

THE ASSESSMENT TOOL



Section 1: Nutrition Education

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- 2. Standards for USDA School Meals
- 3. Nutrition Standards
- 4. Physical Education & Physical Activity
- 5. Wellness Promotion and Marketing
- 6. Evaluation

Scorecard

SUBJECT		RATING					
NE1	Includes goals for nutrition education that are designed to promote student wellness.		0 <input type="radio"/>	1 <input type="radio"/>	2 <input checked="" type="radio"/>		
NE2	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.		0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>		
NE3	All elementary school students receive sequential and comprehensive nutrition education.		NA <input type="radio"/>	0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>	
NE4	All middle school students receive sequential and comprehensive nutrition education.		NA <input type="radio"/>	0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>	
NE5	All high school students receive sequential and comprehensive nutrition education.		NA <input type="radio"/>	0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>	
NE6	Nutrition education is integrated into other subjects beyond health education		0 <input type="radio"/>	1 <input type="radio"/>	2 <input checked="" type="radio"/>		
NE7	Links nutrition education with the school food environment.		0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>		
NE8	Nutrition education addresses agriculture and the food system.		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>		

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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).

SUBJECT	RATING
SM1 Assures compliance with USDA nutrition standards for reimbursable school meals.	0 1 2
SM2 Addresses access to the USDA School Breakfast Program.	0 1 2
SM3 District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	NA 0 1 2
SM4 Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	NA 0 1 2
SM5 Specifies how families are provided information about determining eligibility for free/reduced priced meals.	NA 0 1 2
SM6 Specifies strategies to increase participation in school meal programs.	0 1 2
SM7 Addresses the amount of "seat time" students have to eat school meals.	0 1 2
SM8 Free drinking water is available during meals.	0 1 2

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SM9  Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.

 0 1 2 

SM10  Addresses purchasing local foods for the school meals program.

 0 1 2 

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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.

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SUBJECT		RATING					
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 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>		
NS2	USDA Smart Snack standards are easily accessed in the policy.		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>		
NS3	Regulates food and beverages sold in a la carte.		0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>		
NS4	Regulates food and beverages sold in vending machines.		0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>		
NS5	Regulates food and beverages sold in school stores.		0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>		
NS6	Addresses fundraising with food to be consumed during the school day.		0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>		
NS7	Exemptions for infrequent school-sponsored fundraisers.		0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>		
NS8	Addresses foods and beverages containing caffeine at the high school level.		NA <input type="radio"/>	0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>	

NS9	 Regulates food and beverages served at class parties and other school celebrations in elementary schools.		NA <input type="radio"/>	0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>	
NS10	Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.		NA <input type="radio"/>	0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>	
NS11	Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.		0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>		
NS12	Addresses food not being used as a reward.		0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>		
NS13	Addresses availability of free drinking water throughout the school day.		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>		

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Section 4: Physical Education and Physical Activity

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](#).

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SUBJECT		RATING			
		0	1	2	
PEPA1	There is a written physical education curriculum for grades K-12.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
PEPA3	Physical education promotes a physically active lifestyle.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
PEPA5	Addresses time per week of physical education instruction for all middle school students.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
PEPA6	Addresses time per week of physical education instruction for all high school students.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	
PEPA8	Addresses providing physical education training for physical education teachers.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	

PEPA9	Addresses physical education exemption requirements for all students.		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>		
PEPA10	Addresses physical education substitution for all students.		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>		
PEPA11	Addresses family and community engagement in physical activity opportunities at all schools.		0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>		
PEPA12	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.		0 <input type="radio"/>	1 <input type="radio"/>	2 <input checked="" type="radio"/>		
PEPA13	Addresses recess for all elementary school students.		NA <input type="radio"/>	0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	
PEPA14	Addresses physical activity breaks during school.		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>		
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>		
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>		

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Section 5: Wellness Promotion and Marketing

SUBJECT		RATING				
WPM1	Encourages staff to model healthy eating and physical activity behaviors.		0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>	
WPM2	Addresses strategies to support employee wellness.		0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>	
WPM3	Addresses using physical activity as a reward.		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	
WPM4	Addresses physical activity not being used as a punishment.		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	
WPM5	Addresses physical activity not being withheld as a punishment.		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	
WPM6	Specifies marketing to promote healthy food and beverage choices.		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	
WPM7	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	
WPM8	Specifically addresses marketing on school property and equipment (e.g., signs, scoreboards, sports equipment).		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	
WPM9	Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials).		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	

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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



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



2



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).



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1



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Section 6: Implementation, Evaluation and Communication

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SUBJECT		RATING				
IEC1	Addresses the establishment of an ongoing district wellness committee.		0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>	
IEC2	 Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy.		0 <input type="radio"/>	1 <input checked="" type="radio"/>	2 <input type="radio"/>	
IEC3	 Identifies the officials responsible for the implementation and compliance of the local wellness policy.		0 <input type="radio"/>	1 <input type="radio"/>	2 <input checked="" type="radio"/>	
IEC4	 Addresses making the wellness policy available to the public.		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	
IEC5	 Addresses the assessment of district implementation of the local wellness policy at least once every three years.		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	
IEC6	 Triennial assessment results will be made available to the public and will include: 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy.		0 <input checked="" type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	

IEC7  Addresses a plan for updating policy based on results of the triennial assessment.



0

1

2



IEC8 Addresses the establishment of an ongoing school building level wellness committee.



0

1

2



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