

WELLNESS POLICY CHECKLIST FOR DICKINSON ISD

Campus Name: _____ Campus Principal: _____

Date: _____ Signature: _____

Introduction

The Wellness Policy FFA (LOCAL), as well as the Dickinson ISD Wellness Plan, set the minimum wellness standards for the District and campuses. Campuses are required to follow guidelines that advance student health, reduce childhood obesity, and promote the general social, emotional, and physical well-being of all students through school-based education and activities. These regulations were finalized by the School Health Advisory Council (SHAC), which is comprised of faculty, parents, students, and community members.

Purpose of the Checklist

This checklist is to be completed annually by the principal or designated administrator along with other representatives from the campus. The information provided by the campuses will assist the SHAC and the Superintendent's cabinet in making programmatic changes at the District level and will assist in logistical and sustainable changes that help align the campus to current regulations.

Submit to the School Health Advisory Council (SHAC) Lead, Jo Ellen Allen each year by April 28th

Scale Rating:

- Exemplary (5) – implement in a “significant” manner; demonstration of an “exceptional” implementation.
- Exceeds Expectation (4) – implemented in a manner that is clearly identifiable; demonstration as a “noteworthy” implementation.
- Achieves (3) – implemented in a steady and reliable manner that met requirements and expectation.
- In Development (2) – developing competency or did not consistently achieve expectations; some improvement is needed.
- Needs Improvement (1) – not implementing; action is necessary.
- NA - Not applicable or representative does not feel that they have enough information to accurately score this section or question

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

NUTRITION PROMOTION	RATING					
Healthful messages are posted in dining areas	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Physical educators and classroom teachers post healthful messages in their classrooms	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Staff incorporate healthy nutritional-messaging at applicable campus-based events	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Cafeteria implement line placement strategies that encourage healthy food selection	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Campus utilizes marketing materials that promote healthy nutrition messaging	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
A monthly menu is available to students and families	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Campus administration provides appropriate information to families about birthday celebration guidelines	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Cafeteria staff implement nutrition messaging consistent with federal guidelines	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Campus promotes and encourages families and community members to attend school-based health fairs or wellness events	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Vending machines accessible by students only display marketing messages for foods and beverages identified by the USDA's Smart Snack guidelines	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Campus administration requests that any advertisements that do not meet the federal guidelines be transitioned out as appropriate	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>

NUTRITION EDUCATION	RATING					
Campus faculty and staff utilize available resources and events to deliver nutrition education as appropriate	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Cafeteria staff only display appropriate nutrition education messages the serving lines	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(EXHIBIT)

Campus coordinates awareness and focus on importance of healthy eating during National School Breakfast Week, School Lunch Week, and our Farm-to-School Programs	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
The District Food and Nutrition Services website will provide current evidence-based strategies for healthful eating practices	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
The District encourages staff development to support the coordination and delivery of nutrition education curriculum, as appropriate.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>

PHYSICAL ACTIVITY	RATING					
Physical education staff provides TEKS-guided curriculum for fitness standards	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Physical education teachers provide lessons during physical education that are age and developmentally appropriate	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Physical education teachers are provided the opportunity for professional development through standard-based instruction and administration of CPR/AED	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Physical activity is not be given as a form of punishment	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Instruction is focused on ensuring that students enjoy physical activity and have the skills and knowledge to make healthy choices	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Physical activity curriculum provides for student choice as appropriate	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Student self-testing and individualized fitness plans are encouraged	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Campus is encouraged to reinforce and advocate the importance of physical activity through ongoing messages to teachers and posted signage in the classrooms	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(EXHIBIT)

The District provides content to teachers and staff on the evidence-based benefits of incorporating physical activity into the classroom environment	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Campus is encouraged to provide various organized physical activities before school and after school, such as running clubs and open gyms	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Campus posts and communicates information about upcoming physical activity and sports programs through announcements, flyers, posters, and school and District websites	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Campus informs parents of opportunities for their children to participate in physical activity both within and outside of the school	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>

SCHOOL-BASED ACTIVITIES	RATING					
Meal time schedules are based on enrollment, cafeteria serving, and seating capacity to minimize wait time and allow sufficient time to eat	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
The minimum eating times after being served are 10 minutes for breakfast and 20 minutes for lunch	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Lunch is scheduled as close to midday as possible	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Dining room facilities are maintained for safety, cleanliness, comfort, and provide adequate seating	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Students are always provided an opportunity to eat, even if meetings or activities are scheduled during meal time	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Handwashing is facilitated	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Water is available during meals and encouraged throughout the day	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Custodial and Food services staff ensure cleaning supplies are not visible during meal service	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(EXHIBIT)

All ServSafe food safety regulations are followed by food service staff	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Campus administration makes information available about the use of recreational facilities to campus community and encourage students and parents to use those facilities	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
The District advocates the importance of healthy eating and physical activity to overall wellness through a variety of avenues to students, parents, and the community	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Campus provides educational resources on nutrition and physical activity during District events when appropriate	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Families and community members are invited to all School Health Advisory Council (SHAC) meetings	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Employees are provided monthly EAP, Wellness, and Interlink newsletters to disseminate information on topics of physical, nutritional, mental, and emotional wellbeing	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Employees will be provided access to an Employee Assistance Program (EAP) that can link them to resources	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Employees are encouraged to participate at all School Health Advisory Council (SHAC) meetings	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>

NUTRITION GUIDELINES	RATING					
Campus is in compliance with age-appropriate guidelines and recommendations for healthy food and beverage choices	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Soft drinks are prohibited from being sold during the school day to any age/grade group	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(EXHIBIT)

Campus is not dependent on revenue from high-fat, low-nutrient density foods to support school programs	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Students are instructed to not share their food or beverages with other students as some students have physician-ordered dietary restrictions	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>

FUNDRAISING ACTIVITIES	RATING					
Campus allows only 3 exempt food fundraisers or school-designated events per school year	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Events are not held during campus meal times and/or where meals are served	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Foods and beverages sold for fundraisers may not be sold in competition to school meals	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>

COMPETITIVE FOODS	RATING					
All competitive foods and beverages must meet USDA Guidelines	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
An elementary school campus may not sell competitive foods to students anywhere on the school campus throughout the school day except for those food items made available by the school food and nutrition department	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
A middle or junior high school campus may not sell competitive foods to students anywhere on the school campus from 30 minutes before to 30 minutes after meal periods except for those food items made available by the school food and nutrition department	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
High schools may not sell competitive foods to students during meal periods in areas where reimbursable school meals are served except for those food items made available by the school food and nutrition department	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>

ADDITIONAL FOOD-RELATED GUIDELINES	RATING					
Elementary classroom parties are after the class lunch period unless the lunch meal is provided by the food and nutrition department	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Campus will create procedures to define how and when a parent gives “ <i>official</i> ” authority to another adult to provide food and/or beverages to a student during the school day	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
School staff does not use food as a reward, incentive or punishment for students	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>
Food provided, not sold to students, are recommended to follow smart snack regulations	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	N/A <input type="checkbox"/>