

Fit for Learning School Wellness Assessment

School District: _____ Date: _____

School: _____ Name: _____

**PLEASE CHOOSE THE RESPONSE THAT BEST MATCHES YOUR SITUATION.
THANK YOU!**

I. Physical Activity & Facilities

1. Does your school provide accessible and adequate athletic/recreational and open space facilities?

- A) Facilities provide for a wide variety of activities (e.g., swimming, court sports, team sports, other), are well maintained, meet a variety of needs and are open and accessible to the community.
- B) Facilities are adequate, accessible and well used by the community,
- C) Facilities have some deficiencies in accessibility and conditions.
- D) There are substantial accessibility barriers and renovation needs for our facilities.

2. Does your school provide physical education?

- A) All students receive more than 200 minutes every 10 days of a sequential P/E curriculum aligned with state standards, provided by staff with P/E certification.
- B) All students receive the minimum 200 minutes every 10 days of a sequential P/E curriculum aligned with state standards, provided by staff with P/E certification or by other certificated staff with adequate and annual training in P/E.
- C) Only some students receive at least 200 minutes of standards-aligned P/E, provided by staff with P/E certification or by other certificated staff with adequate and annual training in P/E.
- D) P/E activities are not aligned with state standards, are provided by teachers without P/E certification/training and do not include the majority of students.

3. Is the physical education at your school of sufficient quality?

- A) P/E at my school offers a superior range of engaging and exciting activities, at multiple levels of competence, multiple activity options, using proper equipment, and standards-based lesson plans and curriculum organized around principles of kinesthesiology and health science.
- B) Our P/E is standards-based, follows a set curriculum and engages students effectively.
- C) Standards-based P/E instruction doesn't follow a set curriculum and is not engaging for students.
- D) The quality of our P/E needs substantial growth and improvement to meet state standards.

4. Does your school provide additional (in excess of P/E) student physical activity (i.e., recess, before and after school programs)?

- A) Our school culture engages all students and staff to participate together in fun and creative physical activities on an ongoing & frequent basis (walking programs, health rewards, dances, activity-based celebrations, etc.), during recess and outside regular school hours.
- B) There are regular events in excess of P/E that the school provides for students to stay active.
- C) There are regular events in excess of P/E that the school provides to assist some students to stay active.
- D) Our efforts to engage students in physical activities in excess of P/E require substantial attention and improvement.

II. Health Education

5. Does your school provide a comprehensive health education curriculum?

- A) Our school provides a classroom-based comprehensive (year long) standards-aligned health education that includes nutrition concepts, healthy eating habits, benefits of physical activity, proper food selection, risks of a sedentary lifestyle, and essential strategies for lifelong health.
- B) Our school provides a standards-based health education curriculum.
- C) Our school provides some health education curriculum.
- D) Health education is not available at our school.

6. Does your school provide adequate health nutrition education training?

- A) Our school provides teachers and staff with in-depth health nutrition training and consultation by an onsite registered dietician or certificated health educator.
- B) Our school provides teachers and staff adequate health nutrition education training.
- C) Our school provides teachers and staff some health nutrition education training.
- D) Our school does not provide adequate health nutrition education training.

7. Does your school provide onsite health promotion marketing and materials?

- A) Our school prominently posts numerous health awareness and promotional materials (Food Guide Pyramid, Activity Guides) designed to counter junk food marketing messages and create a positive and encouraging healthy school climate.
- B) Our school provides several regularly visible positive messages supporting healthy lifestyle choices.
- C) Our school provides some regularly visible positive messages supporting healthy lifestyle choices.
- D) Our school provides few or no regularly visible positive messages supporting healthy lifestyle choices.

8. Does your school involve parents in school-based health-related events and provide take home health promotion marketing and materials?

- A) Parents receive a consistent message of health promotion with parent involvement at school health-related events supplemented with comprehensive take home health education materials in multiple languages.
- B) Parents are provided basic health education materials and invited to school health promotional events.
- C) Parents are not provided with health education materials nor encouraged to attend school health promotional events.
- D) Parent involvement is not currently available to any substantial degree nor are they given health promotion materials.

III. Food Service

9. Does your school follow applicable laws and policies in providing healthy food choices to your students?

- A) Our school actively promotes healthy food selection, enforces the junk food and soda bans, provides a wide range of, highly nutritious and enticing school meals (e.g. salad bars, organic fresh foods) and allows only highly nutritious foods outside the meals program (a la carte, vending machines, school stores, fundraisers, and rewards).
- B) Our school follows applicable laws, prohibits low/minimal nutritional value foods throughout the school grounds and provides healthy food choices.
- C) Our school does not meet all requirements that bar provision of low/minimal nutritional value foods and fails to provide healthy food choices.
- D) Our school needs substantial improvement to bar provision of low/minimal nutritional value foods and provide healthy food choices.

10. Does your school provide healthy breakfast foods/snacks before and after school?

- A) Highly nutritious breakfast foods, snacks and beverages with wide variety and appeal to engage and satisfy student appetites are provided before and after school.
- B) Breakfast foods, snacks and beverages served outside of school hours conform to the required guidelines followed during the school day.
- C) Breakfast foods, snacks and beverages served outside of the regular school day are mostly healthy and nutritious.
- D) Breakfast foods, snacks and beverages outside of the regular school day fall far short of the guidelines.

11. Does your school allow less healthy food choices for fundraisers, incentives, and special events?

- A) Our school consistently uses highly nutritional foods as incentives and markets these as preferred choices to challenge the marketing of junk foods as “rewards”.
- B) Our school allows only nutritional food choices for fundraisers, incentives, and special events.
- C) Our school provides mostly nutritional food choices for fundraisers, incentives, and special events.
- D) Our school has not made adequate progress in addressing this area.

12. Does your school actively engage students in its food selection process?

- A) Our school actively encourages student participation in healthy meal creation and appropriate food selection through activities such as a school garden, food label inspection and healthy menu/recipe suggestion box. Student satisfaction with food choices is closely monitored and valued.
- B) Students are consulted regarding food choices and provide regular feedback on satisfaction and menu selection.
- C) Students have some input into food selection
- D) Decisions are made by food service professionals with little opportunity for student input.

IV. School Leadership & Policy

13. Does your school district actively engage and support multiple stakeholders in the implementation and monitoring of your School Wellness Policy?

- A) Our school district health council has multiple stakeholders (i.e., school administration, school staff, students, parents and health/nutrition experts) who are fully engaged and empowered in providing assistance to school leadership in the effective implementation and monitoring of the SWP.
- B) Our school district health council has multiple stakeholder representatives who are supported in monitoring SWP implementation.
- C) Our school district health council has room for additional stakeholder representatives and require more support in the monitoring of SWP implementation.
- D) Our school district health council requires substantial improvement in order to perform its required functions.

14. Does your school district adequately inform school personnel of the School Wellness Policy?

- A) Our school district provides widespread dissemination, posting, training and outreach activities to school staff to ensure familiarity and cooperation with the SWP.
- B) Our school district adequately informs school staff about the SWP.
- C) Our school district provides school staff with some information concerning the SWP.
- D) Our school staff require much more information regarding the district SWP.

15. Does your School Wellness Policy provide a process and guidelines for quality improvement?

- A) Our SWP includes specific guidance for how schools can make ongoing quality improvements in their nutrition, P/E, and health education curricula and activities, including frequent review and input from multiple stakeholders.
- B) Our SWP includes explicit processes and guidelines for schools to make ongoing quality improvements.
- C) Our SWP includes some general processes and guidelines for schools to make quality improvements.
- D) Our SWP includes no clear process for making quality improvements.

16. Does your school leadership support and enforce the School Wellness Policy?

- A) Our school leadership prioritizes the health and well being of our staff and students and uses the SWP as a vehicle for defining, empowering and ensuring a culture of health and wellness for all.
- B) Our school leadership provides effective guidance and oversight of the SWP.
- C) Our school leadership's support and enforcement of the SWP is inconsistent.
- D) Our school leadership needs substantial improvement in their support and enforcement of the SWP.