

School Wellness Assessment

School District: Annawan District #226

School Name: Annawan Elementary, Middle and High School

2017-2018 School Year

School:	Fully in place	Partially in place	Under development	Have not considered this
Offers the USDA School Breakfast Program				X
Offers an after-school snack program				X
Offers meals and snacks that meet federal nutrition standards	X			
Provides food options that are low in fat, calories, and added sugars, such as fruits, vegetables, whole grains, and low-fat or nonfat dairy foods	X			
Provides communication to parents/guardians regarding nutrition standards for foods and beverages offered at parties, celebrations, and social events	X(Online)			
Provides communication to parents/guardians regarding nutrition and physical activity policies within the district	X			
Prohibits using food as a reward				
Prohibits withholding food as a punishment	X			

***Barriers/Successes to full implantation of the policies that your school district has set in place for:**

Provides food options for Breakfast and Lunch:	Fully in place	Partially in place	Under development	Have not considered this
Variety of nutritious foods	X			
Whole Grains	X			
Low-Fat food choices	X			
Low-Fat (Skim, 1 or 2%) milk	X			
Low-Fat cheese or yogurt products	X			

Fresh fruits and vegetables	X			
Salad Option	X			
Water	X			
100% Fruit Juice	X			
Trail Mix/Nuts/Seeds	X			
Provides food options for Ala Carte Line or School Store:	Fully in place	Partially in place	Under development	Have not considered this
Variety of nutritious foods	X			
Whole Grains	X			
Low-Fat food choices	X			
Low-Fat (Skim, 1 or 2%) milk	X			
Low-Fat cheese or yogurt products		X		
Fresh fruits and vegetables	X			
Salad Bar				X
Water	X			
100% Fruit Juice	X			
Trail Mix/Nuts/Seeds	X			

Barriers/Successes to full implantation of the policies that your school district has set in place for: **Nutrition Standards for Ala Carte Items*

Ala Carte items have been recently implemented with success and a few limitations. Perishable items are limited to items already on the menu for the week because of the small scale of our program. Nuts and seeds present an allergy management challenge which poses a potentially greater risk than reward in the school environment.

Provides food options for Vending Machines:	Fully in place	Partially in place	Under development	Have not considered this
Variety of nutritious foods*				X
Whole Grains*				X
Low-Fat food choices*				X
Low-Fat (Skim, 1 or 2%) milk*				X
Low-Fat cheese or yogurt products*				X
Fresh fruits and vegetables*				X
Salad Bar*				X
Water*				X
100% Fruit Juice*				X

Trail Mix/Nuts/Seeds*				X
Prohibits student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value and compete with healthy school meals in elementary schools and restricts access for H.S & J.H students during school hours				X
No Vending Machines in schools				

*Barriers/Successes to full implantation of the policies that your school district has set in place for: **Nutrition Standards for Vending Items and Fundraisers**

~Since there are no vending machines in the school – this section was skipped

Provides age-appropriate and culturally sensitive instruction in behaviorally-focused nutrition education that helps students develop the knowledge, attitudes, skills, and behaviors to adopt, maintain and enjoy healthy eating habits in:		Fully in place	Partially in place	Under development	Have not considered this
Elementary					
Kindergarten		✓			
1 st Grade		✓			
2 nd Grade		✓			
3 rd Grade		✓			
4 th Grade		✓			
5 th Grade		✓			
6 th Grade		✓			
Middle School					
7 th Grade		✓			
8 th Grade		✓			
High School					
9 th Grade	Health classes and Foods classes	✓			
10 th Grade		✓			
11 th Grade		✓			
12 th Grade		✓			

Barriers/Successes to full implantation of the policies that your school district has set in place for: **Nutrition Education in Elementary, Middle and High Schools*

Students are very open to hearing about nutrition.

Ag In the Classroom – Presentations do touch on nutrition

Freedom House – Wellness presentations K - 5

Fire Department Prevention – Preschool – 5 presentations

Health classes – junior high and high school

Provides age-appropriate and culturally sensitive instruction in behaviorally-focused physical education that helps students develop the knowledge, attitudes, skills, and behaviors to adopt, maintain and enjoy healthy physically active lifestyles in:	Fully in place	Partially in place	Under development	Have not considered this
Elementary				
Kindergarten	X			
1st Grade	X			
2nd Grade	X			
3rd Grade	X			
4th Grade	X			
5th Grade	X			
6th Grade	X			
Middle School				
7th Grade	X			
8th Grade	X			
High School				
9th Grade	X			
10th Grade	X			
11th Grade	X			
12th Grade	X			

Barriers/Successes to full implantation of the policies that your school district has set in place for: **Physical Education in Elementary, Middle and High Schools**

All non-exempt students participate in daily physical education.

Physical Education:	Fully in place	Partially in place	Under development	Have not considered this
Prohibits withholding physical activity as a punishment (recess/physical education)	✓ (M.S. & H.S.)			✓ (Elementary)
P.E. is provided by credentialed teachers (degree in physical education)	X			
P.E. is provided in appropriate teacher:student ratio (maximum 30:1)	X			
P.E. includes all children (including physically challenged and disabled) in purposeful activity for the majority of the physical activity, for the majority of the P.E. class period	X			
Has adequate indoor facilities (designated gym) for P.E. (35 sq. ft. per child	X			
Has adequate outdoor facilities (designated gym) for P.E. (75 sq. ft. per child	X			
Has enough equipment for meaningful participation in P.E.	X			
Has provisions to maintain and replace P.E. equipment as necessary	X			
Prohibits withholding students from P.E. class to make up missed instructional time	✓			
Assures that P.E. is graded as an academic subject (Middle & High School)	X			
Assures that P.E. grades count in overall GPA				X
Requires P.E. every year	X			
Provides after school opportunities for physical activity for all students	X (HS,JH)		X (Elementary)	
Makes indoor facilities (gym) available to	✓			

all/most students after school hours				
Prohibits withholding recess (participation in unstructured physical activity) available after school hours	✓			
Provides 20 minutes of daily recess for students featuring time for unstructured but supervised active play in elementary grades	X			

Are there any suggestions to help strengthen the data and information collected in the current Wellness Policy Assessment tool?

Members of the School Wellness Committee include the following:

Name	Title/Position
Matt Nordstrom	H.S. Principal
Wayne Brau	Elementary Principal
Pam Stout	Food Service Director
Kyle Ganson	Superintendent
Jason Burkiewicz	HS/MS Physical Education
Michael Smith	MS/GS Physical Education
Beth Sierens	GS Parent/ NP
Lana Wolf	HS Parent
Jayde VanHyfte	HS Student Council President
Leah Park	JH Student Council President

Date Completed: _____