

Wellness Policy Assessment

This template provides information on wellness policy goals and practices within the District. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school building by the assigned building-level wellness policy coordinator. Assessments will be reviewed by the Superintendent and the District Wellness Committee. The completed assessment and the district wellness policy must be made available to the public.

District Name: McClusky School District 19

Reviewer: Wellness Committee members Heidi Strobel, Sarah Beck, Lucas Senske, and Andrea Lauer; not present Jess Boehm, Stacey Sease, and Shari Roth

School Name: McClusky Public Schools

Date: Tuesday, June 9, 2020

Select all grades: K 1 2 3 4 5 6 7 8 9 10 11 12

Yes No I. Public Involvement

- We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:
 - Administrators
 - School Food Service Staff
 - P.E. Teachers
 - Parents
 - School Board Members
 - School Health Professionals
 - Students
 - Public

We have a wellness policy coordinator in charge of compliance for each school building.
Name/Title: Jess Boehm and Lucas Senske

We make our policy available to the public annually.
Please describe: [Click or tap here to enter text.](#)

Our district reviews the wellness policy at least once annually.

Yes No II. Physical Education

Our district's written wellness policy includes measurable goals for physical activity.

We provide physical education for elementary students on a weekly basis.

We provide physical education for middle school during a term or semester.

We require physical education classes for graduation (high schools only).

We provide recess for elementary students on a daily basis.

We provide opportunities for physical activity integrated throughout the day.

We prohibit staff and teachers from keeping kids in from recess for punitive reasons.

Teachers are allowed to offer physical activity as a reward for students.

We offer before and after school physical activity: Competitive Sports Non-Competitive Sports Other clubs

Yes No III. Nutrition Education and Promotion

Our district's written wellness policy includes measurable goals for nutrition education and promotion.

We offer standards-based nutrition education in a variety of subjects (e.g. science, health, math, etc).

We offer nutrition education to students in: Elementary School Middle School High School

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals

We annually evaluate how to market and promote our school meal program(s).

We regularly share school meal nutrition, calorie, and sodium content information with students and families

We participate in Farm to School activities and/or have a school garden.

We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

We price nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars a La Carte – **NOT APPLICABLE**

We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

Yes	No	IV. Other School-Sponsored Activities
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<input checked="" type="checkbox"/>	<input type="checkbox"/>	Our district's written wellness policy includes measurable goals for other school-sponsored activities that promote wellness.
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<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide training to staff on the importance of modeling healthy behaviors.
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<input checked="" type="checkbox"/>	<input type="checkbox"/>	We provide annual training to all staff on: <input checked="" type="checkbox"/> Nutrition <input type="checkbox"/> Physical Activity
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<input type="checkbox"/>	<input checked="" type="checkbox"/>	We have a staff wellness program.
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<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
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<input type="checkbox"/>	<input checked="" type="checkbox"/>	We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
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<input type="checkbox"/>	<input checked="" type="checkbox"/>	We have a recycling/environmental stewardship program.
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<input type="checkbox"/>	<input checked="" type="checkbox"/>	We have a recognition/reward program for students who exhibit healthy behaviors.
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<input type="checkbox"/>	<input checked="" type="checkbox"/>	We provide teachers with alternative celebration/reward options other than food or beverages.
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<input type="checkbox"/>	<input checked="" type="checkbox"/>	We have community partnerships which support programs, projects, events, or activities.
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Yes	No	V. Nutrition Standards
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<input checked="" type="checkbox"/>	<input type="checkbox"/>	Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
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<input checked="" type="checkbox"/>	<input type="checkbox"/>	We operate the School Breakfast program: <input checked="" type="checkbox"/> Before School <input type="checkbox"/> In the Classroom <input type="checkbox"/> Grab & Go
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<input checked="" type="checkbox"/>	<input type="checkbox"/>	We follow all nutrition regulations for the National School Lunch Program (NSLP).
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<input type="checkbox"/>	<input checked="" type="checkbox"/>	We operate an Afterschool Snack Program.
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<input checked="" type="checkbox"/>	<input type="checkbox"/>	We operate the Fresh Fruit and Vegetable Program.
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<input checked="" type="checkbox"/>	<input type="checkbox"/>	We have a Certified Food Handler as our Food Service Manager.
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<input type="checkbox"/>	<input type="checkbox"/>	We have adopted and implemented Smart Snacks nutrition standards for ALL items sold on school grounds during school hours, including: <input type="checkbox"/> in Vending Machines <input type="checkbox"/> in School Stores <input type="checkbox"/> as a La Carte <input type="checkbox"/> as Fundraisers - NOT APPLICABLE
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<input type="checkbox"/>	<input checked="" type="checkbox"/>	We promote non-food celebrations and rewards and/or encourage fundraising ideas that are non-food related.
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- We offer no more than three fundraisers per year that do not comply with federal nutrition standards for competitive food and beverage sales.

Yes No VI. Hydration Standards

- Our district's written wellness policy addresses hydration standards for students.

- We offer free, unflavored drinking water to all students throughout the school day.

Yes No VII. Marketing

- Our district's written wellness policy addresses marketing of food and beverage items on school property.

Yes No IX. Qualifications and Training

- Our district complies with all applicable hiring requirements for new hires in the food service program and annual training requirements for all food service personnel.

X. Additional Information: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the district wellness policy.

Begin staff wellness program through monthly challenges, purchase and install a new water fountain/filtration system in the elementary gym, and train staff on CPI (Crisis Prevention Intervention).

XI. Contact Information: For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name: Sarah Beck

Position/Title: PK-12 Principal

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Phone: 701-363-2470

End of McClusky School District #19 Exhibit ABCC-E2

[01/19]