

Wellness Policy on Physical Activity and Nutrition

Southwestern Consolidated School District of Shelby County

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the past two decades, and physical inactivity and excessive caloric intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Southwestern Consolidated School District of Shelby County is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Southwestern Consolidated School District of Shelby County that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school during school hours will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.

- The district food service professionals and school administrators will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time to eat.
- To the maximum extent practicable, our district will participate in available federal school meal programs.
- Our schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs.

I. School Health Council

The Southwestern Consolidated School District of Shelby County will create a Health Council to develop, implement, monitor, review, and as needed, revise school nutrition and physical activity policies. The Council will also serve as a resource to the schools for implementing these policies. The Health Council will consist of a variety of the following individuals:

- A. Parents
- B. Food service director and staff
- C. Students
- D. Nutritionists or certified dieticians
- E. Healthcare professionals
- F. School board members
- G. A school administrator
- H. Representatives of interested community organizations

II. Nutritional Quality of Foods and Beverages Served on Our Campus

A. School Meals

Meals served through the National Lunch and Breakfast Programs will”

1. Be attractive and appealing to children.
2. Be served in clean and pleasant surroundings.
3. Meet (at a minimum) nutritional requirements established by local, state, and federal statutes and regulations.
4. Offer a variety of fruits and vegetables.
5. Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA)
6. Ensure that half of the served grains are whole grain.
7. Students will be made aware of the availability of water during meals. Supervisors and cafeteria staff will allow students to access water throughout the meal.

8. You may access the USDA National School Lunch Standards at www.fns.usda.gov

Schools should engage students. Through taste-tests of new entrees and surveys, in selecting foods to be served in the cafeterias in order to identify new, healthful, and appealing food choices. In addition, the school will make every effort to share information about nutritional content to students and parents.

B. Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, Southwestern Consolidated Schools will:

1. To the extent possible, operate the USDA School Breakfast Program.
2. To the extent possible, arrange certain schedules and utilize methods to serve school breakfasts that encourage participation. These could include serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
3. The transportation schedule will be set to release students with adequate time available to eat breakfast.
4. Parents and students will be notified of availability of the School Breakfast Program.
5. Parents will be encouraged to provide their children a healthy breakfast through newsletter articles, take-home materials, or other means.

C. Free and Reduced-meal program

1. Southwestern Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced price school meals. By using the computerized meal systems, only the students, parents, and appropriate administrative employees need to know the meal status of a student.
2. Free and/or Reduced Meal applications are available in the front office at Southwestern Elementary and Southwestern JR/SR High School. They are also available on-line at www.swshelby.k12.in.us under the Food Service tab. Please print this form off and submit to the school. This cannot be submitted on-line at this time.

D. Meal Times and Scheduling

Southwestern Consolidated Schools will:

1. Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
2. Schedule meal periods at appropriate times (for example: every effort will be made to schedule lunch between 10:45AM and 12:30PM).

3. Not schedule tutoring, clubs, organizational meetings, or activities during mealtimes, unless students may eat during such activities.
4. Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
5. Will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs
6. Will provide appropriate supervision during meal periods.

E. School Food Service Staff

Qualified professionals will administer the school meal programs. As part of Southwestern Consolidated Schools responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals. Every effort will be made to provide professional development leading to certification in school nutrition and school nutrition management, according to each individual's level of responsibility and according to the USDA Professional Development guidelines.

F. Sharing of Foods and Beverages

Southwestern Schools will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diet.

G. Food and Beverages Sold Individually (*i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte, fundraisers, bookstore, etc.*)

- a. USDA Smart Snack Guidelines are available at <http://healthymeals.nal.usda.gov/smartsnacks>
- b. Free drinking water will be available throughout both schools for consumption throughout the school day.
- c. Beverages containing caffeine, that is not naturally occurring, will not be sold at either school during the school day.

1. Southwestern Elementary School

Southwestern Elementary School food services will approve and provide all food and beverage sales to students. Given children's limited nutrition skills, food should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables. Any additional foods sold by the school or outside groups will meet the Smart Snack requirements if served between midnight on a school day till 30 minutes after school is released.

2. Southwestern Jr.-Sr. High School

At Southwestern Jr.-Sr. High School, all foods and beverages sold individually outside the reimbursable school programs (including

those sold through the a la carte line, vending machines, bookstore, or fundraising activities) from midnight the morning of a school day till 30 minutes after school is released, will meet the following nutrition and portion size standards:

Beverages

- All schools may sell:
 - a) ● Plain water (with or without carbonation)
 - b) ● Unflavored low fat milk
 - c) ● Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - d) ● 100% fruit or vegetable juice and
 - e) ● 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
 - Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
 - Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.
 - f) ● No more than 20-ounce portions of Calorie-free, flavored water (with or without carbonation); and Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤10 calories per 20 fluid ounces.
 - g) ● No more than 12-ounce portions of Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Foods & Snacks

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*
- Foods must also meet several nutrient requirements:

Calorie limits:

- ° Snack items: ≤ 200 calories
- ° Entrée items: ≤ 350 calories

-

Sodium limits:

- Snack items: ≤ 230 mg**

- Entrée items: ≤ 480 mg

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Fat limits:

- Total fat: $\leq 35\%$ of calories

- Saturated fat: $< 10\%$ of calories

- Trans fat: zero grams

-

Sugar limit:

- $\leq 35\%$ of weight from total sugars in foods

Rewards

Our schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (listed above), as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

Celebrations

Our schools will limit celebrations that involve food during the school day to no more than one party per class per month. Each party will include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually.

Fundraising

Our school corporation strongly encourages the use on non-food items to raise money for organizations. All fundraising must adhere to the smart snack fundraising guidelines (http://www.fns.usda.gov/sites/default/files/allfoods_fundraisers.pdf) and be approved through the Supernatant's office.

III. Nutrition and Physical Activity Promotion and Food Marketing

A. Nutrition Education and Promotion

Southwestern Consolidated Schools aim to teach, encourage, and support healthy eating by students. Our schools will provide nutrition education and engage in nutrition promotion that:

1. Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
3. Nutrition education will incorporate lessons helping children acquire skills for reading nutrition labels and menu planning.
4. Includes enjoyable, developmentally-appropriate, culturally relevant, participatory activities such as contests, promotions, taste testing, farm visits, and school gardens;
5. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
6. Emphasizes caloric balance between food intake and energy expenditure (physical activity and exercise);
7. Links with school meal programs, other school foods, and nutrition-related community services;
8. Includes training for teachers and other staff.
9. A “Project Fit” club has been implemented at SWE for 10 minutes of exercise after breakfast and before class. This occurs 2-3 times per week.
10. A Fitness weight program has been implemented at the JR/SR High 3 days per week after school. This is open to all students and staff.

B. Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of physical daily activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

1. classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce time spent on sedentary activities, such as watching television;
2. opportunities for physical activity will be incorporated into other subject lessons; and
3. Students are allowed to take physical activity breaks as needed and as seen as appropriate by staff members.

C. Communication with Parents

1. Southwestern Consolidated Schools will support parents’ efforts to provide a healthy diet and daily physical activity for their children. To

the extent possible, our schools will send home nutrition information, post nutrition tips on our school websites, and provide nutrient analysis of school menus. We will encourage parents who choose to send lunch with their children to pack healthy lunches and snacks, and refrain from including beverages and foods that do not meet the above nutrition standards for individual beverages and foods. Southwestern Consolidated Schools will provide a list of foods that meet our standards for snacks and ideas for healthy celebrations/parties, rewards, and fundraising activities.

2. Southwestern Consolidated Schools will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity through the school websites, newsletters, take-home materials, special events, and physical education homework.
3. Southwestern Consolidated Schools will make the wellness available to parents via www.swshelby.k12.in.us and also in hard copy form available in the school offices.

C. Food Marketing in School

School-based marketing will be consistent with nutrition education and health promotion. As such, Southwestern Schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods including fruits, vegetables, whole grains, and low-fat dairy products will be encouraged.

D. Staff Wellness

The Southwestern Consolidated School District values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The wellness committee will make every effort to provide the SWE and SWHS staff with information on healthy lifestyles. We will make an effort to offer wellness screenings, sample nutrition plans, and gym membership information yearly to staff.

I.V. Physical Opportunities and Physical Education

A. Daily Physical Education

1. Southwestern Consolidated has a written physical education curriculum which is aligned with national and state physical education standards.
2. This curriculum will follow a review process as other academic subjects do.
3. Southwestern elementary students meet 1-2 times per week for physical education.
4. Southwestern Jr./Sr. High school students who are enrolled in a physical education class receive 225 minutes physical education weekly while enrolled in the class.
5. The average ratio for teacher-to-students in physical education is 1 teacher for every 19 students.
6. The Southwestern Consolidated Schools follows the state requirements for qualified Physical Education teachers. Our Physical Education teachers are certified by the state of Indiana to teach students health and physical education.
7. Southwestern Consolidated Schools provides Physical Education teachers training and continuing education by provided professional development within the corporation, as well as allowing them to attend conference pertaining to their profession.
8. Physical Education exemptions are handled on a case by case basis and must meet criteria, as well as have documentation on file in regards to reasoning behind the exemption.
9. Southwestern Consolidated Schools provide students with Physical Education substitution which meet the Indiana State standards.
10. Southwestern Consolidated Schools allows for students to have a Physical Education Waiver if they meet the required criteria. The form and criteria can be found in the High School Guidance office.
11. Southwestern Consolidated Schools offer multiple opportunities for students to participate in physical activity both before and after school hours. The school may be contacted for a schedule of such opportunities.
12. Southwestern Consolidated Schools staff members are able to utilize the weight room and track for physical activity after school hours.
13. Southwestern Consolidated Schools encourage the SW community to engage in physical activity as well as providing opportunities to be involved in student activities as it is deemed appropriate by school administration.

B. Daily Recess

All elementary students will have at least 30 minutes each day of supervised recess, preferably outdoors, during which the elementary school will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Southwestern Elementary will discourage extended periods (periods of 2 or more hours) of inactivity. When activities such as mandatory testing make in necessary for students to remain inactive for long periods of time, we will give student specific breaks during which they are encouraged to stand and be moderately active. Recess will be held before the lunch periods and not after to

help the children have time to socialize during recess, work up an appetite, and not exercise on a full stomach after lunch.

C. Physical activity opportunities before and after school

Whenever possible, Southwestern High School and Southwestern Elementary will make every effort to provide extracurricular physical activity programs such as physical activity clubs or intramural programs open to all students. Southwestern High School will provide interscholastic athletic opportunities open to all students.

D. Physical activity and punishment

No school personnel will use physical activity (e.g. running laps, push-ups) or withhold opportunities for physical activity (physical education, recess) as punishment. Extracurricular athletic coaches are exempt from this guideline, but are expected to use reasonable judgment in assigning such activities, taking into consideration that student's age, size, mental state, and physical condition.

E. Use of School Facilities Outside School Hours

Every effort will be made to make the facilities of Southwestern Schools available to students, staff, and community members before, during and after the school day while also taking into consideration issues regarding safety, security, and priority of use. Every effort will be made to make our facilities available to the community on weekends and during school vacations while also safe-guarding against vandalism and misuse.

V. Monitoring and policy review

A. Monitoring

The superintendent or designee will ensure compliance with the established nutrition and physical activity wellness policy. In each of our schools, the principal or designee will ensure compliance with those policies in her/his school and will report on the school's compliance to the superintendent or designee.

School food service staff (Food service director) will ensure compliance with nutrition policies within the school food service areas and will report to the principals. Each of our schools will request and receive a USDA School Meals Initiative (SMI), if one has not been done recently, and conduct an SMI no less than every 5 years thereafter. The finding of any SMI will be reported to the superintendent and respective building principal.

The superintendent or designee will develop a summary report every three years on Southwestern School District compliance with the district's established nutrition and physical activity policy, based on input from each school. That summary report will be provided to the school board, the Southwestern School Health Council, the wellness committees in each school, school health and physical education professionals, the school nurse, and the school principals.

B. Policy review

To help with the initial development of the district's wellness policy, each school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of these assessments will be compiled by the Southwestern School Health Council. The Council will prioritize the needs of the district.

Assessments will be conducted every three years to help review policy compliance, assess progress, and determine areas in need of improvement. Southwestern Consolidated Schools, and its individual schools, will, as necessary, revise the wellness policy and develop work plans to facilitate their implementation.

Committee Members

Charity Elliott: Food Service Director

Cortnee Hancock, RN: Medical Professional; School Nurse

Susan Smith: School Board Member

Joshua Edwards: Administrator

Matthew White: High School Physical Education / Health Teacher

Brad Guidi: Elementary Physical Education Teacher

Amanda Mitchell: PTO member

Jozie Lee: Parent of a student

Shelby Guy: High School Student

Samantha Wilson: High School Student

Tyler Harker: Elementary Student

Gracie Schlabach: Elementary Student

Southwestern's Scorecard

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

To review how scores are calculated, click [here](#).

Version: 2.0

Policy Name: Dec 2015 Assessment

Section 1. Nutrition Education		Rating
NE1	There is a standards-based nutrition curriculum, health education curriculum, or other curriculum that includes nutrition.	2
NE2	All elementary school students receive nutrition education.	2
NE3	All middle school students receive nutrition education.	2
NE4	All high school students receive nutrition education.	2
NE5	Links nutrition education with the school food environment.	2
NE6	Nutrition education teaches skills that are behavior-focused.	2
NE7	Nutrition education is sequential and comprehensive in scope	2
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 7. Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 7. Multiply by 100.	100

Section 2. Standards for USDA Child Nutrition Programs and School Meals

	Rating
SM1 Addresses access to the USDA School Breakfast Program.	2
SM2 Addresses compliance with USDA nutrition standards for reimbursable meals.	2
SM3 School meals meet standards that are more stringent than those required by the USDA.	2
SM4 District takes steps beyond those required by federal law/regulation to protect the privacy of students who qualify for free or reduced priced meals.	2
SM5 USDA National School Lunch Program and School Breakfast Program standards are described in full (or a link to the standards is provided in the wellness policy)	2
SM6 Specifies strategies to increase participation in school meal programs.	2
SM7 Addresses students leaving school during lunch periods.	0
SM8 Ensures adequate time to eat.	2
SM9 Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10 Addresses school meal environment.	2
SM11 Nutrition information for school meals (e.g., calories, saturated fat, sodium, sugar) is available to students and parents.	2
SM12 Specifies how families are provided information about determining eligibility for free/reduced priced meals.	2
SM13 Recess (when offered) is scheduled before lunch in elementary schools.	2
SM14 Free drinking water is available during meals	2
Subtotal for Section 2	
Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 14. Multiply by 100. Do not count an item if the rating is "0."	93
Strength Score: Count the number of items rated as "2" and divide this number by 14. Multiply by 100.	93

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

	Rating
NS1 Addresses compliance with USDA minimum nutrition standards for all FOODS sold to students during the school day (commonly referred to as Smart Snacks)	2
NS2 Addresses nutrition standards for all FOODS sold to students during the EXTENDED school day (includes regular school day plus after school programming and clubs. Do not count snacks provided in before/aftercare (child care) programs)	2
NS3 Addresses nutrition standards for all FOODS AND BEVERAGES served to students while attending before/aftercare on school grounds.	2
NS4 Regulates food served during classroom parties and celebrations in elementary schools.	2
NS5 Addresses compliance with USDA nutrition standards for all BEVERAGES sold to students during the school day (commonly referred to as Smart Snacks)	2
NS6 Addresses nutrition standards for all BEVERAGES sold to students during the EXTENDED school day (includes regular school day plus after school programming and clubs).	2
NS7 Addresses foods and beverages containing non-nutritive sweeteners (High School)	2
NS8 Addresses foods and beverages containing caffeine at the high school level*	2
*As of 2014, USDA Smart Snacks standards prohibit the sale of foods and beverages containing caffeine in elementary and middle schools.	
NS9 USDA Smart Snack standards are described in full (or a link to the standards is provided in the wellness policy)	2
NS10 Addresses availability of free drinking water throughout the school day.	2
NS11 Regulates food sold for fundraising at all times (not only during the school day).	2

Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 11. Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 11. Multiply by 100.	100

Section 4. Physical Education and Physical Activity		Rating
PEPA1	There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum is aligned with national and/or state physical education standards.	2
PEPA3	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA4	Addresses time per week of physical education instruction for all middle school students.	2
PEPA5	Addresses time per week of physical education instruction for all high school students.	2
PEPA6	Addresses teacher-student ratio for physical education classes.	2
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	District provides physical education training for physical education teachers.	2
PEPA9	Addresses physical education waiver requirements for K-12 students (e.g., substituting physical education requirement with other activities).	2
PEPA10	Addresses physical education exemptions for K-12 students.	2
PEPA11	Addresses physical education substitution requirements for K-12 students (e.g., substituting physical education requirement with other activities).	2
PEPA12	District addresses the development of a comprehensive school physical activity program (CSPAP) plan at each school. Click here for information on CSPAP.	2
PEPA13	District addresses active transport for all K-12 students.	0
PEPA14	District addresses before and after school physical activity for all K-12 students.	2
PEPA15	District addresses recess.	2
PEPA16	Addresses physical activity breaks for all K-12 students.	2
PEPA17	Addresses staff involvement in physical activity opportunities at all schools.	2
PEPA18	Addresses family and community engagement in physical activity opportunities at all schools.	2
PEPA19	District provides physical activity training for all teachers.	1

PEPA20 Joint or shared-use agreements for physical activity participation at all schools. **0**

Subtotal for Section 4	Comprehensiveness Score:	
	Count the number of items rated as "1" or "2" and divide this number by 20.	90
	Multiply by 100. Do not count an item if the rating is "0."	
	Strength Score:	
	Count the number of items rated as "2" and divide this number by 20.	85
	Multiply by 100.	

Section 5. Wellness Promotion and Marketing

	Rating
WPM1 Encourages staff to model healthy eating/drinking behaviors.	1
WPM2 Addresses staff not modeling unhealthy eating/drinking behaviors.	1
WPM3 Encourages staff to model physical activity behaviors.	1
WPM4 Addresses food not being used as a reward.	2
WPM5 Addresses using physical activity as a reward.	2
WPM6 Addresses physical activity not being used as a punishment.	2
WPM7 Addresses physical activity not being withheld as a punishment.	2
WPM8 Specifies marketing/ways to promote healthy food and beverage choices.	2
WPM9 Specifies ways to promote physical activity.	2
WPM10 Specifies that family wellness activities will be planned and will include nutrition and physical activity components.	2
WPM11 On signs, scoreboards, sports equipment.	1
WPM12 In curricula, textbooks, websites used for educational purposes, or other educational materials (both printed and electronic)	0
WPM13 On exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, etc.	1
WPM14 On advertisements in school publications, on school radio stations, in-school television, computer screen savers and/or school-sponsored Internet sites, or announcements on the public announcement (PA) system.	0
WPM15 On fundraisers and corporate-sponsored programs that encourage students and	0

their families to sell, purchase or consume products and/or provide funds to schools in exchange for consumer purchases of those products.

Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 15. Multiply by 100. Do not count an item if the rating is "0."	80
	Strength Score: Count the number of items rated as "2" and divide this number by 15. Multiply by 100.	47

Section 6. Implementation, Evaluation & Communication

		Rating
IEC1	Establishes an ongoing district wellness committee.	2
IEC2	District wellness committee has community-wide representation.	2
IEC3	Designates one district level official accountable for ensuring each school is in compliance (ensuring that there is reporting up)	2
IEC4	Designates a leader in each school accountable for ensuring compliance within the school.	2
IEC5	Addresses annual assessment of school wellness policy implementation/progress towards wellness goals.	2
IEC6	Progress report on compliance/implementation is made to the school community (Board of Education, superintendent, principals, staff, students and parents)	2
IEC7	Progress report on compliance/implementation is made available to the public	2
IEC8	Progress report ensures transparency by including: the web address of the wellness policy, a description of each school's activities and progress towards meeting wellness goals, contact details for committee leadership and information on how to join the committee.	1
IEC9	Addresses a plan for updating policy based on best practices.	2
IEC10	Addresses methods for communicating with the public.	2
IEC11	Specifies how district will engage families to provide information and/or solicit input to meet district wellness goals (e.g., through website, e-mail, parent meetings, or events).	2

Subtotal for Section 6	Comprehensiveness Score:	
	Count the number of items rated as "1" or "2" and divide this number by 11. Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score:	
	Count the number of items rated as "2" and divide this number by 11. Multiply by 100.	91

Overall District Policy Score

Total Comprehensiveness		District Score
Add the comprehensiveness scores for each of the six sections above and divide this number by 6.		94
Total Strength		District Score
Add the strength scores for each of the six sections above and divide this number by 6.		86