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## THE ASSESSMENT TOOL



## **Section 1: Nutrition Education**

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## Section 2: Standards for USDA School Meals

Note: This section relates to food served as part of federal school meal programs (e.g. National School Lunch and School Breakfast Programs).

Diea	KIGSL (	SUBJECT			RAT	ING		
s	M1	Assures compliance with USDA nutrition standards for reimbursable school meals.	?	0	1		2	8
s	M2	Addresses access to the USDA School Breakfast Program.	?	0	1		2	8
s	мз	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	?	NA •	0	1	2	Ø
S	M4	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	?	NA •	0	1	<b>2</b>	8
s	M5	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	?	NA •	0	1	2	8
s	M6	Specifies strategies to increase participation in school meal programs.	?	o ⊛	1		2	8
s	М7	Addresses the amount of "seat time" students have to eat school meals.	?	0	1		2	8
s	:M8	Free drinking water is available during meals.	?	•	1	,	2	8

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2. Standards for USDA School Meals

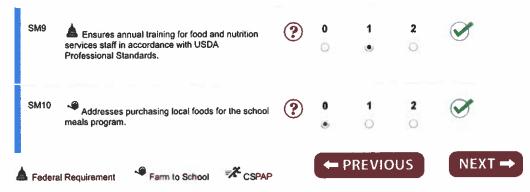
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SUBJECT

# Section 3: Nutrition Standards for Competitive and Other Foods and Beverages

Note: This section relates to food and beverages sold outside of the USDA school meal programs, which are called competitive foods. Competitive foods are also often referred to as "Smart Snacks in Schools."

NS1-NS6 apply to foods and beverages sold during the school day. The school day is defined as the midnight before, to 30 minutes after the final bell.

	3087201						
NS1	Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day.	?	0	1	2	8	
NS2	USDA Smart Snack standards are easily accessed in the policy.	?	0	1	2	8	
NS3	Regulates food and beverages sold in a la carte.	?	0	1	2	$\Theta$	
NS4	Regulates food and beverages sold in vending machines.	?	0	1 •	<b>2</b> •	8	
NS5	Regulates food and beverages sold in school stores.	?	0	1	2	8	
NS6	Addresses fundraising with food to be consumed during the school day.	?	0	1	2	8	
NS7	Exemptions for infrequent school-sponsored fundraisers.	?	0	1	2	8	
NS8	Addresses foods and beverages containing caffeine at the high school level,	?	NA O	0	1 2 . O	$\Theta$	

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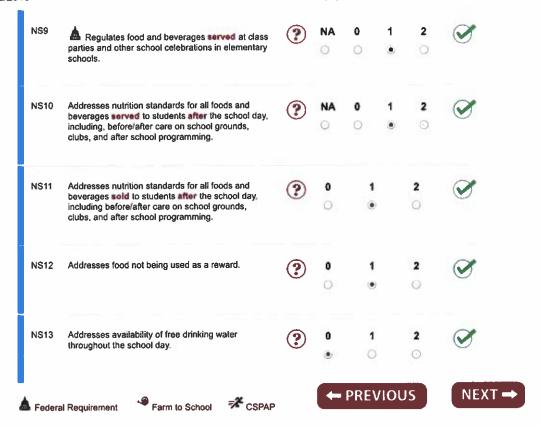
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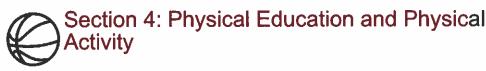
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Districts may list national physical education standards, AAHPERD physical education standards, state physical education standards or National Association for Sport & Physical Education (NASPE) standards (note: NASPE is now known as SHAPE America yet standards are referenced in many school wellness documents). Only rate a "2" for items with reference to the above standards if district actually requires schools to follow all of the standards (either state or national). If above standards are suggested, or generic "standards-based" statement is made, rate as "1."

To view national physical education standards click here.

To view physical education standards by state click here.

SUBJECT

	SUBJECT		R	ATING				
PEPA1	There is a written physical education curriculum for grades K-12.	?	0	1		2	8	
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	?	0	1		2	8	
PEPA3	Physical education promotes a physically active lifestyle.	?	0	1		2	8	
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	?	NA O	0 •	1	2	8	
PEPA5	Addresses time per week of physical education instruction for all middle school students.	?	NA O	•	1	2	8	
PEPA6	Addresses time per week of physical education instruction for all high school students.	?	NA O	•	1	2	8	
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	?	0 •	1		2	8	
PEPA8	Addresses providing physical education training for physical education teachers.	?	0	1		2	<b>Ø</b>	

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PEPA9	Addresses physical education exemption requirements for all students.	?	0	1	2	$\boldsymbol{\varnothing}$
PEPA10	Addresses physical education substitution for a students.	?	<b>0</b> ●	1	2	8
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.	?	0	1	2	8
PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	?	0	<b>1</b> O	2 •	8
PEPA13	Addresses recess for all elementary school students.	?	NA O	0 1 • •	2	$\Theta$
PEPA14	Addresses physical activity breaks during school.	?	0	1 0	2	$\Theta$
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	?	0	<b>1</b>	2	$\Theta$
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	?	0	1	2	$\Theta$
	Paguirement Form to School CSPAD		<b>+</b>	PREVIOL	JS	NEXT



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#### Section 5: Wellness Promotion and Marketing SUBJECT Jump to a Section 1. Nutrition Education WPM1 Encourages staff to model healthy eating and 2 physical activity behaviors. 2. Standards for USDA School Meals 3. Nutrition Standards 0 1 2 Addresses strategies to support employee 4. Physical Education & Physical Activity 5. Wellness Promotion and Marketing 6. Evaluation WPM3 Addresses using physical activity as a reward. 1 2 (?) Scorecard Addresses physical activity not being used as a WPM4 (?)2 punishment. WPM5 Addresses physical activity not being withheld as a 2 punishment. Specifies marketing to promote healthy food and 2 1 beverage choices. WPM7 2 (?) Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards. Specifically addresses marketing on school property 2 1 and equipment (e.g., signs, scoreboards, sports equipment). Specifically addresses marketing on educational 2 1 materials (e.g., curricula, textbooks, or other printed

or electronic educational materials).

WPM10	Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers).	?	0	1	2	<b>⊗</b>
WPM11	Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screen savers, school-sponsored internet sites, and announcements on the public announcement (PA) system).	?	0	1 ⊙	<b>2</b> ⊙	<b>⊗</b> *
WPM12	Specifically addresses marketing through fundraisers and corporate-incentive programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education).	?	0 •	1 0	2	<b>⊗</b>
. Eodora	Requirement Form to School CSPAP		<b>(-</b> )	PREVIC	US	NEXT →



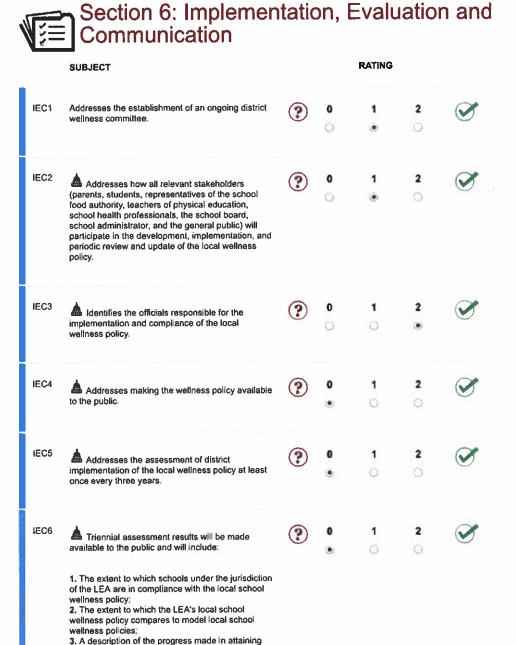
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the goals of the local school wellness policy.

