i>	x		

#	Question	Yes	No	N/A
1.5	<p>Does the school lunch program include a variety of foods that meet the following criteria?</p> <ul style="list-style-type: none"> • Goes beyond the National School Lunch Program requirements to offer 1 additional serving per week from any of the 3 vegetable subgroups (dark green, red and orange, dry beans and peas) • Offers a different fruit every day of the week during lunch (includes 100% fruit juice but can only be counted as a fruit once per week) • Serves fresh fruit at least 1 day/week • Ensures at least 2/3 of grains offered each week are whole grain-rich • Offers at least 3 different types of whole grain-rich foods each week • Offers only nonfat (flavored or unflavored) and low-fat (unflavored) milk each day 	x		
1.6	<p>Do a <i>la carte</i> offerings (foods that are sold individually in the lunch line) include fat-free or low-fat dairy foods, fresh fruit, non-fried vegetable(s) and whole grain food(s) every day?</p>			x
1.7	<p>Do school vending machines, stores and concession stands outside the cafeteria offer fat-free or low-fat dairy foods, fruits, non-fried vegetables and whole grain foods?</p>	x		

#	Question	Yes	No	N/A
1.8	<p>How many of the following items are available in the vending machines or at the snack bar in your school?</p> <p>Fat-free or low-fat dairy foods</p> <p>Fruits</p> <p>Non-fried vegetables</p> <ul style="list-style-type: none"> • Water • 100% fruit juice <p>Whole grain products (i.e., whole wheat bread, whole wheat crackers and cereals)</p>	1 water		
1.9	<p>Your school tries to promote healthy food and beverage choices by how many of the following ways?</p> <ul style="list-style-type: none"> • Placing healthy foods in prominent positions • Displaying nutritional information • Offering nutritious food at better prices than food of less nutritional value • Advertising healthy foods through menus or posters • Engaging students in deciding what foods and beverages are offered (taste tests, surveys, etc.) 	x		
1.10	<p>In the past two weeks, did the majority of students have at least 10 minutes to eat breakfast at school, counting from the time they are seated?</p>	x		
1.11	<p>In the past two weeks, did the majority of students have at least 20 minutes to eat lunch at school, counting from the time they are seated?</p>	x		

#	Question	Yes	No	N/A
1.12	Are most foods served in your school of high quality (fresh, attractive) with a good variety?	x		
1.13	Do students participate in taste tests (or other food tasting events) to help select youth-appealing foods and beverages for school meals?	X HHS/Ex.Off		
1.14	Is nutritional information (about nutritional content of food) available for foods served in school meals to help students make healthful eating choices?	x		
1.15	Does your school promote the benefits of consuming low-fat or fat-free dairy foods, fruits, vegetables and whole grains to students throughout the school environment (e.g., hallways, stairwells, cafeteria, gymnasium, classrooms, etc.)?	x		

Physical Education / Physical Activity

Goals- Elementary/Intermediate-Challenge your school to increase the opportunity for movement across the curriculum.

Middle/High-Challenge your school to increase aerobic capacity through the introduction of lifetime fitness skills.

#	Question	Yes	No	N/A
2.1	Does your school have required physical education courses?	x		

#	Question	Yes	No	N/A
2.2	Does your school implement the following minutes of physical education per week for the grade levels your school serves: a. Recommended ¹ 150 minutes per week for ELEMENTARY? b. Recommended ¹ 225 minutes per week for MIDDLE and HIGH SCHOOL? c. Required 90 minutes for ELEMENTARY? d. Required 1 semester for MIDDLE and HIGH SCHOOL?	x		
2.3	To what extent does your school regularly implement the recommended minutes of physical education per week (per question above) for the grade levels your school serves? <i>Note: Answer only for grade level served</i>			
	-» ELEMENTARY	x		
	^MIDDLE/HIGH SCHOOL	x		
2.4	Are students moderately to vigorously active during at least 50% of physical education class time?	x		
2.5	Do most physical education teachers participate, at least annually, in professional development focused on physical education and/or physical activity?	x		
2.6	Does your school require physical education teachers to assess student fitness levels annually (e.g., FITNESSGRAM® assessment)?	x		

¹ Recommended by Fuel Up to Play 60

#	Question	Yes	No	N/A
2.7	Do the majority of students in your school, regardless of gender or ability, participate in school-sponsored intramural programs or physical activity clubs (e.g., intramurals, physical activity clubs, dance clubs and interscholastic sports)?	x		

#	Question	Yes	No	N/A
2.8	Does your school or school district have a policy that states specific time requirements for students to participate in physical activity during the school day?	x		
2.9	Do students have the opportunity to participate in recess or other physical activity breaks outside of the classroom on a daily basis?	x		
2.10	Do most classroom teachers provide opportunities for students to be physically active in the classroom at different times during the school day (e.g., physical activity breaks, subject-based movement activities, walk and shares, etc.)?	x		
2.11	Does your school offer a range of non-competitive physical activity opportunities aimed at engaging students in fun, recreational and life-long learning opportunities before or after the school day (e.g., walking clubs, dance clubs, in-line skating, jumping rope, water aerobics, weight-training, yoga, fitness clubs, technology-based approaches, etc.)?	x		
2.12	Does your school promote safe walking and biking to school in the following way(s)? <ul style="list-style-type: none"> • Designation of safe or preferred routes to school • Promotional activities such as participation in International Walk to School Week • Storage facilities for bicycles and helmets 	x		

#	Question	Yes	No	N/A
2.13	Does your school promote the benefits of getting the recommended amount (60 minutes) of daily physical activity to students with posters, banners or other messaging throughout the school on an ongoing basis (e.g., in hallways, stairwell, cafeteria, gymnasium, classrooms, etc.)?	x		
2.14	Does your school offer physical activity opportunities in before- and after-school programs that are available to most/all students?	x		

School Based

Goal- Encourage students to adopt strategies for making smart choices by increasing the opportunities to participate in a school based activity.

#	Question	Yes	No	N/A
3.1	Does your school send home materials or provide information on bullying policies, counseling programs, and/or developing coping skills?	x		
3.2	Do parents and other community members help plan and implement activity programs (e.g. volunteering in the classroom or at special events)?	x		
3.3	Does your school implement a program to address and educate students on drugs/alcohol, cyber safety, bullying, etc.?	x		

#		Yes	No	N/A
3.4	Does your school require annual Bullying Prevention Training by all Staff members?	x		
3.5	Does your school promote their school-based programs through any of the following methods? <i>Examples of methods include: class discussions bulletin boards guest speakers take-home flyers homework assignments newsletter articles</i>	x		

#	Question	A	B	N/A
3.6	Are your wellness policy goals taken into consideration while planning all school-based activities?	x		
3.7	Does your school encourage students to make smart choices and increase their awareness of cultural diversity through various school-wide activities?	x		
3.8	Does your school provide a healthy and safe school environment? (i.e. environmental and building safety and psychosocial climate and culture)	x		

OVERALL SCORE CARD

For each Module, mark an X in the column that corresponds with its Module Score, which you calculated at the end of each Module.

Module	Low	Medium			High
Nutrition					x
Physical Education / Physical Activity					x
School Based					x

Evaluation in reference to Fuel Up to Play 60 investigation tool kit.