

## Wellness Policy Assessment Tool

The wellness policy and completed assessment must be available to the public.

<b>District Name:</b>	SHERIDAN SCHOOL CORP.
<b>Reviewer:</b>	WELLNESS COMMITTEE
<b>School Name:</b>	SHERIDAN SCHOOL
<b>Date:</b>	1/21/2020
<b>Select all grades:</b>	PK <input type="checkbox"/> K <input checked="" type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input checked="" type="checkbox"/> 5 <input checked="" type="checkbox"/> 6 <input checked="" type="checkbox"/> 7 <input checked="" type="checkbox"/> 8 <input checked="" type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12 <input checked="" type="checkbox"/>

Public Involvement	
We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:	<input checked="" type="checkbox"/> Administrators <input checked="" type="checkbox"/> Parents <input checked="" type="checkbox"/> Physical Education Teachers <input checked="" type="checkbox"/> Public <input type="checkbox"/> School Board Members <input checked="" type="checkbox"/> School Health Professionals <input checked="" type="checkbox"/> School Food Service Staff <input checked="" type="checkbox"/> Students
We have a designee in charge of compliance.	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
<i>Name/Title:</i>	Nancy Mosna F.S.D
We make our policy available to the public.	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
<i>Please describe:</i>	School website
We measure the implementation of our policy goals and communicate results to the public every 3 years.	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
<i>Please describe:</i>	First time required, will post on school website
Our district reviews the wellness policy at least annually.	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>

**Key:** 1 = not in place, 2 = in development, 3 = progressing toward full implementation, 4 = successfully implemented

School Wellness Council (SWC)	
1. There is a representative from the school on the SWC.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4
2. Information regarding the SWC is given to school staff, families, and community members on a regular basis.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
3. School staff members are encouraged to participate in SWC.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
4. The Wellness Policy is available to all school staff members, families, and community members.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
5. School staff members, families, and the community are permitted to participate in the school wellness policy process.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
School Activities	
6. The school promotes policies and environmental changes to promote a healthy, active lifestyle for students.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
7. At least three activities are offered each year to support student wellness.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
8. At least three activities are offered each year to support staff wellness.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
9. All students are offered opportunities for daily physical activity during the school day.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>

10. Elementary students receive 30 of the recommended 60 minutes of physical activity, during and/or directly after school.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
11. Students, families, and other community members have access to resources from the school on exercise, nutrition, and other health issues related to eating and physical activity.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
12. The school communicates its wellness activities with families and other community members through newsletters, school website, or other appropriate channels.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
<b>Recess</b>	
13. All elementary students have recess on a daily basis.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
14. If the weather does not allow going outside for recess, there is a back-up plan in place that includes physical activity.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
15. The students are encouraged to be physically active during recess.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
16. The students have recess prior to lunch.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
17. Students are not denied recess or other physical activity as a form of punishment.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
<b>Activities Outside of School Hours</b>	
18. Students are permitted to walk and bike to school.	N/A <input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
19. The school has before-school physical activities available for students, regardless of ability.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
20. The school has after-school physical activities available for students, regardless of ability.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
21. The school offers programs that promote wellness to families and the community.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
22. Families and community members have regular access to schools' outdoor facilities during non-school hours. (in example, informal shared use)	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
<b>Non-Physical Education Curriculum</b>	
23. Health is being taught by classroom teachers (elementary), physical education teachers, or health education teachers.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
24. The school encourages movement in the classroom within the core curriculum.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
25. Nutrition education is being taught in all grade levels.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
<b>Physical Education</b>	
26. There is an up-to-date copy of the PE equipment inventory.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
27. PE teachers communicate fitness assessment results with parents/guardians.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
28. PE teachers encourage students to stay active throughout the PE class period.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
29. Students receive the recommended amount of physical education (150 minutes/week for elementary, 225 minutes/week for middle and high school).	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
30. PE is taught by a qualified instructor who is licensed to teach physical education.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>

31. PE teachers receive professional development opportunities on a yearly basis.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
32. Each of the PE teachers offers a quality PE program.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
<b>School Nutrition</b>	
33. The food service staff and teachers work together to create a pleasant eating environment for students.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
34. Students are given adequate time to eat lunch (at least 20 minutes).	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
35. All student-accessible vending machines are turned off during the school day.	N/A <input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
36. Competitive foods are not sold in the cafeteria during school lunch time.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
37. The school discourages withholding food or meals as a form of punishment.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
38. The school discourages the use of food as a reward in classroom activities.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
39. Activities such as club meetings are not scheduled during mealtimes, unless students may eat during the meetings.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
40. The school uses non-food items for fundraising activities.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
41. The school follows all nutrition regulations for the National School Lunch Program (NSLP).	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
42. The school has adopted and implemented Smart Snacks nutrition standards for all items sold during school hours.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
43. The school has nutritional information for foods/beverages served at school parties, celebrations, and events.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
44. The school promotes healthy eating and nutrition education with signage, use of creative menus, posters, and bulletin boards.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
45. The school has reviewed Smarter Lunchroom techniques and evaluated the ability to implement some of them.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/>
<b>Staff Wellness</b>	
46. The school promotes policies/environmental changes to promote a healthy active lifestyle for staff.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
47. The school offers programs to help all staff feel engaged in wellness activities.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
48. The school honors successes of all staff members.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
49. Teachers and school staff are advocates for wellness at the school.	N/A <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/>
<b>Progress Report</b>	
Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy.	
<ul style="list-style-type: none"> <li>• The school has a recycling/environmental stewardship program.</li> <li>• The school has community partnerships which support programs, projects, events, or activities.</li> <li>• The school participates in Farm to School activities.</li> </ul>	

