

# **Thayer R-II School District Wellness Assessment**

## **School Wellness Policy Assessment Tool**

**(Updated 2021)**

This assessment tool should be completed by the Thayer R-II School District Wellness Committee Team Members Yearly:

(Team members should include the school food service director, school nurse, teachers, other staff members, students, parents, community partners, school board members, and administrators).

Completion of the assessment tool will help team members determine where their school is currently at with meeting the expectations of the district's Wellness Policy (ADF) and Procedures (ADF-AP)(1) as outlined in school district policy. In addition, a progress evaluation of each school's progress will be completed by school personnel during each school year.

### **QUESTIONS**

If you have any questions about the assessment tool, please contact Mrs. Nina Crase at (417) 264-4600 ext. 2317 or [ncrase@thayer.k12.mo.us](mailto:ncrase@thayer.k12.mo.us) or Traci Willison at (417) 264-4600 ext.1334 or [twillison@thayer.k12.mo.us](mailto:twillison@thayer.k12.mo.us)

### **INSTRUCTIONS**

The chart below is from the district's Wellness Policy. Not all items from the wellness policy are listed. Taking the chart below, the school's Wellness Team will determine if a particular section of the Wellness Policy is either fully in place, partially in place or not in place within their school building. Please place an X in the appropriate column. Then, please turn in your completed assessment to the front office of each building site.

## A. Food and Beverage In Schools

Wellness Policy Language	Yr of Implementation	Fully In Place X	Partially In Place X	Not In Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
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### Food Safety

1. All food sold/served to students is prepared in health-inspected facilities under the guidance of food safety certified staff.	2019	X		
2. Students are provided access to hand washing or hand sanitizing before meals or snacks	2020	X		

### Scheduling of Meals

3. Pleasant eating environments - where there is plenty of seating and students do not feel rushed during meals.	2019	X		
4. Students are provided with at least 10 minutes to eat after sitting down for breakfast and 15 minutes to eat after sitting down for lunch.	2020	X		
5. Accommodations are provided for students who need more time to finish their lunch	2021	X		
6. Meal periods are scheduled at appropriate times. Lunch should be served between 10:10 AM and 1:30 PM	2019	X		
7. Lunch periods are <u>after recess</u> in elementary schools in order to increase student nutrient intake and reduce food waste;	Yr 3		X	
8. Offering attractive dining areas which have enough space for seating all students scheduled for that meal period	2020	X		
9. Schools will evaluate their (secondary schools) policy of competitive foods taking into consideration the total school campus	2021	X		

Wellness Policy Language	Yr of Implementation	Fully In Place X	Partially In Place X	Not In Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
10. Participation in the universal lunch program is encouraged, including measures to arrange bus schedules to increase student access, "grab and go" breakfasts, breakfast in the classroom, or breakfast during morning break.	Ongoing process	X		
<b>Food and Behavior</b>				
11. Foods or beverages are NOT used as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan, behavior intervention plan, or a 504 Individual Accommodation Plan).	Ongoing process	X		
<b>Fundraising</b>				
12. Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.	Ongoing process	X		
13. Fundraising activities involving the sale of food will take place outside the school day (school day is defined as 1/2 hr before school starts until after the school bell rings at the end of the school day) and must meet the guidelines for foods sold outside of reimbursable meals menus.	Ongoing process	X		
14. Students and staff are prohibited from personal fundraising efforts that include the sale of foods or beverages on campus	Ongoing process		X	
15. External organizations, parents, and other using school property are notified of the "healthy" fundraising policy	Ongoing process - Year	X		
<b>Celebrations</b>				

16. Classroom celebrations encourage healthy choices and portion control and not include more than one item that does not include more than one item from outside the criteria established for "healthy" foods.	Ongoing process	X		
<b>Sharing Foods and Beverages</b>				
17. Sharing of foods and beverages is not allowed unless completely unopened	2020	X		
<b>Snacks</b>				
18. Only "healthy" snack options are offered in vending machines, school stores, concession stands, a la carte lines, and classrooms. Choices meet guidelines for foods sold outside reimbursable meals and portion size.	Y3		X	
<b>Foods Sold Outside of the Reimbursable Meals Menus</b>				
19. Foods sold meet these guidelines: <u>Elementary schools</u> - reimbursable menu items, fruits; vegetables; lowfat dairy items, yogurt	Y1			
20. <u>Middle School &amp; High School</u> - Reimbursable meal menu items; Foods that contain 7 grams of fat or less per serving; Foods that do not have sugar or other caloric sweeteners as the first ingredient	2021	X		
<b>Beverages - ALLOWED for sale in all Thayer Public Schools</b>				
21. Unflavored or flavored low fat or fat free fluid milk and nutritionally equivalent nondairy beverages (to be defined by USDA)	2020	X		
22. Water without added caloric sweeteners or artificial sweeteners	2019	X		
23. 100% Juice	Y1			
<b>Beverages - NOT allowed for sale in all Thayer Public Schools</b>				
24. Soft drinks containing caloric sweeteners or artificial sweeteners	Y3		X	Still sold at ballgame concessions
25. Sports drinks	Y3		X	Still sold at ballgame concessions
26. Iced teas	2020	X		
27. Fruit based drinks that contain less than 100% real fruit juice	2020	X		
28. Beverages containing caffeine, excluding lowfat or fat free chocolate milk (which contain trivial amounts of caffeine)	Y3		X	Special Education students have a Coffee Shop business that they have open before school hours and at ballgame

**Portion Sizes** - Except in cases where the National School Lunch Program or School Breakfast Program require a larger serving size to meet meal pattern requirements, portion sizes of the following items will be limited to:

29. One and one quarter ounces for baked chips, crackers, popcorn, cereal, trail mix, nuts seeds, and dried fruit	2019	X		
30. One ounce for cookies	2019	X		
31. Two ounces for cereal bars, granola bars, and other bakery items	2020	X		
32. Four fluid ounces for frozen desserts, including, but not limited to, lowfat or fat free ice cream	2019	X		
33. Eight ounces for non frozen yogurt	2019	X		
34. Twelve fluid ounces for beverages, except: 16 fluid ounces for milk; and unlimited for water	2019	X		
35. Fruits and non-fried vegetables are exempt from portion size limits	2019	X		
<b>Food Marketing</b>				
36. All food and beverage advertising (vending machines, school stores, etc.) displays healthy messaging.	2020	X		
37. School - based marketing of brands promoting predominantly low nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruit, vegetables, whole grains, and low fat dairy products is encouraged	2020	X		

## B. Nutrition Education



Wellness Policy Language	Yr of Implementation	Fully In Place X	Partially In Place X	Not In Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
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**Nutrition Education** - Schools will provide nutrition education as a part of a holistic, sequential, age appropriate, comprehensive program designed to provide students and their families with the knowledge and skills necessary to promote and protect their health for a lifetime. Development and adoption of Nutrition Education curricula will follow district policies and the accompanying regulations regarding new curricula Nutrition Education will:

38. Health Education, is including nutrition education, is delivered by a licensed elementary (K-5) or Health Educator (7-12) in grade level bands: K-2, 3-5, 6-8, and 9-12	Ongoing Process			
39. Nutrition Education is integrated throughout the school day and after school programs.	Ongoing Process			
40. Cafeteria is used as a "learning laboratory" and includes enjoyable, developmentally age-appropriate, participatory activities such as taste tests, promotions, farm visits to farms and gardens	Ongoing Process			
41. Nutrition Education is culturally relevant and teaches students about cross-cultural nutrition.	Ongoing Process			
42. Food & Nutrition Services and other community agencies collaborate with teachers to reinforce nutrition education lessons taught in classroom.	Ongoing Process			
43. Provide and promote nutrition education to families and the broader community in cooperation with such agencies as WIC, Community Health Clinics, ECFE, Adult Education and other community organizations	Ongoing Process			
44. Encouraging families through newsletters, PSA's, TV, homework assignments, parent-teacher meetings, health fairs, etc to make health food choices and lead a healthy lifestyle	Ongoing Process			

45. Staff is trained in stress management, nutrition education and has been provided general wellness resources and opportunities	Ongoing Process			
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## C. Physical Activity

Wellness Policy Language	Yr of Implementation	Fully In Place X	Partially In Place X	Not In Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
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### Physical Education

46. Provides all ELEMENTARY students with 150 per week of physical education throughout the entire year.	Y3			
47. Provides all MIDDLE/HIGH School students with 225 minutes per week for the entire school year	Y3			
48. Schools maintain a graduation requirement of <i>two credits</i> of both Health and Physical Education in high school	Y3			
49. All students receive physical education each year. There will be no exemptions to this law (i.e. choice between band, foreign language and physical activity is not permissible).	Y3			
50. Physical education is provided in appropriate student-teacher ration that ensures adequate supervision and minimized risk of injuries ( <i>The district will work towards establishing an enrollment cap</i> ) .	Y2			
51. School has physical education electives available to high school students and is working to increase offerings.	Y3			

Wellness Policy Language	Yr of Implementation	Fully In Place X	Partially In Place X	Not In Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
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### Integrating Physical Activity into the Classroom

52. In addition to physical education, provide all students with other opportunities to be physically active during the school day. <i>(The recommended amount of physical activity is at least 60 minutes per day)</i>	Y3			
53. Classroom health education reinforces knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television	Y2			
54. Integrate physical activity into health and other classroom curriculum such as science, math, and social studies when appropriate	Y3			
55. Classroom teachers provide short physical activity breaks between lessons or classes, as appropriate	Y2			
56. Extended periods (2+ hours) of inactivity is discouraged.	Y1			

### Daily Recess

57. Provide ELEMENTARY school students with at least 20 minutes a day of supervised recess each day.	Y2			
58. Prepare and encourage ELEMENTARY students to have physically active recess period.	Y2			

### Physical Activity Opportunities Before and After School

59. Provide every student with opportunities to voluntarily participate in extra curricular physical activities that meets his or her needs interests and abilities	Y3			
60. Provide safe opportunities for both <u>organized and informal</u> use of indoor and outdoor facilities, before and after school. <i>(If partially in place, please specify)</i>	Y1-Y3 Ongoing Process			



61. School facilities are available to student staff and community members before and after the school day, on weekends, and during school vacations for physical activity and nutrition programs through Community Education	Y1			
62. Offer a program to encourage safe walking or biking to and from school where appropriate.	Y1-Y3 Ongoing Process			
<b>Physical Activity and Punishment</b>				
63. Teachers and other school and community personnel do not use physical activity (i.e. running laps, pushups) or withhold opportunities for physical activity (i.e. recess, physical education) as punishment	Y1			
<b>Staff Wellness</b>				
64. School staff serve as role models for students and are the key to successful implementation of wellness programs. The district and schools offer wellness programs as well as general wellnuess resources and opportunities.	Y1-Y3 Ongoing Process			

## A. Food and Beverages In Schools

Wellness Policy Language	Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
<b>Food Safety</b>				
1. All food sold/served to students is prepared in health-inspected facilities under the guidance of food safety certified staff.	Y1			
2. Students are provided access to hand washing or hand sanitizing before meals or snacks.	Y1			
<b>Scheduling of Meals</b>				
3. Pleasant eating environments – where there is plenty of seating and students do not feel rushed during meals.	Y1			
4. Students are provided with at least 10 minutes to eat after sitting down for breakfast and 15 minutes to eat after sitting down for lunch.	Y1			
5. Accommodations are provided for students who need more time to finish their lunch	Y1			
6. Meal periods are scheduled at appropriate times. Lunch should be served between 10:100 AM and 1:30 PM	Y2			
7. Lunch periods are <u>after recess</u> in <b>elementary schools</b> in order to increase student nutrient intake and reduce food waste;	Y2			
8. Offering attractive dining areas which have enough space for seating all students scheduled for that meal period	Y3			
9. Schools will evaluate their [secondary schools] policy of competitive foods taking into consideration the total school campus	Y2			

Wellness Policy Language	Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
10. Participation in the universal lunch program is encouraged, including measures to arrange bus schedules to increase student access, "grab and go" breakfasts, breakfast in the classroom, or breakfast during morning break.	Ongoing process			
<b>Food and Behavior</b>				
11. Foods or beverages are NOT used as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan, behavior intervention plan, or a 504 Individual Accommodation Plan).	Ongoing process			
<b>Fundraising</b>				
12. Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.	Ongoing process			
13. Fundraising activities involving the sale of food will take place outside the school day (school day is defined as ½ hour before school starts until after the school bell rings at the end of the school day) and must meet the guidelines for foods sold outside of reimbursable meals menus.	Ongoing process			
14. Students and staff are prohibited from personal fundraising efforts that include the sale of foods or beverages on campus	Ongoing process			
15. External organizations, parents, and others using school property are notified of the "healthy" fundraising policy.	Ongoing process			
<b>Celebrations</b>				
16. Classroom celebrations encourage healthy choices and portion control and not include more than one item that does not include more than one item from outside the criteria established for "healthy" foods.	Ongoing process			

Wellness Policy Language	Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
<b>Sharing Foods and Beverages</b>				
17. Sharing of foods and beverages is not allowed unless completely unopened	Y1			
<b>Snacks</b>				
18. Only "healthy" snack options are offered in vending machines, school stores, concessions stands, a la carte lines, and classrooms. Choices meet guidelines for foods sold outside reimbursable meals and portion size.	Y1			
<b>Foods Sold Outside of the Reimbursable Meals Menus</b>				
19. Foods sold meet these guidelines: <u>Elementary schools</u> - reimbursable meal menu items, fruits; vegetables; lowfat dairy items, yogurt	Y1			
20. <u>Middle School &amp; High Schools</u> - Reimbursable meal menu items; Foods that contain 7 grams of fat or less per serving; Foods that do not have sugar or other caloric sweeteners as the first ingredient	Y1			
<b>Beverages - ALLOWED for sale in all Campbell County Public Schools</b>				
21. Unflavored or flavored low fat or fat free fluid milk and nutritionally equivalent nondairy beverages (to be defined by USDA)	Y1			
22. Water without added caloric sweeteners or artificial sweeteners	Y1			
23. 100% juice	Y1			
<b>Beverages - NOT allowed for sale in all Campbell County Public Schools</b>				
24. Soft drinks containing caloric sweeteners or artificial sweeteners	Y1			
25. Sports drinks	Y1			
26. Iced teas	Y1			
27. Fruit based drinks that contain less than 100% real fruit juice	Y1			

Wellness Policy Language	Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
28. Beverages containing caffeine, excluding lowfat or fat free chocolate milk (which contain trivial amounts of caffeine)	Y1			
<b>Portion Sizes</b> - Except in cases where the National School Lunch Program or School Breakfast Program require a larger serving size to meet meal pattern requirements, portion sizes of the following items will be limited to:				
29. One and one quarter ounces for baked chips, crackers, popcorn, cereal, trail mix, nuts, seeds, and dried fruit	Y1			
30. One ounce for cookies	Y1			
31. Two ounces for cereal bars, granola bars, and other bakery items	Y1			
32. Four fluid ounces for frozen desserts, including, but not limited to, lowfat or fat free ice cream	Y1			
33. Eight ounces for non frozen yogurt	Y1			
34. Twelve fluid ounces for beverages, except: 16 fluid ounces for milk; and unlimited for water	Y1			
35. Fruits and non-fried vegetables are exempt from portion size limits	Y1			
<b>Food Marketing</b>				
36. All food and beverage advertising (vending machines, school stores, etc.) displays healthy messaging.	Y1			
37. School-based marketing of brands promoting predominantly low nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruit, vegetables, whole grains, and low fat dairy products is encouraged	Y1			



## B. Nutrition Education

Wellness Policy Language	Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
<b>Nutrition Education</b> - Schools will provide nutrition education as a part of a holistic, sequential, age appropriate, comprehensive program designed to provide students and their families with the knowledge and skills necessary to promote and protect their health for a lifetime. Development and adoption of Nutrition Education curricula will follow district policies and the accompanying regulations regarding new curricula. Nutrition Education will:				
38. Health Education, including nutrition education, is delivered by a licensed elementary (K-5) or Health Educator (7-12) in grade level bands: K-2, 3-5, 6-8 and 9-12	Ongoing Process			
39. Nutrition Education is integrated throughout the school day and after school programs.	Ongoing process			
40. Cafeteria is used as a "learning laboratory" and includes enjoyable, developmentally age-appropriate, participatory activities such as taste tests, promotions, farm visits to farms and gardens	Ongoing process			
41. Nutrition Education is culturally relevant and teaches students about cross-cultural nutrition.	Ongoing process			
42. Food & Nutrition Services and other community agencies collaborate with teachers to reinforce nutrition education lessons taught in classroom.	Ongoing process			
43. Provide and promote nutrition education to families and the broader community in cooperation with such agencies as WIC, Community Health Clinics, ECFE, Adult Education and other community organizations	Ongoing process			

Wellness Policy Language	Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
44. Encourage families through newsletters, PSA's, TV, homework assignments, parent-teacher meetings, health fairs, etc. to make healthy food choices and lead a healthy lifestyle.	Ongoing process			
45. Staff is trained in stress management, nutrition education and has been provided general wellness resources and opportunities.	Ongoing process			

### C. Physical Activity

Wellness Policy Language	Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
<b>Physical Education</b>				
46. Provides all ELEMENTARY students with 150 minutes per week of physical education through out the entire year.	Y3			
47. Provides all MIDDLE/HIGH School students with 225 minutes per week for the entire school year.	Y3			
48. Schools maintain a graduation requirement of <i>two credits</i> of both Health and Physical Education in high school.	Y3			
49. All students receive physical education each year. There will be no exemptions to this law (i.e., choice between band, foreign language and physical education is not permissible).	Y3			
50. Physical education is provided in appropriate student-teacher ratio that ensures adequate supervision and	Y2			

Wellness Policy Language	Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
minimized risk of injuries. <i>(The district will work towards establishing an enrollment cap).</i>				
51. School has physical education electives available to high school students and is working to increase offerings.	Y3			
Wellness Policy Language	Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
<b>Integrating Physical Activity into the Classroom</b>				
52. In addition to physical education, provide all students with other opportunities to be physically active during the school day. <i>(The recommended amount of physical activity is at least 60 minutes per day)</i>	Y3			
53. Classroom health education reinforces knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television	Y2			
54. Integrate physical activity into health and other classroom curriculum such as science, math and social studies when appropriate.	Y3			
55. Classroom teachers provide short physical activity breaks between lessons or classes, as appropriate	Y2			
56. Extended periods (2+ hours) of inactivity is discouraged.	Y1			
<b>Daily Recess</b>				
57. Provide ELEMENTARY school students with at least 20 minutes a day of supervised recess each day.	Y2			
58. Prepare and encourage ELEMENTARY students to have a physically active recess period.	Y2			

Wellness Policy Language	Year of Implementation Y1 = Year 1 Y2 = Year 2 Y3 = Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
<b>Physical Activity Opportunities Before and After School</b>				
59. Provide every student with opportunities to voluntarily participate in extra curricular physical activities that meets his or her needs interests and abilities	Y3			
60. Provide safe opportunities for both <u>organized and informal</u> use of indoor and outdoor facilities, before and after school. <i>(If partially in place, please specify)</i>	Y1-Y3 Ongoing process			
61. School facilities are available to student staff and community members before and after the school day, on weekends, and during school vacations for physical activity and nutrition programs through Community Education	Y1			
62. Offer a program to encourage safe walking or biking to and from school where appropriate.	Y1-Y3 Ongoing process			
<b>Physical Activity and Punishment</b>				
63. Teachers and other school and community personnel do not use physical activity (i.e. running laps, pushups) or withhold opportunities for physical activity (i.e. recess, physical education) as punishment	Y1			
<b>Staff Wellness</b>				
64. School staff serve as role models for students and are the key to successful implementation of wellness programs.  The district and schools offer wellness programs as well as general wellness resources and opportunities.	Y1-Y3 Ongoing process			