

# School Wellness Policy Building Assessment Tool

School Name: Rock Valley CSD

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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. Is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote, maintain and protect their health	X			Health class taught as middle school exploratory. Health class is offered in the High School.	
2. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.	X			Students are given the opportunity to take fruits and vegetables every day. Vending machine has several whole grain products, low-fat. Milk options are all low-fat.	
<b>Physical Education and Physical Activity Goals</b>					
<b>The School district will provide P.E. that:</b>					
1. ...is for all students in grades k-12 for the entire school year, except as academically warranted;	X			K-12 is full year PE. An online PE course was developed for students who had scheduling conflicts.	
2. ... includes students with disabilities, students with special health-care needs;	X			Accommodations are made for students with disabilities as needed per their IEP. For example, a student who is blind walks with his aid and she also	

				takes him to the weight room and does activities with the dumbbells and cardio machines. Students are provided 1:1 aides as required per their IEP to help them participate when needed.	
3. ... engages students in moderate to vigorous activity during at least 50% of physical education class time; and/or	X			They do warm-up activities and then participate in activities the rest of the period, which is 42 minutes long.	
4. ...provides students with activities which will increase the heart rate for at least 15 minutes each class period.	X			Elem and MS/HS periods are 42 minutes. They will achieve that through our activity time.	

<b>Daily Recess: Students in grades TK-5 should have the opportunity to participate in recess:</b>					
1. Three recess periods per day for primary students;	X			All primary students get 3 periods per day.	
2. Two recess periods per day for intermediate students; and,	X			All intermediary students get 2 periods per day.	
3. that which encourages moderate to vigorous physical activity including inside activities on days when the weather is inclement.	X			K-5 indoor recess plan is in place which maximizes the time the gym is available. Barrier: With increasing enrollment, however, giving everyone an opportunity to go to the gym makes it crowded, and moderate to vigorous activity is difficult to guarantee. Without another gym this is the best we can do. Indoor recess means the gym is busy every minute of the school day.	Build another gym.
<b>Physical Activity and Punishment</b>					
Employees should not use physical activity (e.g., running laps, pushups) as a form of punishment. (Note: this does not include voluntary athletic programs.)	X				
<b>Use of facilities outside of school hours</b>					
For the promotion of physical activity, school facilities, as designated, will be made available outside of normal school hours to students, community members and staff. School policies concerning health and safety will be applicable at all times.	X			The weight room is available to students and staff outside of normal school hours. Community hallway-walking hours are posted in the building.	
<b>Nutrition Guidelines for All Foods Available to Students</b>					
<b>School Meals – Meals served through the National School Lunch &amp; Breakfast Programs will:</b>					.
1. be appealing and attractive to children and staff;	X			Positive comments are received from students and staff regarding	

				lunch. Students coming from other schools comments on the quality of meals. 60% of students polled commented that meal have improved this year.	
2. be served in clean and pleasant settings;	X			Cooks are always friendly to kids and adults that go through the lunch line. Kitchen staff will participate in homecoming dress up days. Kitchen staff are provided school mascot aprons. Kitchen equipment is updated as needed and to meet code/inspections.	
3. meet, at a minimum, nutrition requirements established by local, state and federal law;	X			A computer program was purchased to help meet compliance with federal law.	
4. offer a variety of fruits and vegetables;	X			They are provided some type of fresh fruit or vegetable daily.	
5. serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and,	X			All milk meets this criteria	
6. ensure that half of the served grains are whole grain	X			Grains criteria are met	
<b>The District should:</b>					
1. involve stakeholders in selecting new foods to be offered through the meal programs; and	X			Students are surveyed regarding lunch. The head cook has met with student council as part of the wellness committee.	
2. Share information about the nutritional content of meals with parents and students when requested.	X			Information available upon request.	
<b>Breakfast – To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, the district will;</b>					

1. operate the breakfast program, to the extent possible;	X			Breakfast is provided every day before school.	
2. notify parents and students of the availability of the School Breakfast Program; and,	X			Parents are made aware of the school breakfast program at registration. Families that come to the school during the school year are provided the same information.	
3. encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means	X			School nurse talks about eating a healthy breakfast at Preschool and Kindergarten registration. Information is sent out regarding the importance of a healthy breakfast during State Assessments.	Provide information at registration. Send an email during the year. Notes sent home throughout the year.
<b>Free &amp; Reduced Meals – The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may:</b>					
1. utilize electronic identification and payment systems;	X			Students use individual lunch numbers so others do not know who is on free/reduced lunches.	
2. provide meals at no charge to all children, regardless of income; and,	X			School provides free or reduced meals only to those that meet the federal guidelines.	The district has investigated requirements to be able to serve free lunch during the summer. The district does not currently meet the 50% requirement. There is an area in town that would qualify, but the school building is not in that area and there is no practical place to do it that falls within that area.

3. promote the availability of meals to all students	X			Information is handed out at registration. Lunch menus are read daily every morning. Menus are posted in the commons on white boards.	
<b>Meal Times and Scheduling – The school district:</b>					
1. will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;		X		Breakfast starts at 8 a.m. and school does not start until 8:25. Students have ample time to eat. Elem and HS students have at least 15 minutes to eat during lunch. Barrier: As enrollment has increased, it has become challenging to make this happen in the middle/high school every period, every day. How the schedule fits together dictates how many students eat during each lunch cycle.	We are looking into creating another doorway in the high school lunch line to be able to create two lines.
2. should schedule meal periods at appropriate times, e.g. lunch should be scheduled between 10:45 a.m. and 1 p.m.	X			Lunch is served from 11:15-12:30 in the elementary. Lunch is served from 11:20-1:12 in the MS/HS While this times falls slightly outside the time, all students are served by 1:00.	
3. should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;	X			Activities are not scheduled during lunch.	
Will provide students access to hand washing or sanitizing before they eat meals or snacks	X			Restrooms are near or next to all lunchrooms.	

<b>Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:</b>					
1. provide continuing professional development for all nutrition professionals; and,	X			Head cook has attended a number of trainings in the summer. Several kitchen staff attended training this summer and fall. All kitchen staff are provided training at the beginning of the school year.	
2. provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility	X			Head cook is serve-safe certified. All necessary staff complete professional standards training.	
<b>Other School Based Activities Goals</b>					
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>					
<i>Students need to fully embrace regular physical activity as a personal behavior and need opportunities for physical activity beyond the physical education classroom. Toward that end, the school district will:</i>					
1. offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities; and	X			Physical activity outside of PE is regularly encouraged and its benefits discussed throughout the PE program. Ag classes, such as plant science, encourage healthy living and eating by planting and managing the green house garden and the manual labor associated with the landscaping work. Elem classes use sites such as GoNoodle to	

				promote physical activity. Kinesthetic lessons are planned to get the kids up and moving in the classrooms. Music programs promote dancing and stretching. PK classes do smartboard lessons that involve 10-15 minutes of movement every morning and every afternoon.	
2. discourage sedentary activities, such as watching television, playing computer games, etc.		X		See goal #1	
<b>Communication with Parents</b>					
<i>The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:</i>					
1. provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities;		X		The school nurse has created this list.	More promotion of this list by placing in hallways, email reminders, social media, etc.
2. support parents' efforts to provide their children with opportunities to be physically active outside of school; and,	X			The elem and HS gyms are booked solid with evening practices for Elem/MS. Continually seeking new PE activities that can be replicated outside of school. We allow the city summer rec program to use our facility to promote physical activity during the summer.	
3. include sharing information about physical activity and physical education through the school's web page, newsletter, take-home materials, special events or physical education activities.	X			We have posted activities on social media such as Facebook and Twitter.	

<b>Food Marketing in Schools</b>					
<i>School-based marketing will be consistent with nutrition education and health promotion. The school district will:</i>					
1. limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards;	X			Vending machines meet required guidelines. All posters promote healthy eating.	
2. promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and market activities that promote healthful behaviors such as the promotion of water as the drink of choice, sales of fruits for fundraisers, and differentiated pricing to promote healthy food choices.	X			Flyers, posters, etc. are posted around the kitchen/serving line. Some fundraising is done that does not promote healthy choice.	
<b>Staff Wellness</b>					
<i>The school district values the health and well-being of every staff member and will support activities and policies that encourage personal efforts by staff to maintain a healthy lifestyle. The school district will;</i>					
1. provide opportunities to participate in a voluntary fitness program in school facilities and the use of school equipment; and	X			School facilities are available for staff to exercise after hours. Barrier: many staff already make use of our facility or the hospital's on their own.	
2. encourage staff members to participate.	X			Staff are emailed each fall to remind them of the availability of the weight/exercise room and how to obtain access. School nurse promotes healthy activities with the staff such as No Pop November, monthly wellness emails, etc.	