

# Hampshire County Schools WELLNESS ASSESSMENT 2017 2018

SCHOOL NAME\_  
COMPLETED BY

## 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
1.5	<p>Does the school lunch program include a variety of foods that meet the following criteria?</p> <ul style="list-style-type: none"> <li>• 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)</li> <li>• 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)</li> <li>• Serves fresh fruit at least 1 day/week</li> <li>• Ensures at least 2/3 of grains offered each week are whole grain-rich</li> <li>• Offers at least 3 different types of whole grain-rich foods each <b>week</b></li> <li>• Offers only nonfat (flavored or unflavored) and low-fat (unflavored) milk each day</li> </ul>	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
1.12	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	
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		

#	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 <sup>1</sup> 150 minutes per week for ELEMENTARY? b. Recommended <sup>1</sup> 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  (120 min. per wk)		
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	150 min recess per wk		
	^MIDDLE/HIGH SCHOOL			
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		

<sup>1</sup> Recommended by Fuel Up to Play 60

#	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"> <li>• Designation of safe or preferred routes to school</li> <li>• Promotional activities such as participation in International Walk to School Week</li> <li>• Storage facilities for bicycles and helmets</li> </ul>		X	

X → Girls on the Run  
Yoga club

Walking Trail open to public outside of school hours.

## 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	To Good For Drugs Olweus	

#	Question	A	B	N/A
3.6	Are your wellness policy goals taken into consideration while planning all school-based activities?	X <i>some to most</i>		
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		