Table of Contents

Preamble .........................................................................................................................2

School Wellness Committee .........................................................................................3

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement ..................................................4

Nutrition ..........................................................................................................................5

Physical Activity ............................................................................................................11

Other Activities that Promote Student Wellness ..........................................................13

Glossary ..........................................................................................................................14

Appendix A: School Level Contacts ............................................................................16

Appendix B: Competitive Food Standards ...................................................................17

Appendix C: Parent Annual Evaluation Form .................................................................21

Appendix D: School Site Annual Evaluation Form .........................................................23
Preamble

Westminster School District (hereeto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture’s (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines the District’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus – in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measureable goals and outcomes are identified within each section below.
I. School Wellness Committee

Committee Role and Membership

The District’s representative district wellness committee (hereto referred to as the DWC) meets at least twice a year to establish goals to oversee school health and wellness policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership represents all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians); and the general public. To the extent possible, the DWC include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee(s) shall convene the DWC and facilitate development of and updates to the wellness policy, and ensure each school’s compliance with the policy.

The designated official for oversight of the wellness policy is the Director of Nutrition Services.

The name(s), title(s), and contact information for this individual is:

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Email address</th>
<th>Role on Committee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stephanie Tovar</td>
<td>Director of Nutrition Services</td>
<td><a href="mailto:stovar@wsdk8.us">stovar@wsdk8.us</a></td>
<td>Coordinates annual meetings, assists in the evaluation of the wellness policy</td>
</tr>
</tbody>
</table>

Each school site principal shall be designated as its school wellness policy coordinator and ensure compliance with the wellness policy. Refer to Appendix A for a list of school-site wellness policy coordinators.
II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District develops and maintains a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who is responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. Each year the District administers an annual progress report to evaluate each school sites’ implementation of the wellness policy.

This wellness policy and the progress reports can be found posted online at wsdk8.us and www.wsdnutrition.com.

Recordkeeping

The District retains records to document compliance with the requirements of the wellness policy in the Nutrition Services Department. Documentation maintained in this location includes but is not limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local School Wellness Policy; including an indication of who is involved in the update and methods the District uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The District informs families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District shall make this information available via the district website and/or district-wide communications. The District shall provide as much information as possible about the school nutrition environment. This should include a summary of the District’s or school events or activities related to wellness. Annually, the District shall also publicize the name and contact information of the District school official coordinating the committee.

Triennial Progress Assessments

At least once every three years, the District evaluates compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
WESTMINSTER SCHOOL DISTRICT WELLNESS POLICY

• The extent to which the District’s wellness policy compares to the Alliance for a Healthier Generation’s model wellness policy; and
• A description of the progress made in attaining the goals of the District’s wellness policy.

The position/person responsible for managing the triennial assessment is the Director of Nutrition Services.

The DWC, in collaboration with individual schools, monitors schools’ compliance with this wellness policy.

The District posts the results of the triennial progress report on the District website at www.wsdk8.us.

Revisions and Updating the Policy

The DWC updates or modifies the wellness policy based on the results of the triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy shall be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District shall communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means. The District informs parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District uses electronic mechanisms, such as email or displaying notices on the district’s website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District ensures that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District notifies the public about the content of or any updates to the wellness policy annually, at a minimum. The District shall also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

Free & Reduced Priced Meals

The Nutrition Services Department will make meal applications available to families each July 1st. Applications will be mailed to all Westminster families in the first week of July. Applications will also be available on-line at www.wsdnutrition.com. Families may fill out meal applications to determine
their student’s eligibility free meals at school. Westminster School District has eliminated the co-pay for reduced price meals.

Schools will make every effort to prevent the overt identification of, students who are eligible for free school meals. Toward this end, schools may utilize electronic identification and roster payment systems to protect confidential student information and promote the availability of school meals to all students not just eligible students.

**Breakfast**

To ensure that all children have breakfast, either at home or at school, and in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate a School Breakfast Program.
- Nutrition Services will conduct call-outs, distribute flyers throughout the year and advertise the breakfast program to encourage participation
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program and will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**School Nutrition Environment**

The School Nutrition Environment should provide the following:

- Adequate time and seating space for students to eat school meals
- Bell schedule must provide enough time for each grade level to get through the lunch line, eat lunch and play
- Water and water fountains should be usable and accessible to students during meal times
- Students may not leave campus during meal periods (Westminster has closed campuses during lunch periods).
- Teachers and staff should be encouraged to model healthy eating and behaviors.

**Meal Times and Scheduling Recommendations**

- School sites provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- Schedule lunch periods to follow recess periods (in elementary schools)
- Schedule meal periods at appropriate times, e.g., lunch shall be between 10:30 a.m. and 1:00 p.m. with exceptions for special programs
- Sites do not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during these activities
- Ensure a regular lunch is offered during the school day on minimum days.

**School Meals**

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving; and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the
development of lifelong healthy eating patterns and support healthy choices while accommodating special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). Certain school sites also participate in the After-school Supper Program (CACFP). The Nutrition Services Department coordinates additional nutrition-related programs and activities for students including: Farm to School Education Programs, Mobile Dairy Educational Programs and Harvest of the Month Classroom Educational Programs. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Our district uses evidence-based strategies from The Smarter Lunchrooms Movement to encourage selection and consumption of healthy food choices in the cafeteria. All schools will utilize all of the following Smarter Lunchroom strategies:
  - Sliced or cut fruit is available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable & fruit options with their meal.
  - At least two kinds of vegetables are offered.
  - Vegetables are incorporated into the main entrée at least monthly
  - White milk is placed in front of other beverages in all coolers.
  - Students are offered a taste test of a new entrée at least once a year.
  - Student surveys and taste testing opportunities are used to inform menu development.
  - Daily announcements are used to promote and market menu options.
  - Local or regional products are incorporated into the school meal program (Farm to School)
  - The District hosts special events, such as tastings that highlight the local/regional products and provide nutrition education for students.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel may refer to USDA’s Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water is available to all students throughout the school day and throughout every school campus, (“school campus” and “school day” are defined in the glossary). The District makes drinking water available where school meals are served during mealtimes.
Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold to students outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools is available on the Nutrition Services website at [www.wsdnutrition.com](http://www.wsdnutrition.com) and is included in Appendix B of this document.

Celebrations and Rewards

All foods offered on the school campus must meet or exceed the USDA Smart Snacks in School nutrition standards (See Appendix B), including the following school events:

1. Celebrations and parties. Nutrition Services provides a list of healthy snack options for principals, parents and teachers to purchase through the Nutrition Services department. Teachers may also fill out and submit the “competitive food request form” to Nutrition Services for prior approval of snacks and beverages for classroom parties.
2. Classroom snacks brought by parents. Nutrition Services provides a “competitive food request form” to be filled out by teachers on behalf of parents & approved by Nutrition Services to ensure snacks and beverages meet Smart Snack guidelines prior to parents bringing food or beverages from home.
3. Rewards and incentives. The District provides teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages sold to students through fundraisers on school campuses during the school day must meet or exceed the USDA Smart Snacks in Schools nutrition standards (see Appendix B)

- Schools are encouraged to select fundraisers that promote the sale of non-food items (see list below) or involve physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).
- Student and Adult Fundraisers that involves the sale of food and beverages to students before school, during school and up to ½ hour after school must only sell foods and beverages that comply with USDA Smart Snack Standards (See Appendix B)
- Administrators in charge of fundraisers will submit a “competitive food request form” to Nutrition Services” to confirm that all food and beverages planned for fundraisers comply with Federal Guidelines
- Fundraisers that occur at least ½ hour the end of the school day may include donation nights at restaurants. Non-compliant foods or beverages served at after school fundraisers may not be advertised on a school campus during the school day.
Healthy Fundraising

Below is a list of healthy items students can sell other than food:

- Activity theme bags
- Artwork
- Books
- Bracelets
- Calendars
- Candles
- Coffee mugs
- Coloring books
- Coupon books
- Crafts
- Garage Sale
- Gift Certificates
- Greeting Cards
- Hats
- License plate holders
- Magazine subscriptions
- Plants
- Refillable water bottles (with school logo)
- Scarves and stocking caps
- Stuffed Animals
- Tickets to sporting events
- T-shirt and sweat shirts (with school logo)

Nutrition Promotion

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur by implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques.

Students and staff receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District promotes healthy food and beverage choices for all students throughout the school campus, as well as encourages participation in school meal programs. This promotion occurs through at least one option below:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.
**Nutrition Education**

The District teaches, models, encourages and supports healthy eating by all students. Schools are provided nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, and other nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

**Essential Healthy Eating Topics in Health Education**

The District includes some of the following essential topics on healthy eating in its health education curriculum:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA’s nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others’ healthy dietary behavior
**Food and Beverage Marketing in Schools**

Food and beverage advertising is defined as an oral, written, or graphic statement or representation, including a company logo or trademark, made for the purpose of promoting the use or sale of a product by the producer, distributor, manufacturer, seller or any other entity with a commercial interest in the product.\(^5\)

The District is committed to providing a school environment that supports healthy eating and physical activity for its students while minimizing commercial distractions.

Westminster School District will only permit food or beverage advertising of foods and/or beverages that are available for sale by the Westminster School District Nutrition Services Department.

Any food or beverage marketed or promoted to students on a school campus\(^*\) during the school day\(^*\) will nutritionally comply with applicable state and/or federal competitive food requirements regardless of when or where the items will be consumed or purchased.

Examples of unallowable marketing are as follows:

- Brand names, trademarks, logos or tags on food containers.
- Branded displays, such as on vending machine exteriors.
- Corporate brands, logos, names or trademarks on school equipment, such as marquees, message boards, and scoreboards.
- Corporate brands, logos, names or trademarks on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment;
- Corporate brands, logos, or pictures of unhealthy food used on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Posters or flyers displaying unallowable food or beverages distributed to students on school campus during the school day for a fundraiser being held off-campus.

As the District/School Nutrition Services PTA, & Business Office reviews existing contracts, and considers new contracts, equipment and product purchases (and replacement) decisions, every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.

**IV. Physical Activity**

Children and adolescents will participate in at least 60 minutes of physical activity every day. A substantial percentage of students’ physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement, family and community engagement, and the District is
committed to providing these opportunities. Schools should ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

Physical activity during the school day (including recess, classroom physical activity breaks or physical education class) will not be withheld as punishment for any reason. Teachers will work to find alternative activities for students with behavior issues in lieu of sitting out for recess or physical education class.

**Physical Education Promotion**

Students with good behavior will have the opportunity to extend their playtime in the following ways:

- Students earn good behavior “tickets” they can use to purchase extra time at recess
- Recess is extended for students showing positive teamwork & good sportsmanship behavior

To the extent practicable, the District should ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District may conduct necessary inspections and repairs as necessary.

**Physical Education**

The District provides students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum promotes the benefits of a physically active lifestyle and helps students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students have equal opportunity to participate in physical education classes. The District makes appropriate accommodations to allow for equitable participation for all students and adapts physical education classes and equipment as necessary.

All District **elementary students** in each grade shall receive physical education for at least 60-100 minutes per week throughout the school year, equal to 200 minutes every two weeks as required by Education Code.

All District **secondary students** (middle school) are required to take the equivalent of one academic year of physical education class for 50 minutes each day.

**Essential Physical Activity Topics in Health Education**

Health education is incorporated in all grades (elementary) and the District integrates health education into the curriculum for middle school students.

The District includes in the health education curriculum some of the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
WESTMINSTER SCHOOL DISTRICT WELLNESS POLICY

- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Recess (Elementary)

All elementary schools schedule at least **20 minutes of recess** on all days during the school year. If recess is offered before lunch, schools have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, is built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess is scheduled when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess complements, and does not substitute, for physical education class. Recess monitors or teachers encourage students to be active, and serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will participate in **periodic scheduled 3-5 minute physical activity breaks** when they can be active or stretch throughout the day. These activity breaks are scheduled on all or most days during a typical school week. These physical activity breaks complement, not substitute, for physical education class, recess, and class transition periods.

The District provides resources and links to resources, tools, and technology with ideas for classroom physical activity breaks.
Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through the following methods:

- Weight lifting clubs
- Running clubs
- Afterschool sports

Active Transport

The District supports active transport to and from school, such as walking or biking. The District encourages this behavior by engaging in the following activities:

- Designating safe or preferred routes to school
- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Providing storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Promoting safe routes to school for to students, staff, and parents via newsletters & websites
- Promoting the use of crosswalks on streets leading to schools
- Creating and distributing maps of the school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

V. Other Activities that Promote Student Wellness

The District integrates wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District coordinates and integrates other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District’s curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments are coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

School-sponsored wellness events may include physical activity and healthy eating opportunities when appropriate.

Community Health Promotion and Family Engagement

The District promotes to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families are informed and invited to participate in school-sponsored activities and receive information about health promotion efforts.
The District uses electronic mechanisms (e.g., email or displaying notices on the district’s website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

**Staff Wellness and Health Promotion**

The DWC has a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader may be:

The Director of Human Resources

Schools in the District may implement strategies to support staff in promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and may support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

**Professional Learning**

When feasible, the District may offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g.: incorporating nutrition lessons into math class). Professional learning may help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing District reform or academic improvement plans/efforts.

**Glossary:**

**Extended School Day** – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.
Appendix A: School Level Contacts

<table>
<thead>
<tr>
<th>School</th>
<th>Name</th>
<th>Title</th>
<th>Email address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anderson</td>
<td>Kim Breckenridge</td>
<td>Principal</td>
<td><a href="mailto:kbreckenridge@wsdk12.us">kbreckenridge@wsdk12.us</a></td>
</tr>
<tr>
<td>Clegg</td>
<td>John Staggs</td>
<td>Principal</td>
<td><a href="mailto:jstaggs@wsdk12.us">jstaggs@wsdk12.us</a></td>
</tr>
<tr>
<td>DeMille</td>
<td>Shannon Villanueva</td>
<td>Principal</td>
<td><a href="mailto:svillanueva@wsdk12.us">svillanueva@wsdk12.us</a></td>
</tr>
<tr>
<td>Eastwood</td>
<td>Jason Kuncewicki</td>
<td>Principal</td>
<td><a href="mailto:jkuncewicki@wsdk12.us">jkuncewicki@wsdk12.us</a></td>
</tr>
<tr>
<td>Finley</td>
<td>Raul Olivas</td>
<td>Principal</td>
<td><a href="mailto:rolivas@wsdk12.us">rolivas@wsdk12.us</a></td>
</tr>
<tr>
<td>Fryberger</td>
<td>Dena Kiouses</td>
<td>Principal</td>
<td><a href="mailto:dkiouses@wsdk12.us">dkiouses@wsdk12.us</a></td>
</tr>
<tr>
<td>Hayden</td>
<td>Mark Murphy</td>
<td>Principal</td>
<td><a href="mailto:mmurphy@wsdk12.us">mmurphy@wsdk12.us</a></td>
</tr>
<tr>
<td>Johnson</td>
<td>Daniel Owens</td>
<td>Principal</td>
<td><a href="mailto:dowens@wsdk12.us">dowens@wsdk12.us</a></td>
</tr>
<tr>
<td>Land</td>
<td>Beverlee Mathenia</td>
<td>Principal</td>
<td><a href="mailto:bmathenia@wsdk12.us">bmathenia@wsdk12.us</a></td>
</tr>
<tr>
<td>Meairs</td>
<td>Katherine Kane</td>
<td>Principal</td>
<td><a href="mailto:kkane@wsdk12.us">kkane@wsdk12.us</a></td>
</tr>
<tr>
<td>Schmitt</td>
<td>Orchid Rocha</td>
<td>Principal</td>
<td><a href="mailto:orocha@wsdk12.us">orocha@wsdk12.us</a></td>
</tr>
<tr>
<td>Schroeder</td>
<td>Carrie Hernandez</td>
<td>Principal</td>
<td><a href="mailto:chernandez@wsdk12.us">chernandez@wsdk12.us</a></td>
</tr>
<tr>
<td>Sequoia</td>
<td>Michelle Watkins</td>
<td>Principal</td>
<td><a href="mailto:mwatkins@wsdk12.us">mwatkins@wsdk12.us</a></td>
</tr>
<tr>
<td>Stacey</td>
<td>Heidi DeBritton</td>
<td>Principal</td>
<td><a href="mailto:hdebritton@wsdk12.us">hdebritton@wsdk12.us</a></td>
</tr>
<tr>
<td>Warner</td>
<td>Amy Kwon</td>
<td>Principal</td>
<td><a href="mailto:akwon@wsdk12.us">akwon@wsdk12.us</a></td>
</tr>
<tr>
<td>Webber</td>
<td>Kevin Whitney</td>
<td>Principal</td>
<td><a href="mailto:kwhitney@wsdk12.us">kwhitney@wsdk12.us</a></td>
</tr>
<tr>
<td>Willmore</td>
<td>Nicole Jacobson</td>
<td>Principal</td>
<td><a href="mailto:njacobson@wsdk12.us">njacobson@wsdk12.us</a></td>
</tr>
</tbody>
</table>
Appendix B: Competitive Food Guidelines

ELEMENTARY SCHOOL-FOOD RESTRICTIONS

References: Education Code sections 49430, 49431, 49431.7; California Code of Regulations sections 15575, 15577, 15578; Code of Federal Regulations sections 210.11, 220.12

An elementary school contains no grade higher than grade 6.

Effective from midnight to one-half hour after the end of the official school day.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods

Must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), and
- ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), and
- < 0.5 grams trans-fat per serving (no exceptions), and
- ≤ 200 milligrams sodium per item/container (no exceptions), and
- ≤ 200 calories per item/container (no exceptions)

Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans-fat, sodium, and calories.

* A whole grain item contains:

- The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...” or
- A whole grain as the first ingredient, or
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
- At least 51% whole grain by weight

** Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.
Appendix B: Competitive Food Guidelines

ELEMENTARY SCHOOL-BEVERAGE RESTRICTIONS


An elementary school contains no grade higher than grade 6.

Effective from midnight to one-half hour after the end of the official school day.

Applies to all beverages sold to students by any entity.

Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
   a. ≥ 50% juice and
   b. No added sweeteners
   c. ≤ 8 fl. oz. serving size
2. Milk:
   a. Cow’s or goat’s milk, and
   b. 1% (unflavored), nonfat (flavored, unflavored), and
   c. Contains Vitamins A & D, and
   d. ≥ 25% of the calcium Daily Value per 8 fl. oz., and
   e. ≤ 28 grams of total sugar per 8 fl. oz.
   f. ≤ 8 fl. oz. serving size
3. Non-dairy milk:
   a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(j)(3)), must contain per 8 fl. oz.:
      • ≥ 276 mg calcium
      • ≥ 8 g protein
      • ≥ 500 IU Vit A
      • ≥ 100 IU Vit D
      • ≥ 24 mg magnesium
      • ≥ 222 mg phosphorus
      • ≥ 349 mg potassium
      • ≥ 0.44 mg riboflavin
      • ≥ 1.1 mcg Vit B12, and
   b. ≤ 28 grams of total sugar per 8 fl. oz., and
   c. ≤ 5 grams fat per 8 fl. oz.
   d. ≤ 8 fl. oz. serving size
4. Water:
   a. No added sweeteners
   b. No serving size

All beverages must be caffeine-free (trace amounts are allowable).
Appendix B: Competitive Food Guidelines

MIDDLE/HIGH SCHOOL-FOOD RESTRICTIONS


A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.

A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after the end of the official school day.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

"Snack" foods must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), and
- ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), and
- < 0.5 grams trans-fat per serving (no exceptions), and
- ≤ 200 milligrams sodium per item/container (no exceptions), and
- ≤ 200 calories per item/container (no exceptions)

Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans-fat, sodium, and calories.

"Entrée" foods must be intended as the main dish and be a:

- Meat/meat alternate and whole grain rich food, or
- Meat/meat alternate and fruit or non-fried vegetable, or
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a "snack" food).

AND

A competitive entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:

- ≤ 400 calories, and
- ≤ 35% calories from fat
- < 0.5 grams trans-fat per serving
Appendix B: Competitive Food Guidelines

A competitive entrée sold by Food Service if NOT on the menu the day of or day after or any other entity (PTA, student organization, etc.) must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable

AND meet the following nutrition standards:

- ≤ 35% calories from fat, and
- < 10% calories from saturated fat, and
- ≤ 35% sugar by weight, and
- < 0.5 grams trans-fat per serving, and
- ≤ 480 milligrams sodium, and
- ≤ 350 calories

*A whole grain item contains:
- The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...” or
- A whole grain as the first ingredient, or
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
- At least 51% whole grain by weight.

MIDDLE/HIGH SCHOOL-BEVERAGE RESTRICTIONS


Effective from midnight to one-half hour after the end of the official school day.
Applies to ALL beverages sold to students by any entity.

Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water,

Compliant beverages:

1. Fruit or Vegetable juice:
   a. ≥ 50% juice and
   b. No added sweeteners
   c. ≤ 12 fl. oz. serving size
2. Milk:
   a. Cow’s or goat’s milk, and
   b. 1% (unflavored), nonfat (flavored, unflavored), and
   c. Contains Vitamins A & D, and
   d. ≥ 25% of the calcium Daily Value per 8 fl. oz., and
   e. ≤ 28 grams of total sugar per 8 fl. oz.
   f. ≤ 12 fl. oz. serving size
3. Non-dairy milk:
   a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(j)(3)), and
   b. ≤ 28 grams of total sugar per 8 fl. oz., and
   c. ≤ 5 grams fat per 8 fl. oz.
   d. ≤ 12 fl. oz. serving size
4. Water:
   a. No added sweeteners
   b. No serving size limit
Appendix C: Parent Annual Evaluation Form

Parent Annual Evaluation Form

The purpose of this evaluation is to determine if Parent and Collaborative Partner groups on school campus are meeting the wellness goals set forth in the Westminster School District Wellness Policy and determine particular areas of strength or weakness. Each year a report of the results will be summarized and posted on the district website. This evaluation may be completed annually by the parents and other collaborative partner groups and returned to the Stephanie Tovar by June 1st of each year. (Groups not specifically listed are encouraged to complete and submit this evaluation form.)

Please include as many additional comments as possible, as the Wellness Policy Committee would like to take note of best practices among the schools.

For items marked “Needs Improvement”, you are encouraged to include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal. (Examples: funding, manpower, support/resources needed, etc.).

If you have any questions regarding filling out this survey, you can contact Stephanie Tovar, Director of Nutrition Services, at 714-893-3865.

School Site: ___________________________ Date: _____________

Parent/Collaborative Partner Group: ___________________________

Person completing evaluation (Print Name): _____________________

Contact phone number/ email: ________________________________

<table>
<thead>
<tr>
<th>Parent and Volunteer Groups</th>
<th>Needs Improvement</th>
<th>Meets</th>
<th>Exceeds</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Each school ensures foods and beverages sold or advertised on school campus to students during the school day comply with the California Education Code and Smart Snack regulations.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Food safety and sanitation standards are followed when foods are served at all school-related events (i.e. hair nets, gloves worn, etc.).</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Nutrition Services reviews and approves all foods and beverages sold on campus and the parent/teacher organization has documentation to support this.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Marketing and advertising of noncompliant foods and beverages is not permitted on school campus. (i.e. McDonalds, Taco Bell, etc.)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Appendix C: Parent Annual Evaluation Form

<table>
<thead>
<tr>
<th>Parent and Collaborative Partner Group continued</th>
<th>Needs Improvement</th>
<th>Meets</th>
<th>Exceed</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. Most students at my site have at least 15 minutes to eat lunch after going through the lunch line.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. I have not seen poster, flyers or signs on my campus or received emails advertising unhealthy food.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Many of the fundraising events on campus are activity based such as jog-a-thons where students raise money by exercising rather than selling food.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. If a parent wants to bring in cupcakes as a treat for a student’s birthday, they are asked to bring a healthy snack instead.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Has the parent/teacher organization hosted any fundraisers this year where food or beverages were sold that most likely did not meet the Smart Snack standards?</td>
<td>No</td>
<td>Somewhat − I’ve only heard of it</td>
<td>Yes</td>
</tr>
<tr>
<td>13. Were you aware of the WSD Wellness Policy before you filled out this evaluation form? (Circle the response that best reflects your opinion).</td>
<td>No</td>
<td>Somewhat − I’ve only heard of it</td>
<td>Yes</td>
</tr>
</tbody>
</table>

Please list any fundraisers or other events that the Parent/Collaborative Partner group hosts that promote healthy behaviors (related to nutrition, physical activity, etc.) to our students. Please share any best practices. Additional Comments on how your school promotes health & wellness.
Appendix D: School Site Annual Evaluation Form

School Site Annual Evaluation Form
(Admin & Health Services)

The purpose of this evaluation is to determine if the district is meeting the wellness goals set forth in the Westminster School District Wellness Policy and to determine particular areas of strength or weakness. Each year a report of the results will be compiled and the results will be posted on the district website. This evaluation must be completed annually by an Administrator and/or teacher at each school site and returned to Stephanie Tovar by June 1st of each year.

Please include as many additional comments as possible, as the Wellness Committee would like to take note of best practices among the schools.

For items marked “Needs Improvement”, you must include a comment next to each question as to why you did not meet this goal and/or what you plan to do next year to accomplish this goal. (Examples: funding, manpower, support/resources needed, etc.).

If you have any questions regarding filling out this survey, you can contact Stephanie Tovar, Director of Nutrition Services, at 714-803-3865 or stovar@wsdsd8.us

School Site: ________________________________ Date: ________________

Person completing evaluation (Print Name): ________________________________

Contact phone number/email: ____________________________________________

<table>
<thead>
<tr>
<th>Overview</th>
<th>Needs Improvement</th>
<th>Meets</th>
<th>Exceeds</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Your school promotes a healthy lifestyle to your staff, students and</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>parents.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. The programs and/or activities provided by your school set your school</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>at or above the standards of the Westminster School District Wellness</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Policy.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Were you aware of the Westminster School District Wellness Policy</td>
<td>No</td>
<td></td>
<td>Yes</td>
</tr>
<tr>
<td>before you filled out this evaluation form? (Circle the response that</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>best reflects your opinion).</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Additional comments on how your school site promotes health and wellness:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

(End of page 1 of 4)
## Appendix D: School Site Annual Evaluation Form

### School Site Annual Evaluation Form

<table>
<thead>
<tr>
<th>School Health, Safety and Environment</th>
<th>Needs Improvement</th>
<th>Meets</th>
<th>Exceeds</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. School site is monitored for potential hazards.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Students are taught campus safety rules.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. An “anti-bullying” policy is enforced.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Healthy habits and injury prevention for staff and students are promoted at your school site.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. A drug- and substance-free environment is promoted.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Your school encourages events that promote and support a healthy lifestyle.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Most students at my site had at least 15 minutes to eat lunch after going through the lunch line.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Many of the fundraising events on campus were activity based, such as jog-a-thons when students earned money by exercising rather than selling food.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Additional comments on your school site's school health, safety and environment:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

*(pg. 2 of 4)*
## Appendix D: School Site Annual Evaluation Form

### School Site Annual Evaluation Form

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Needs Improvement</th>
<th>Meets</th>
<th>Exceeds</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition Services</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Cafeteria staff is well prepared and efficiently serve meals to your students.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Fresh, safe, free drinking water is available to students on campus.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Food and Nutrition Standards

<table>
<thead>
<tr>
<th></th>
<th>Needs Improvement</th>
<th>Meets</th>
<th>Exceeds</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. Each school ensures foods and beverages sold or served on school campus to students during the school day meet the National School Breakfast/Lunch requirements or Smart Snack standards listed in our wellness policy.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Food safety and sanitation standards are followed at all school-related events (i.e. hair nets, gloves worn etc.)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Marketing and advertising of noncompliant foods and beverages is not permitted on school campus. (i.e. McDonalds, Taco Bell, etc.)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Classroom celebrations involving food always include only packaged food items that meet Smart Snack (healthy) wellness policy requirements.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Additional comments on foods and beverages available on campus:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

(pg. 3 of 4)
## Appendix D: School Site Annual Evaluation Form

### School Site Annual Evaluation Form

<table>
<thead>
<tr>
<th>Physical Activity and Physical Education</th>
<th>Needs Improvement</th>
<th>Meets</th>
<th>Exceeds</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Your school provides all students with the opportunity to be physically active on a regular basis through physical education instruction and physical activity programs.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Physical education/activity is not used for disciplinary purposes.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Physical education is delivered by well prepared and well-supported staff.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Additional comments your school site’s physical activity and physical education:

________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

<table>
<thead>
<tr>
<th>Family, Staff and Community Involvement</th>
<th>Needs Improvement</th>
<th>Meets</th>
<th>Exceeds</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. The school community, parents, teachers and staff encourage a healthy lifestyle for students.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Teachers and staff model healthy behaviors.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Additional comments on how your school site involves community, staff and teachers in student wellness:

________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

(End of page)