

**Laramie County School District #1 Wellness Policy Annual Assessment Tool SY 14-15**

This tool is used as a self-assessment of Laramie County School District #1 Wellness Policy implementation at each school campus. Although this is required documentation, more importantly, it is an opportunity to identify areas of potential growth. All items are based on USDA regulations and Board Policy. Please take time to complete each "School Administrator" section. If you have questions or concerns, please contact Nutrition Services xt 11300. Send completed forms to Shannon Thompson-Emslie at Nutrition Services.

**Rating Scale 0-3**

**0 – Not implemented. Please use comments section to provide reasoning and plan for improvement.**

**1 – Implemented sporadically or only among limited classrooms or grade levels.**

**2 – Implemented fully and followed on a regular basis.**

**3 – Implemented fully and exceed requirements. Please use comments section to provide details of successful implementation.**

\*= not applicable

	SCORES										SCORES										SCORES									
	Afflerbach	Alta Vista	Anderson	ARP	Baggs	Bain	Buffalo Ridge	Cole	Davis	Deming / Miller	Dildine	Fairview / Lehart	Freedom	Gilchrist	Goins	Hebard	Henderson	Hobbs	Jessup	Pioneer Park	Podar	Rossmann	Saddle Ridge	Sunrise						
<b>Area 1-Physical Activity-School Administrator Completes</b>																														
Physical education classes & physical activity opportunities are available.	3	3	3	3	2	2	3	3		2	2	2	3	3	2		2	2	3	2	2	2	3	2						
Opportunities for staff development on physical activities that enhance academic achievement are utilized.	1	1	2	1	2	2	1	1		1	2	1	1	3	2		2	1	2	1	1	2	3	2						
Students receive minimum of 60 minutes, and up to several hours, of physical activity most days of the week.	2	2	2	1	2	3	1	3		2	2	2	3	3	1		2	2	1	2	2	2	3	1						
Students engage in a variety of physical activities that promote optimal health, wellness, fitness, and performance.	3	2	2	2	2	2	1	3		2	2	2	2	2	2		2	1	2	2	2	2	3	2						
Movement/activity methods are incorporated into the classroom.		2	2	1	2	2	1	2		2	1	2	1	3	1		2	1	2	1	1	2	3	2						
<b>Area 2-Smart Snacks in School-School Administrator Completes</b>																														
Classrooms, vending, school stores, concessions do not compete with USDA meal service at meal service times.	3	2	2	3	*	3	2	3		2	3	2	3	3	2		*	2	2	2	3	3	3	2						
Caffeine containing beverages for HS students are evaluated by American Academy of Pediatric recommendations and are limited to amounts found naturally occurring in beverage. No caffeine or stimulant substances are added.	*	*	2	*	*	*	*	3		*	3	*	*	*	2		*	*	*	*	*	*	*	*						
No vending or school stores selling competitive foods & beverages in Elementary Schools.	3	2	2	3	3	3	3	3		2	3	2	3	3	2		*	2	2	2	3	3	3	3						
All competitive foods and beverages follow USDA guidelines.	3	2	2	2	*	*	*	3		2	3	2	3	3	2		*	*	2	2	*	*	3	3						
Marketing of unhealthy foods is strongly discouraged on school grounds & educational material	3	2	2	2	3	3	*	3		2	2	2	3	3	2		*	2	3	2	2	2	3	*						
<b>Area 3-Nutrition Education-School Administrator Completes</b>																														
School utilizes nutrition information in a practical application of purchasing and preparing healthy meals and snacks.	2	2	1	2	3	3	2	2		2	2	2	3	3	2		2	2	2	2	3	2	3	2						
Staff models and promotes with marketing nutrition education, healthy eating, and physical activity.	3	2	1	1	2	2	1	3		2	2	2	2	3	2		2	1	2	1	2	2	3	2						
Nutrition education opportunities for parents/staff are encouraged in a variety of activities and topics.	2	1	0	1	2	2	1	3		1	1	2	1	3	1		2	1	1	1	1	2	3	2						
School meal program works with District curriculum to create learning laboratory in school cafeteria.	0	1	2	0	2	1	1	3		2	2	1	0	0	0		*	2	0	1	0	2	3	2						
<b>Area 4-School Breakfast/Lunch-Nutrition Services Completes</b>																														
All school meals meet or exceed current USDA meal standards.	3	3	3	3	3	3	3	3		3	3	3	3	3	3		3	3	3	3	3	3	3	3						
Input from students on new and existing menu items.	2	2	2	2	2	2	2	2		2	2	2	2	2	2		2	2	2	2	2	2	2	2						
Nutrient analysis is available for all breakfast and lunch items online.	3	3	3	3	3	3	3	3		3	3	3	3	3	3		3	3	3	3	3	3	3	3						
Lunch is available at all LCSD1 schools that have an enrollment of at least 50 students.	3	3	3	3	3	3	3	3		3	3	3	3	3	3		3	3	3	3	3	3	3	3						
Effort is made to have breakfast available at schools that serve lunch.	3	3	3	3	3	3	3	3		3	3	3	3	3	3		3	3	3	3	3	3	3	3						
Universal breakfast offered to schools where 70% of students qualify for free/reduced meals. Breakfast service methods are used to increase participation (grab-n-go, breakfast after the bell, etc.)	*	*	*	3	*	*	*	3		*	*	*	*	*	0		*	*	*	2	*	*	*	*						
Free afterschool snacks are offered to all students in Title 1 schools that are enrolled in afterschool enrichment programs.	*	*	*	2	*	*	*	2		*	*	*	*	*	0		*	*	*	2	*	*	*	*						
Reduced rate snack program offered to students not in Title 1 schools enrolled in afterschool enrichment programs.	*	*	1	0	*	2	0	3		*	*	*	*	*	*		2	*	*	*	*	*	*	*						
<b>Area 5-Other Healthy School Based Activities-School Administrator Completes</b>																														
School staff does not use food as a reward or punishment.	3	1	1	1	1	2	1	1		1	2	2	3	2	2		2	1	1	1	2	1	3	2						
Students are encouraged to actively participate in recess.	3	2	3	2	2	2	2	3		2	3	2	3	3	2		2	2	3	2	2	2	3	2						
Students have adequate time to eat, relax, and socialize during meal. 10 minutes after sitting down for breakfast, 20 minutes after sitting down for lunch.	3	2	1	2	2	2	2	3		2	2	2	2	3	2		2	2	2	2	2	2	2	2						
Cafeterias have adequate seating, appropriate supervision, and clean and pleasant eating environment.	3	2	3	3	2	2	1	3		2	3	2	3	3	2		3	2	2	2	3	2	3	2						
Students have convenient access to hand washing facilities/sanitizer for use prior to consuming meals.	3	2	2	2	1	2	3	3		2	2	2	2	3	2		3	2	2	2	2	2	3	2						
Foods intended for immediate consumption are not sold as a fundraiser prior to and during the school day.	3	2	2	3	*	2	3	3		2	3	2	3	2	2		2	2	3	1	3	2	3	3						
Except for baked goods, staff prohibits the distribution/service of food items prepared in individual homes prior to and during the school day.	3	2	2	3	1	2	3	3		1	2	2	3	3	2		2	2	2	1	2	2	3	2						
Classroom parties focus on activities rather than food. List of healthy food alternatives are provided.	2	1	1	1	2	1	1	2		1	2	2	1	3	1		3	1	2	1	1	2	3	1						
School is encouraged to develop non-food fundraisers that promote physical activity. Ideas for fundraisers provided.	3	2	1	1	2	2	0	3		2	3	1	2	2	1		2	1	2		1	2	3	2						
<b>Area 6-Student Wellness Advisory Council-Nutrition Services Completes</b>																														
LCSD1 utilizes a student wellness advisory council. Nutrition services, health, physical education, safe and drug free schools coordinator co-chair the committee.	3	3	3	3	3	3	3	3		3	3	3	3	3	3		3	3	3	3	3	3	3	3						
Student Wellness Advisory Council members can include District employees, community stakeholders, administrative personnel, nutrition services, teachers, health and wellness coordinator, community members such as: parents, pediatricians, dietitians, medical professionals, and interested community members.	2	2	2	2	2	2	2	2		2	2	2	2	2	2		2	2	2	2	2	2	2	2						
Student Wellness Advisory Council utilizes assessment tool to measure implementation of student wellness policy at each campus.	1	1	1	1	1	1	1	1		1	1	1	1	1	1		1	1	1	1	1	1	1	1						
Student Wellness Advisory Council prepares an annual report for the Board of Trustees and public on the progress toward meeting the wellness goals outlined in the wellness policy. Made available to public online.	1	1	1	1	1	1	1	1		1	1	1	1	1	1		1	1	1	1	1	1	1	1						
<b>Average Score</b>	<b>2.5</b>	<b>1.97</b>	<b>1.91</b>	<b>1.94</b>	<b>2.11</b>	<b>2.19</b>	<b>1.8</b>	<b>2.6</b>		<b>1.94</b>	<b>2.28</b>	<b>2</b>	<b>2.29</b>	<b>2.58</b>	<b>1.76</b>		<b>2.22</b>	<b>1.83</b>	<b>2.06</b>	<b>1.81</b>	<b>2.03</b>	<b>2.13</b>	<b>2.774</b>	<b>2.13</b>						

**Goals for Improvement**

**ARP:** Work on nutritional education opportunities for students and families.

**Cole:** Reduce the number of non-nutritional rewards.

**Goins:** We have been working to be sure that almost all students have access to recess (rather than time for detention or undone homework). Classroom parties are still "heavy on the snacks", although teachers are primarily requesting that they be healthy (supportive, enthusiastic parents still bring in unhealthy snacks and we don't disallow).

**Saddle Ridge:** We will continue to encourage student rewards that do not focus on food.

**Comments:**

Area 1 - Physical Activity
<b>Section 1</b> Alta Vista: We offer archery and the First Tee Golf Program ARP: Part of regular curriculum Gilchrist: 70 minutes of PE/week Jessup: All Students Saddle Ridge: Every class guaranteed to have PE each week. Recesses as appropriate
<b>Section 2</b> Gilchrist: District offers staff development
<b>Section 3</b> Bain: 70 minutes of PE plus at least 20 minutes of recess/day Gilchrist: 60 minutes of recess/day, 300/week. Goins: Students have two 30 min. periods + recesses and sports activities Jessup: Students have 60 min. of PE per week and 35 minutes per day of recess
<b>Section 5</b> Bain: Brain breaks Gilchrist: Brain breaks/Brain gym
Area 2 - Smart Snacks in School
<b>Section 1</b> ARP: District Policy Bain: No vending or school store Dildine: No school store or vending for students Gilchrist: Has no vending, no store, and no concessions anytime during school hours Saddle Ridge: None are provided
<b>Section 2</b> Dildine: No school store or vending for students Freedom: Students at the elementary aren't allowed to have caffeine Gilchrist: We are elementary school Poder: School only serves grades K-5th Saddle Ridge: None are provided
<b>Section 3</b> Baggs: No vending, no school stores in school Dildine: No school store or vending for students Gilchrist: No vending, no store, and no concessions
<b>Section 4</b> Gilchrist: We only have foodservice Poder: No competitive foods are sold
<b>Section 5</b> Baggs: There is no marketing of unhealthy food Gilchrist: There is no marketing of unhealthy foods Jessup: We don't see/market foods-we encourage healthy snacks
Area 3 - Nutrition Education
<b>Section 1</b> ARP: Use of school nutrition services Baggs: USDA meal standards followed Gilchrist: All done through Nutritional Services
<b>Section 2</b> Gilchrist: District Curriculum
<b>Section 3</b> Gilchrist: District Curriculum
<b>Section 4</b> Gilchrist: Has not been offered

Area 4 - School Breakfast/Lunch
<b>Section 6</b> Goins: We have less than 70% free and reduced lunch population
<b>Section 7</b> Goins: Does not offer an afterschool enrichment program
<b>Section 8</b> Buffalo Ridge: Free snacks are provided Freedom: We aren't a Title 1 school, but we still provide snacks for student's in after school activities
Area 5 - Other Healthy School Based Activities
<b>Section 1</b> Alta Vista: Used occasionally as a reward Gilchrist: Food is not used except on those cases prescribed in students individual learning plans
<b>Section 2</b> Dildine: Daily recess Jessup: SPARK structured recess program
<b>Section 3</b> Saddle Ridge: Due to time restraints implemented by the district, we are not always able to provide adequate time for a 20 minute lunch after settling down
<b>Section 4</b> Anderson: We are fortunate w/ a big cafeteria Dildine: Clean and orderly
<b>Section 6</b> Jessup: We do not sell food Saddle Ridge: None are provided
<b>Section 7</b> ARP: District Policy Buffalo Ridge: No home prepared items are allowed Dildine: Never sell food for fundraising Jessup: Students bring baked goods for birthdays Saddle Ridge: We do not allow individually prepared food items to be distributed (other than baked items)
<b>Section 8</b> Alta Vista: Encouraged, however not always followed Poder: We are guilty of pizza parties
<b>Section 9</b> Buffalo Ridge: The school does not sponsor fundraisers Dildine: Walk-a-thon fundraising annually
Area 6 - Student Wellness Advisory Council
<b>Section 2</b> This is open to anyone, need more community members
<b>Section 3</b> Implementing new tool
<b>Section 4</b> Implementing new regulation