

# WELLNESS POLICY ASSESSEMENT

District Name: American Montessori Academy  
 Reviewer: Jennifer Francis / April Blackmon Title: Food Services  
 Date: 9/23/15

For each item identified below, circle the number to the right that best fits your judgment of its quality.

- 0 – Not Mentioned (This item is not included in the text of the policy or being implemented)  
 1 – Weak Statement (This item is mentioned, but the statement is vague, unclear, or confusing)  
 2 – Meets or Exceeds Expectations (This item is mentioned, being implemented and it is clear that the policy makers are committed to making the item happen)

### Section 1: Nutritional Education

Subject	Not Mentioned	Weak Statement	Meets or Exceeds Expectations	Not Applicable
1. There is a standards-based nutrition curriculum, health education, curriculum, or other curriculum that includes nutrition.	0	1	(2)	
2. All elementary school students receive nutrition education.	0	1	(2)	
3. All middle school students receive nutrition education.	0	1	2	N/A
4. All high school students receive nutrition education.	0	1	2	N/A
5. Links nutrition education with the school food environment.	0	1	(2)	
6. Nutrition education teaches skills that are behavior focused.	0	1	(2)	
<b>Section 2: Standards for USDA School Meals</b>				
7. Addresses access to the USDA school Breakfast Program.	0	1	(2)	
8. Addresses compliance with USDA nutrition standards for reimbursable meals.	0	1	(2)	
9. School meals meet standards that are more stringent than those required by the USDA.	0	1	(2)	
10. District takes steps beyond those required by federal law/regulation to protect the privacy of students who qualify for free and reduced priced meals.	0	1	(2)	
11. USDA National School Lunch Program and School Breakfast Program standards are described in full (or a link to the standards is provided in the wellness policy)	0	1	(2)	
12. Specifies strategies to increase participation in school meal programs.	(0)	1	2	

	Subject	Not Mentioned	Weak Statement	Meets or Exceeds Expectations	Not Applicable
13.	Addresses students leaving school during lunch periods.	0	1	2	
14.	Ensures adequate time to eat.	0	1	2	
15.	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards (Available: <a href="http://www.fns.usda.gov/sites/default/files/CN2014-0130.pdf">http://www.fns.usda.gov/sites/default/files/CN2014-0130.pdf</a> )	0	1	2	
16.	Addresses school meal environment.	0	1	2	
17.	Nutrition information for school meals (e.g., calories, saturated fat, sodium, sugar) is available to students and parents.	0	1	2	
18.	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	0	1	2	
19.	Recess (when offered) is scheduled before lunch in elementary schools.	0	1	2	
20.	Free drinking water is available during meals.	0	1	2	
<b>Section 3: Nutrition Standards for Competitive and Other Foods and Beverages</b>		ALL	ES	MS	HS
21.	Address compliance with USDA minimum nutrition standards for all FOODS sold to students during the school day (commonly referred to as Smart Snacks)	0,1,2 or N/A P	0,1,2 or N/A 1	0,1,2 or N/A	0,1,2 or N/A
22.	Addresses nutrition standards for all FOODS sold to students during the EXTENDED school day (includes regular school day plus after school programming and clubs. Do not count snacks provided in before/aftercare (child care) programs.	0,1,2 or N/A P	0,1,2 or N/A 1	0,1,2 or N/A	0,1,2 or N/A
23.	Addresses nutrition standards for all FOODS AND BEVERAGES served to students while attending before/aftercare on school grounds.	0,1,2 or N/A P	0,1,2 or N/A 1	0,1,2 or N/A	0,1,2 or N/A
24.	Regulates food served during classroom parties and celebrations in elementary schools.	0,1,2 or N/A P	0,1,2 or N/A 1	0,1,2 or N/A	0,1,2 or N/A
25.	Addresses compliance with USDA nutrition standards for all BEVERAGES sold to students during the school day (commonly referred to as Smart Snacks).	0,1,2 or N/A P	0,1,2 or N/A 1	0,1,2 or N/A	0,1,2 or N/A
26.	Addresses nutrition standards for all BEVERAGES sold to students during the EXTENDED school day (includes regular school day plus after school programming and clubs).	0,1,2 or N/A P	0,1,2 or N/A 0	0,1,2 or N/A	0,1,2 or N/A
27.	Addresses foods and beverages containing non-nutritive sweeteners (High School)	0,1,2 or N/A N/A	0,1,2 or N/A N/A	0,1,2 or N/A	0,1,2 or N/A
28.	Addresses foods and beverages containing caffeine at the high school level*	0,1,2 or N/A N/A	0,1,2 or N/A N/A	0,1,2 or N/A	0,1,2 or N/A
*As of 2014, USDA Smart Snacks standards prohibit the sale of foods and beverages containing caffeine in elementary and middle schools.					
29.	USDA Smart Snack standards are described in full (or a link to the standards is provided in the	0,1,2 or N/A	0,1,2 or N/A N/A	0,1,2 or N/A	0,1,2 or N/A



wellness policy).				
30. Addresses availability of free drinking water throughout the school day.	0,1,2 or N/A	0,1,2 or N/A 2	0,1,2 or N/A	0,1,2 or N/A
31. Regulates food sold for fundraising at all times (not only during the school day). <small>Note: Must specifically address "fundraising" for a rating of a "1" or "2". Regulating "all foods" during "the school day" or "at all times on school grounds" does NOT qualify for a rating of "1" or "2" because fundraising can occur off school grounds (e.g. catalogue orders for candy or cookie sales).</small>	0,1,2 or N/A	0,1,2 or N/A 2	0,1,2 or N/A	0,1,2 or N/A
<b>Section 4: Physical Education and Physical Activity</b>	<b>Not Mentioned</b>	<b>Weak Statement</b>	<b>Meets or Exceeds Expectations</b>	<b>Not Applicable</b>
32. There is a written physical education curriculum for grades K-12.	0	1	2	
33. The written physical education curriculum is aligned with national and/or state physical education standards.	0	1	2	
34. Addresses time per week of physical education instruction for all elementary school students.	0	1	2	
35. Addresses time per week of physical education instruction for all middle school students.	0	1	2	NA
36. Addresses time per week of physical education instruction for all high school students.	0	1	2	NA
37. Addresses teacher-student ratio for physical education classes.	0	1	2	
38. Addresses qualifications for physical education teachers for grades K-12.	0	1	2	
	ALL	ES	MS	HS
39. Addresses physical education waiver requirements for K-12 students (e.g. substituting physical education requirement with other activities).	0,1,2 or N/A	0,1,2 or N/A 2	0,1,2 or N/A	0,1,2 or N/A
40. Addresses physical education exemption's for K-12 students.	0,1,2 or N/A	0,1,2 or N/A 2	0,1,2 or N/A	0,1,2 or N/A
41. Addresses physical education substitution requirements for K-12 students (e.g. substituting physical education requirement with other activities).	0,1,2 or N/A	0,1,2 or N/A 2	0,1,2 or N/A	0,1,2 or N/A
42. District addresses the development of a comprehensive school physical activity program (CSPAP) plan at each school. Click here for information on CSPAP.	0	1	2	
	ALL	ES	MS	HS
43. District addresses active transport for all K-12 students	0,1,2 or N/A	0,1,2 or N/A 0	0,1,2 or N/A	0,1,2 or N/A
44. District addresses before and after school physical activity for all K-12 students.	0,1,2 or N/A	0,1,2 or N/A 1	0,1,2 or N/A	0,1,2 or N/A
45. District addresses recess.	0,1,2 or N/A	0,1,2 or N/A 2	0,1,2 or N/A	0,1,2 or N/A
46. Addresses physical activity breaks for all K-12 students.	0,1,2 or N/A	0,1,2 or N/A 1	0,1,2 or N/A	0,1,2 or N/A
47. Addresses staff involvement in physical activity opportunities at all schools.	0	1 2	2	

48. Addresses family and community engagement in physical activity opportunities at all schools.	0	1	2	
49. District provides physical activity training for all teachers.	0	1	2	
50. Joint or shared-use agreements for physical activity participation at all schools.	0	1	2	
<b>Section 5: Wellness Promotion and Marketing</b>				
51. Encourages staff to model healthy eating/drinking behaviors.	0	1	2	
52. Addresses staff not modeling unhealthy eating/drinking behaviors.	0	1	2	
53. Encourages staff to model physical activity behaviors.	0	1	2	
54. Addresses food not being used as a reward.	0	1	2	
55. Addresses using physical activity as a reward.	0	1	2	
56. Addresses physical activity not being used as a punishment.	0	1	2	
57. Addresses physical activity not being withheld as a punishment.	0	1	2	
58. Specifies marketing/ways to promote healthy food and beverage choices.	0	1	2	
59. Specifies ways to promote physical activity.	0	1	2	
60. Specifies that family wellness activities will be planned and will include nutrition and physical activity components.	0	1	2	
The following 5 questions refer to food and beverage advertising/marketing				
School marketing includes food and beverage advertising and other marketing, such as the name or depiction of products, brands, logos, trade marks, or spokespersons or characters, on any property or facility owned or leased by the school district or school (such as school buildings and campus, outside and areas adjacent to school buildings, athletic fields, school buses, parking lots, or other facilities) and used at any time for school related activities.				
Below questions address restriction of marketing of food and beverages that cannot be sold to students during the school day (do not meet USDA Smart Snack nutrition standards). Rate whether restrictions are in place for the following:				
61. On signs, scoreboards, sports equipment	0	1	2	
62. In curricula, textbooks, websites used for educational purposes, or other educational materials (both printed and electronic)	0	1	2	
63. On exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, etc.	0	1	2	
64. On advertisements in school publications, on school radio stations, in-school television, computer screen savers and/or school-sponsored internet sites, or announcements on the public announcement (PA) system.	0	1	2	
65. On fundraisers and corporate-sponsored programs that encourage students and their families to sell, purchase or consume products and/or provide funds to schools in exchange for consumer purchases of those product's	0	1	2	