

School Health and Wellness Checklist

“How is my school doing?”

Updated September 2008

District/School: _____

Name/Title of Person Completing Checklist: _____

Date: _____

All RI school districts are required by federal and state law to adopt a Wellness Policy, including nutrition guidelines. Individual schools must implement these policies. The purpose of this checklist, developed by Kids First, in partnership with the RI Departments of Health and Education, is to assist your school in identifying areas where you have been successful in achieving your school wellness goals and to also identify “priority areas” where you can focus your future efforts.

The standards for comparison have been adapted from the Rhode Island School District Nutrition & Physical Activity “Model Policy Language,” the RI General Laws, and State-supported nutrition criteria, all listed below. You will need to refer to your own District Wellness Policy for guidelines specific to your school district. Please keep in mind that implementation of policy is a process that takes time and all changes towards a healthier school environment, no matter how small, are a success for the health of our children.

Questions or comments on the use of this checklist can be directed to
Kids First, (401) 751-4503

Please refer to the following links for further information and detail:

- http://www.thriveri.org/documents/3.4_RI_Model_Policy_Language.pdf *for RI School District Nutrition & Physical Activity Model Policy Language*
- <http://www.rilin.state.ri.us/PublicLaws/law06/law06231.htm> *for RI General Law regarding the sale of only healthier snacks & beverages in schools*
- <http://www.rilin.state.ri.us/PublicLaws/law08/law08254.htm> *for RI General Law regarding Physical Education Curriculum requirements*
- http://www.thriveri.org/documents/3.8_RINR_2009.pdf *for RI School Meals Nutrition Requirements 2009*
- http://www.thriveri.org/documents/3.5_RI_Nutrition_guidelines.pdf *for RI Nutrition Guidelines for Vending & A La Carte Foods*
- http://www.thriveri.org/documents/3.6_RI_Approved_Products.pdf *for the RI Approved Healthy Vending and Snack Items for Schools*

After completing the attached School Health & Wellness Checklist, use your findings to list 2 or 3 priority areas that you feel are important for your school to focus on improving at this time.

1. _____

2. _____

3. _____

Measurement Codes: <input type="checkbox"/> ES – Exceeds Standard <input type="checkbox"/> MS– Meets Standard					
<input type="checkbox"/> NI– Needs Improvement <input type="checkbox"/> N/A– Not Applicable					
Standard	Measurement				
Communication	ES	MS	NI	N/A	Notes
District Administration to School					
• District Administration and/or District Health & Wellness Subcommittee regularly communicate with this school about information on District Wellness Policy, RI State laws regarding nutrition and physical education, and other pertinent wellness initiatives.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
School to Home					
• This school utilizes newsletters, website, school based presentations and/or notices to inform parents of School and/or District Wellness Policies and initiatives.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Within School					
• Principal(s) regularly communicates information about School and/or District Wellness Policies and initiatives to all staff.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• Principal(s) and teachers regularly communicate information about School and/or District Wellness Policies and initiatives to students.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Staff	ES	MS	NI	N/A	Notes
Staff Wellness Promotion					
• All school staff are encouraged to improve their own personal health and wellness to improve staff morale, create positive role modeling and to build the commitment of staff to help improve the school nutrition and physical activity environment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Professional Development					
• The school staff is afforded opportunities for wellness education, including presentations and workshops, health assessments, fitness activities and the distribution of educational and informational materials.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Cafeteria	ES	MS	NI	N/A	Notes
Environment					
• This school's cafeteria has a pleasant and inviting environment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• Students are given adequate time at breakfast and lunch to purchase and eat food.					
Meal Programs					
• The School Breakfast and Lunch Programs at a minimum comply with the USDA Requirements for the Federal Meals Programs and by September 2009, with the RI School Meals Nutrition Requirements - RINR 2009	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• The meal programs encourage the consumption of foods that meet RINR 2009: whole grains, legumes, fruits and vegetables, low fat dairy products, and reduced sodium/less processed foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• The meal programs utilize local farm products whenever possible.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Cafeteria (cont.)	ES	MS	NI	N/A	Notes
<i>A la Carte Beverages and Snacks</i>					
• This school is in compliance with RI State law for the sale of <u>only healthier</u> a la Carte beverages and snacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• A la Carte beverage choices are limited to water, carbonated water flavored or sweetened with 100% fruit juice, 100% fruit juice, low-fat non-flavored or flavored milks and fortified soy beverages.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• A la Carte snack choices are mostly fruits, vegetables, and whole grain items that are low in fat and sugar and comply with RI State law. (See the RI Approved Healthy Vending and Snack Items for Schools list).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Foods Outside the Cafeteria	ES	MS	NI	N/A	Notes
<i>Vending Machines</i>					
• This school is in compliance with RI State law for the sale of <u>only healthier</u> beverages and snacks on school premises.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• Vending beverage choices are limited to water, carbonated water flavored or sweetened with 100% fruit juice, 100% fruit juice, low-fat non-flavored or flavored milks and fortified soy beverages.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• Vending snack choices are mostly fruits, vegetables, and whole grain items that are low in fat and sugar and comply with RI State law. (See the RI Approved Healthy Vending and Snack Items for Schools list).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>The School Store</i>					
• The school store is in compliance with RI State law for the sale of <u>only healthier</u> beverages and snacks on school premises.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• The school store sells only non food items or sells beverages and/or snacks that comply with RI State law. (See the RI Approved Healthy Vending and Snack Items for Schools list).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>Food Rewards and Incentives</i>					
• Classroom rewards and incentives support the School and/or District Wellness Policy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• Food is never used as a reward or punishment in the classroom or elsewhere in the school environment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>Classroom Celebrations</i>					
• Celebrations including, but not limited to, birthdays, holidays, pot-lucks, etc. follow the School/District Wellness Policy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• Celebrations do not include food or are limited to a designated number of times per year and follow the School/District Wellness Policy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Foods Outside the Cafeteria (cont.)	ES	MS	NI	N/A	Notes
Concessions					
<ul style="list-style-type: none"> • Concessions, including beverages and snacks, available for sale after the school day follow the School/District Wellness Policy or fall under exceptions specified in the district policy. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
After School Programs					
<ul style="list-style-type: none"> • All beverages and snacks provided by school employees or representatives of outside organizations operating on school premises are on the RI Approved Healthy Vending and Snack Items for Schools list and/or follow the School/District Wellness Policy. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fundraising	ES	MS	NI	N/A	Notes
PTO					
<ul style="list-style-type: none"> • School PTO leaders are aware of the RI State law for the sale of <u>only healthier</u> beverages and snacks on school premises and the School/District Wellness Policy. • Non food based fundraisers are encouraged. • No candy is sold for fundraising. • Bake sales featuring high sugar, high fat, high calorie items are discouraged. • Fundraisers that promote physical activity are encouraged. • Any food fundraising for sale and consumption within and prior to the instructional day comply with RI State law for the sale of <u>only healthier</u> beverages and snacks on school premises. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Student Clubs/ Student Activities					
<ul style="list-style-type: none"> • Student Club/Activity leaders and Staff Advisors are aware of the RI State law for the sale of <u>only healthier</u> beverages and snacks on school premises and the School/District Wellness Policy. • Non food based fundraisers are encouraged. • No candy is sold for fundraising. • Bake sales featuring high sugar, high fat, high calorie items are discouraged. • Fundraisers that promote physical activity are encouraged. • Any food fundraising for sale and consumption within and prior to the instructional day comply with the RI State law for the sale of <u>only healthier</u> beverages and snacks on school premises. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Administration/Principal/ Staff					
<ul style="list-style-type: none"> • Principal(s) and teachers are aware of RI State law for the sale of <u>only healthier</u> beverages and snacks on school premises and the School/District Wellness Policy. • Non food based fundraisers are encouraged. • No candy is sold for fundraising. • Bake sales featuring high sugar, high fat, high calorie items are discouraged. • Fundraisers that promote physical activity are encouraged. • Any food fundraising for sale and consumption within and prior to the instructional day comply with the RI State law for the sale of <u>only healthier</u> beverages and snacks on school premises. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Curriculum	ES	MS	NI	N/A	Notes
Nutrition Education					
• Students in this school receive grade appropriate nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• Nutrition issues are integrated into the core curriculum, including math, science and language arts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• The curriculum includes grade appropriate nutrition education such as: knowledge of My Pyramid, sources & variety of foods, diet and disease prevention, healthy snacks, food labels, major nutrients, serving portion sizes, promotion and identification of high nutrient dense foods, heart healthy choices, dietary guidelines for Americans, understanding calories, healthy breakfast, bone health and multicultural influences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Physical Education					
▪ This school's physical education curriculum is aligned with the <i>Rhode Island Physical Education Framework</i> and State standards (required by State law before September 1, 2012).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• Every student in this school participates in daily physical education for the entire school year. (RI mandated requirement of 100 minutes/week minimum, NASPE - <i>National Association for Sport & Physical Education</i> recommends 150 minutes per week for elementary students and 225 minutes per week for middle/junior and high school students)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• The school's physical education program provides a sequential, developmentally appropriate curriculum designed, implemented and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• This school introduces and administers developmentally appropriate health-related fitness assessments.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Food Safety Education					
• Students in this school receive grade appropriate food safety education that teaches proper food safety/sanitation and the reduction of the risk of food borne illness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Physical Activity					
During School					
• This school provides adequate, developmentally appropriate and safe facilities and recreation areas for physical activity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• Physical activity breaks are encouraged during classroom time so that children do not remain seated for extended periods (periods of two hours or more).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
• Physical activity is not used or withheld as punishment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Physical Activity (cont.)	ES	MS	NI	N/A	Notes
<i>Before and After School</i>					
<ul style="list-style-type: none"> • This school collaborates with qualified professionals and organizations in the community to contribute to physical activity opportunities. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Food Safety	ES	MS	NI	N/A	Notes
<i>Cafeteria</i>					
<ul style="list-style-type: none"> • Food service staff and school staff communicate periodically about food safety issues in this school. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<ul style="list-style-type: none"> • Students and staff have convenient access to hand washing or hand sanitizing near the cafeteria. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>Outside the Cafeteria</i>					
<ul style="list-style-type: none"> • Parents, students and/or staff preparing food outside of school, to be consumed within school, are educated about proper food safety/sanitation and the reduction of the risk of food borne illness. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<ul style="list-style-type: none"> • Foods for celebrations are handled in a safe manner; hot foods kept hot and cold foods kept cold. 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	