

School Wellness Policy Building Assessment Tool

School Name: IRETON CHRISTIAN SCHOOL

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This tool is to be completed to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. ICS will provide nutrition education at each grade level to promote and protect their health					
2. Nutrition education will not only be part of health education class, but also classroom instruction in other subjects					
3. ICS will participate in activities such as contests, taste-testing, etc.					
4. ICS will promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health enhancing nutrition practices	X			Encouraged in wellness policy for snacks brought for treats	
5. ICS will emphasize caloric balance between food intake and physical activity	X			Science curriculum based on state core curriculum	
6. ICS will link meal programs, other foods, and nutrition-related community services					
7. ICS will train teachers and other staff					
Physical Education and Physical Activity Goals					
1. The school will provide physical education that is at least 2-3 times a week and 30-45 minutes/time	X			Scheduled	
2. Physical education will be for all students in K-8 th grade for the entire school year	X			Scheduled	
3. Physical Education is taught by a certified physical education teacher	X			Mr. Schoonhoven	

4. Physical Education will include students with disabilities	X				
5. Physical Education will engage students in moderate to vigorous activity during at least 50% of physical education class time	X				
6. ICS will provide daily recess for students at least 30 minutes a day (K-4 th grade = 60 minutes/day)	X			Scheduled	
7. ICS will provide daily recess preferably outdoors	X				
8. ICS will provide daily recess that encourages moderate to vigorous physical activity through provision of space and equipment to use	X				
9. ICS will discourage extended periods of inactivity (period of 2 or more hours)	X				
10. Employees will not use physical activity (i.e. running laps, push-ups) as punishment	X			Discipline Policy	
11. ICS will provide students in grades 5-8 the opportunity to participate in intramurals twice a week	X			Scheduled	
Nutrition Guidelines for All Foods Available to Students					
1. ICS will meet standards for cafeteria meals	X				.
2. ICS will encourage parents to pack healthy lunches and snacks.	X			Wellness policy states	
3. ICS will provide parents a list of foods that meet the school's snack standards and ideas for healthy celebration/parties, and rewards		X		Wellness policy has examples	
4. ICS will provide opportunities for parents to share their healthy food practices with other in the school community					
5. ICS will include sharing information of home nutrition information in newsletters					
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1.					
2.					
3.					
4.					

Communication with Parents					
1.					
2.					
3.					
4.					
Food Marketing in Schools					
1.					
2.					
3.					
Staff Wellness					
1.					
2.					