

Wellness Policy Assessment Tool

Wayne School District

A. Nutrition	Grade ES = PreK-5 MS = 6-8 HS = 9-12	Yes	No	N/A
1. All food sold/served to students is prepared in health-inspected facilities under the guidance of food safety certified staff.	ES <input checked="" type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
2. Students are provided access to hand washing or hand sanitizing before meals or snacks.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
3. Schools work to reduce fat, sodium and calories in school meals whenever possible.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
4. Fruit, vegetables and whole-grain enriched items are offered daily.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
5. Only low-fat (1%) unflavored milk, fat free (skim) unflavored milk, fat-free (skim) flavored milk, or (1%) flavored milk are offered.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
6. Students are provided with at least 10 minutes to eat after sitting down for breakfast and 20 minutes to eat after sitting down for lunch.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
7. All staff receive the required training each year which is: Food Service Director 12 hours School kitchen managers 10 hours Other kitchen staff 6 hours Under 20 hours staff 4 hours	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
8. Drinking water is made available during mealtimes. <i>- middle school, fountain next to entrance by Lunch Room. Cups available.</i>	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
B. Smart Snacks				
9. Only Smart Snack options are offered in vending machines, school stores, concession stands, a la carte lines, and classrooms. Choices meet Smart Snack guidelines.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
10. Fundraising activities involving the sale of food will take place outside the school day (1/2 hours before school starts and when the bell rings at the end of the day) and must meet the guidelines for foods sold outside of reimbursable meals menu.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
C. Nutrition Education				
11. Health Education, including nutrition education, is delivered by a "food lady" from USU extension service at the elementary level (K-5) or Health Educator in grade levels 7-12.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		

12. The District provides information on calories, percentages of fat, and serving sizes of school meal items to help children and parents select appropriate portions of food.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
D. Physical Education				
13. Provides all Elementary students with 150 minutes per week of physical education throughout the entire year.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
14. Provides all middle school students with 225 minutes per week for the entire school year.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
15. Daily physical education (the equivalent of 225 minutes per week) is offered in high school for all students.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
16. Schools maintain a graduation requirement of 1.5 credits of Physical Education in Physical Education and .5 credit Health in high school.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
17. Physical activity is integrated into health and other classroom curriculum such as science, math and social studies when appropriate.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
18. Classroom teachers provide short physical activity breaks between lessons or classes, as appropriate.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
19. Provide elementary school students with at least 20 minutes a day of <u>supervised</u> recess each day.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
E. Staff Wellness & Health Promotion				
20. School staff serves as role models for students by practicing healthy eating and being physically active around students.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		
21. The District has a staff wellness program that focuses on staff wellness issues.	ES <input type="checkbox"/> MS <input type="checkbox"/> HS <input type="checkbox"/>	✓ ✓ ✓		

All members of the committee read through and discussed policy. They felt that the policy was sufficient. No changes are needed at this time.

Jammy M Pace 1/24/2024
Food Service Director.