

Date: 12/12/18

Loop ISD

**Nutrition and Physical Activity Wellness Policies
 Implementation Assessment**

On a scale of one to five, one being the lowest rating and five being the highest rating, please rate each section of the wellness and physical activity policies as described below.

I.	School Health Council					
II.	Nutritional Quality of Foods and Beverages Sold and Served on Campus	Total	<u>51/95%</u> (60%)			
	a. School Meals (Appealing, Served clean meet minimum nutrition value)	1	2	3	4	5
	b. Breakfast (offered, buses schedule aligns, all students encouraged to eat breakfast)	1	2	3	4	5
	c. Free and Reduced Meals (eliminate social stigma, prevent over identification)	1	2	3	4	5
	d. Summer Food Service Program (offered if 50% of students are eligible)	1	2	3	4	5
	e. Meal Times and Scheduling (10 min for bf, 20 min for lunch, between 11-1 (no scheduling events, lunch periods followed by recess, provide access to sanitize)	1	2	3	4	5
	f. Qualifications of School Food Service Staff (qualified, provide prof. dev.)	1	2	3	4	5
	g. Sharing of Food and Beverages (sharing is discouraged)	1	2	3	4	5
	h. Fundraising Activities (will not involve food)	1	2	3	4	5
	i. Snacks (snacks offered are balanced, nutritional, age appropriate)	1	2	3	4	5
	j. Rewards (no food offered as reward)	1	2	3	4	5
	k. Celebrations (no more than one party per month, no more than one food or drink)	1	2	3	4	5
	l. School Sponsored Events (meets nutrition standards for meals beverages sold)	1	2	3	4	5
III.	Nutrition and Physical Activity Promotion and Food Marketing	Total	<u>18.5/74%</u> (25%)			
	a. Nutrition Education and Promotion (teach encourage and support nutrition)	1	2	3	4	5
	b. Integrating Physical Activity into Classroom Setting (receive 30 min per day)	1	2	3	4	5
	c. Communication with Parents (promote nutritional value through menus, seminars, send home information, encourage healthy lunches and snacks)	1	2	3	4	5
	d. Food Marketing in Schools (promote foods and beverages that meet standards)	1	2	3	4	5
	e. Staff Wellness (Plan and implement actives to support personal efforts to maintain Healthy lifestyles)	1	2	3	4	5
IV.	Physical Activity Opportunities and Physical Education	Total	<u>30/100%</u> (30%)			
	a. Daily Physical Education (P.E. K-12) 150 min per week for elem. And 225 min for Jr. high/high school, PE taught by certified PE teacher)	1	2	3	4	5
	b. Daily Recess (All elementary has 20 min a day of recess)	1	2	3	4	5
	c. Physical Activity opportunities Before and After School (all elementary, Jr. high, high school will offer extracurricular physical activity programs)	1	2	3	4	5
	d. Physical Activity and Punishment (No use of physical activity as punishment)	1	2	3	4	5
	e. Safe Routes to School (Routes are safe and easy for all students to get to school)	1	2	3	4	5
	f. Use of School Facilities Outside of School Hours (School space and facilities Are available for use before during and after the school day)	1	2	3	4	5

Each section of the report will be tallied and recorded. Any section below 60% will need to be addressed to see if any changes will need to be made to the current policy. Any score above 60%, the policy will be implemented as is for the current school year.

Signature: _____
 Principal

Signature: _____
 Superintendent