

# Hoover City Schools Wellness Assessment Tool



School \_\_\_\_\_

Date: \_\_\_\_\_

Assessment by: \_\_\_\_\_

0	1	2	3	4
Not in place--not being considered	Not in place--but aware of need	Not in place--but plans are being made	In place--partially implemented	In place--fully implemented

## Component 1 - Nutrition Standards

Measurable objective	0	1	2	3	4	Don't know	NA	Comments and Notes
<p><b>1.1 Families, teachers, students, and school officials are involved in choosing the vending selections (snacks and beverages) for schools.</b></p> <p><b>Vending and ala carte for single serving snack selections:</b></p> <ul style="list-style-type: none"> <li>• Are low to moderate in fat (less than 10% Daily Value of total fat)</li> <li>• Contain less than 30 grams carbohydrate</li> <li>• Contain less than 360 mg of sodium</li> <li>• Contain 5% of the daily value of at least one of the following: Vitamin A, Vitamin C, Iron, Calcium, and Fiber</li> <li>• Chips (baked or containing no more than 3 to 7.5 grams of fat per bag), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, and pretzels. Not to exceed 1 and 1/4 ounces</li> <li>• Low-fat cookies/cereal bars. Not to exceed 1 and 1/3 ounces</li> <li>• Low-fat bakery items (examples: pastries and muffins). Check the label for carbohydrate content. Not to exceed 2 ounces</li> <li>• Frozen dairy desserts, such as low fat ice cream, and pudding "Jell-O" fruit bowls. Not to exceed 4 ounces.</li> </ul>								

<ul style="list-style-type: none"> <li>• Reduced fat milk (1 percent or less), flavored or unflavored. Flavored milks may contain no more than 30 grams total sugar per 8 ounce serving. Not to exceed 16 ounces.</li> <li>• Beverages should include water in any size container. Other beverages may include sports drinks (12 ounces), 100% fruit juices (12 ounces or less), low-sugar fruit smoothies (12 ounces), and one (1) percent or less fat milk – as stated above (16 ounces).</li> </ul> <p>Vending beverage selections:</p> <p>Elementary Schools:</p> <ul style="list-style-type: none"> <li>• Have no carbonated soft drinks</li> </ul> <p>Middle Schools:</p> <ul style="list-style-type: none"> <li>• 70% or more of selections are noncarbonated (water, fruit juices, milk, tea, and sports drinks)</li> <li>• 30% or less of selections are carbonated, of this 50% must be low/no calorie</li> </ul> <p>High Schools:</p> <ul style="list-style-type: none"> <li>• 50% or more of selections are noncarbonated (water, fruit juices, milk, tea, and sports drinks)</li> <li>• 50% or less of selections are carbonated, of this 50% must be low/no calorie</li> </ul>								
<p><b>1.2 Hoover City Schools employs a food service director who is properly qualified, certified, and/or credentialed according to Alabama State Department of Education requirements.</b></p>								
<p><b>1.3 Access to the food service area is limited to the Child Nutrition staff and authorized personnel only.</b></p>								
<p><b>1.4 Food served and/or sold through the cafeteria adheres to Federal and State guidelines. Schools focus on increasing whole grain options and increasing fruits and vegetables.</b></p>								

<p><b>1.6 All food made available on campus complies with both the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illness.</b></p>								
<p><b>1.7 Vending fronts, other than those located in athletic spectator setting (e.g. football stadiums), are water and juice products. (Sport Drink fronts are unacceptable.)</b></p>								
<p><b>1.8 All fundraising activities that involve the selling of food during school hours, or as students gather on the school campus before school begins, or as students wait on transportation or otherwise exit the school campus following school dismissal, reinforce food choices that promote good health and follow the Action for Health Kids of Alabama “Guide to Healthy School Fundraising”.</b></p>								
<p><b>1.9 Preparation of foods in the cafeteria use cooking techniques to provide fiber and reduce fat, sugar, and sodium in school meals.</b></p>								
<p><b>1.10 School cafeterias assist students in selecting the appropriate amount of food and adhere to the portion sizes required by USDA.</b></p>								
<p><b>1.11 Special diet needs of students are met when a special diet order by an authorized medical authority is provided.</b></p>								
<p>1.12 Nutritional information for products offered in cafeterias, ala carte, vending, and school stores are readily available.</p>								
<p>1.13 Schools strive to increase participation in the Federal Child Nutrition School Breakfast and Lunch Programs and offer meals at prices students can afford.</p>								
<p>1.14 Schools notify parents and students of the availability of the school breakfast program.</p>								
<p>1.15 Students are encouraged to start each day with a healthy breakfast.</p>								
<p>1.16 No outside fast food or beverage in the original container is permitted in school cafeterias</p>								

during breakfast and lunch serving times.								
1.17 Menus are planned with input from students and include local, cultural, and ethnic favorites of students.								
1.18 School meal participation rates are approximately the same for paying students as for students eligible for free and reduced price meals.								
1.19 The school encourages parents to provide a variety of nutritious foods if students bring bag lunches and snacks from home.								
1.20 Schools use an accounting system that protects the identity of students who eat free and reduced price school meals.								
1.21 The school is enrolled as a Team Nutrition School and conducts nutrition education activities and promotions that involve students, parents, and the community.								
<b>Component 1</b>	<b>Column Totals</b>							<b>Grand Total</b>

<b>0</b>	<b>1</b>	<b>2</b>			<b>3</b>			<b>4</b>
Not in place--not being considered	Not in place--but aware of need	Not in place--but plans are being made			In place--partially implemented			In place--fully implemented

## Component 2 - Nutrition Education

Measurable objective	0	1	2	3	4	Don't know	NA	Comments and Notes
<b>2.1 Child Nutrition Program (CNP) managers and staff have been/are being trained on meeting School Meal Initiative requirements, basic nutrition, and child health issues by a qualified CNP director.</b>								
<b>2.2 Every employee completes an initial in-service training session, not less than 3 hours, demonstrating the importance of good nutrition and physical activity across the lifespan (encompassing prenatal, infant, adolescent, and adult lifestyles).</b>								
<b>2.3 Effective the 2006-2007 school year, new employees complete the in-service described above in item 2.2, during their first full year of employment.</b>								
<b>2.4 Teachers and other staff are refreshed and updated on the importance of good nutrition and physical activity through an annual in-service program.</b>								
<b>2.5 Nutrition education is integrated into other areas of the curriculum such as, math, science, language arts, and social studies.</b>								
<b>2.6 Nutrition education is included in the school's daily education program from pre-kindergarten through grade 12.</b>								
<b>2.7 Nutrition education is offered in the school dining room and in the classroom with coordination between school foodservice staff and teachers.</b>								
<b>2.8 Families are provided with information about good health and nutrition that facilitates the family's ability to provide nutritious meals.</b>								
<b>2.9 The community is included in sharing information to positively impact student and community health.</b>								



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### Component 3 - Physical Activity

Measurable objective	0	1	2	3	4	Don't know	NA	Comments and Notes
<b>3.1</b> Classes are designed so that all students participate in a developmentally appropriate physical education program. Instructional emphasis is placed on motor skill development, social skills, and knowledge. Instruction provides appropriate time for learning, practicing, and assessment.								
<b>3.2</b> Recommended amount of time is provided for physical education classes.								
<b>3.3</b> Physical Education classes have a comparable teacher/student ratio to that of other classes.								
<b>3.4</b> A sequential course of study is implemented, using the Alabama Course of Study for Physical Education, The National Physical Education Standards, and Hoover City Schools Physical Education Framework.								
<b>3.5</b> Physical Education classes involve moderate to vigorous physical activity.								
<b>3.6</b> Schools provide a physical and social environment that promotes safe and enjoyable activity for all students.								
<b>3.7</b> Physical activity as punishment is never used. Withholding participation in class is never used as punishment. Physical Education class time is never used to complete assignments from other classes. The school does not allow courses or activities to be substituted for PE (band or participation on sports teams can not be substituted for PE).								
<b>3.8</b> Certified Physical Education Teachers teach all physical education classes.								

<b>3.9 Students are given opportunities for physical activity throughout the school day, including recess, elective physical education classes, walking programs, intramurals, and the integration of physical activity into the academic curriculum.</b>								
<b>3.10 On-going professional development opportunities are provided for all physical education teachers.</b>								
<b>Component 3</b>	<b>Column Totals</b>							<b>Grand Total</b>

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
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### Component 4 - Other School-Based Activity

Measurable objective	0	1	2	3	4	Don't know	NA	Comments and Notes
<b>4.1</b> There is an organized Local Wellness Committee in each school comprised of families, teachers, administrators, and students to plan, implement, and improve nutrition and physical activity in the school environment.								
<b>4.2</b> Food is not used as a reward or punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).								
<b>4.3</b> Schools promote healthy food choices, do not allow advertising or promotion of less nutritious choices, and follow the Action For Healthy Kids guide for Healthy School Parties (Refer to guideline 1.1). Birthday cake and/or cupcakes are allowed on an infrequent basis.								
<b>4.4</b> Student access to competing vending machines, school stores, snack bars, and other outlets that sell food foods and beverages are restricted during breakfast and lunch periods.								
<b>4.5</b> Healthful snacks are provided during after-school childcare programs.								
<b>4.6</b> Schools follow the Food Allergy and Anaphylaxis Network School Guidelines For Managing Students With Food Allergies								
<b>4.7</b> Support for the health of all students is demonstrated by hosting health clinics, healthy screenings, and providing access to school nurses during the school day.								
<b>4.8</b> After-school programs provide opportunities for physical activity and encourage healthy habit formation.								

4.9 Students are provided adequate time for meals; at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.								
4.10 Bus schedules allow adequate time for students to eat breakfast at school.								
4.11 Lunch periods are scheduled as near the middle of the school day as possible.								
4.12 Physical activity for elementary grades is scheduled before lunch or snack time.								
4.13 Cafeteria includes enough serving areas so that students do not have to spend too much time waiting in line.								
4.14 Schools encourage socializing among students, and between students and adults. Adults properly supervise dining areas and serve as role models to students.								
4.15 Dining areas are attractive and have enough seating space for students; tables and chairs are the appropriate size for students.								
4.16 Creative, innovative methods are used to keep noise levels appropriate.								
4.17 Students have access to hand washing or hand sanitizing before meals and snacks.								
4.18 Drinking water is available for students at mealtimes and throughout the day.								
4.19 Schools provide activities such as competitions in various sports, clubs, self-directed activities, open gym, special events, field trips, exercise classes, intramurals, and Kids' Walk-To-School Programs.								
4.20 Schools work with a variety of media to spread the word to the community about healthy school nutrition environment.								
<b>Component 4</b>	<b>Column Totals</b>							<b>Grand Total</b>