

WELLNESS POLICY ASSESSMENT

This template provides information on wellness policy goals and practices within the District. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school building by the assigned building-level wellness policy coordinator. Assessments will be reviewed by the Superintendent and the District Wellness Committee. The completed assessment and the district wellness policy must be made available to the public.

District Name: Sterling School #35

Reviewer: Tonya Bauer

School Name: Sterling Public School

Date: 7/15/2024

Select all grades: K [x] 1 [x] 2 [x] 3 [x] 4 [x] 5 [x] 6 [] 7 [x] 8 [x] 9 [] 10 [] 11 [] 12 []

Yes No I. Public Involvement

[x] [] We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:
[x] Administrators [x] School Food Service Staff [x] P.E. Teachers [x] Parents
[x] School Board [] School Health Professionals [x] Students [x] Public

[x] [] We have a wellness policy coordinator in charge of compliance for each school building.
Name/Title: Tonya Bauer/Admin

[x] [] We make our policy available to the public annually.
Please describe: https://www.sterlingschoolnd.com/wp-content/uploads/2023/08/ABEA.0920.required.wellness.pdf

[x] [] Our district reviews the wellness policy at least once every three years.

Yes No II. Physical Education

[x] [] Our district's written wellness policy includes goals for physical activity.

[x] [] We provide physical education for elementary students on a weekly basis.

[x] [] We provide physical education for middle school during a term or semester.

[] [] We require physical education classes for graduation (high schools only).

[x] [] We provide recess for elementary students on a daily basis.

[x] [] We provide opportunities for physical activity integrated throughout the day.

[x] [] We prohibit staff and teachers from keeping kids in from recess for punitive reasons.

[x] [] Teachers are allowed to offer physical activity as a reward for students.

- We offer a CO-OP of school physical activity: Competitive Sports Non-Competitive Sports Other clubs

Yes No III. Nutrition Education and Promotion

- Our district's written wellness policy includes measurable goals for nutrition education and promotion.

- We offer standards-based nutrition education in a variety of subjects (e.g. science, health, math, etc).

- We offer nutrition education to students in: Elementary School Middle School High School

- We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

- We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

- We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

- We ensure students have access to hand-washing facilities prior to meals

- We annually evaluate how to market and promote our school meal program(s).

- We regularly share school meal nutrition, calorie, and sodium content information with students and families

- We try to participate in Farm to School activities and/or have a school garden.

- We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

- We price nutritious foods and beverages lower than less nutritious foods and beverages.

- We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars a La Carte

- We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

Yes No IV. Other School-Sponsored Activities

- Our district's written wellness policy includes measurable goals for other school-sponsored activities that promote wellness.

We provide training to staff on the importance of modeling healthy behaviors.

We provide annual training to all staff on: Nutrition Physical Activity

Yes No IV. Other School-Sponsored Activities Continued

We have a staff wellness program.

We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).

We actively promote walk or bike to school for students with Safe Routes to School or other related programs.

We have a recycling/environmental stewardship program.

We have a recognition/reward program for students who exhibit healthy behaviors.

We provide teachers with alternative celebration/reward options other than food or beverages.

We have community partnerships which support programs, projects, events, or activities.

Yes No V. Nutrition Standards

Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.

We operate the School Breakfast program: Before School In the Classroom Grab & Go

We follow all nutrition regulations for the National School Lunch Program (NSLP).

We operate an Afterschool Snack Program.

We operate the Fresh Fruit and Vegetable Program.

We have a Certified Food Handler as our Food Service Manager.

We have adopted and implemented Smart Snacks nutrition standards for ALL items sold on school grounds during school hours, including: in Vending Machines in School Stores as a La Carte as Fundraisers

We promote non-food celebrations and rewards and/or encourage fundraising ideas that are non-food related.

- We offer no more than three fundraisers per year that do not comply with federal nutrition standards for competitive food and beverage sales.

Yes No VI. Hydration Standards

- Our district's written wellness policy addresses hydration standards for students.

- We offer free, unflavored drinking water to all students throughout the school day.

Yes No VII. Marketing

- Our district's written wellness policy addresses marketing of food and beverage items on school property.

Yes No IX. Qualifications and Training

- Our district complies with all applicable hiring requirements for new hires in the food service program and annual training requirements for all food service personnel.

X. Additional Information: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the district wellness policy.

Click or tap here to enter text.

XI. Contact Information: For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

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End of Sterling School District #35 Exhibit ABEA-E