

Wellness Policy Assessment
Downtown College Prep
SY 2016-2017

General Area	Topic	Question	Downtown College Prep Response
School Health and Safety Policies and Environment	Representative school health committee or team	Does your school have a representative committee or team that meets at least four times a year and oversees school health and safety policies and programs?	There is a committee or team, but it is not representative, or it meets less often than four times a year.
School Health and Safety Policies and Environment	Local wellness policies	<p>wellness policy?</p> <ul style="list-style-type: none"> * Nutrition education and promotion activities * Physical activity opportunities * Nutrition standards for all foods and beverages available on each school campus during the school day that meet or exceed the USDA's requirements for school meals and competitive foods and beverages * Marketing and advertising of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on school campus. * Other school-based activities that promote student wellness * Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the local wellness policy. Regular reporting on content and implementation to the public (including parents, students, and community members) * Periodic measurement of school compliance with the local wellness policy and progress updates made available to the public * Designation of a lead school official to ensure compliance with local wellness policy <p>By the start of the 2006-2007 school year, every school district participating in the federal meal program was required to establish a local school wellness policy. This requirement was updated in 2010 placing greater emphasis on evaluation and sharing progress of local wellness policy implementation with the public. Your school health team should review your district's policy before completing this question.</p>	Our school has implemented most of these components.
School Health and Safety Policies and Environment	Access to free drinking water	Does your school make safe, unflavored, drinking water available throughout the school day at no cost to students?	Yes, students can access water fountains or water filling stations throughout the school day, and they are allowed to bring filled containers to class.
School Health and Safety Policies and Environment	All foods sold during the school day meet the USDA's Smart Snacks in School nutrition standards	Do all competitive foods sold to students during the school day meet or exceed the USDA's nutrition standards for all foods sold to students (commonly called Smart Snacks in School)? This includes a la carte, vending, school stores, snack or food carts, and any food based fundraising (school follows fundraising exemptions and guidance set by their State agency, which also must adhere to the federal Smart Snacks in School requirements).	Yes, all competitive foods sold meet or exceed the USDA's Smart Snacks in School nutrition standards, or we do not sell competitive foods at our school.
School Health and Safety Policies and Environment	All beverages sold during the school day meet the USDA's Smart Snacks in School nutrition standards	Do all competitive beverages sold to students during the school day meet or exceed the USDA's nutrition standards for all beverages sold to students (commonly called Smart Snacks in School)? This includes a la carte, vending, school stores, snack or food carts, and any food based fundraising (school follows fundraising exemptions and guidance set by their State agency, which also must adhere to the federal Smart Snacks in School requirements).	Yes, all competitive beverages sold meet or exceed the USDA's Smart Snacks in School nutrition standards, or we do not sell competitive beverages at our school.
School Health and Safety Policies and Environment	Prohibit using physical activity as punishment	Does your school prohibit using physical activity and withholding physical education class as punishment? Is this prohibition consistently followed?	Yes, using physical activity as punishment and withholding physical education class as punishment are prohibited, and both prohibitions are consistently followed.
School Health and Safety Policies and Environment	Prohibit using food as reward or punishment	Does your school prohibit giving students food as a reward and withholding food as punishment? Is this prohibition consistently followed?	Yes, using food as a reward and withholding food as punishment are prohibited, and both prohibitions are consistently followed.
School Health and Safety Policies and Environment	All foods & beverages served and offered during the school day meet the USDA's Smart Snacks in School nutrition standards	Do all foods and beverages served and offered to students during the school day meet or exceed the USDA's Smart Snacks in School nutrition standards? This includes snacks that are not part of a federally reimbursed child nutrition program, birthday parties, holiday parties and school-wide celebrations.	Yes, all foods and beverages served and offered meet or exceed the USDA's Smart Snacks in School nutrition standards, or we do not serve or offer additional foods or beverages at our school.
School Health and Safety Policies and Environment	All foods & beverages sold during the extended school day meet the USDA's Smart Snacks in School nutrition standards	Do all foods and beverages sold to students during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards? This includes vending machines, school stores and snack or food carts.	Yes, all foods and beverages sold during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards, or we do not sell foods and beverages during the extended school day at our school.
School Health and Safety Policies and Environment	All foods & beverages served and offered during the extended school day meet the USDA's Smart Snacks in School nutrition standards	Do all foods and beverages served and offered to students during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards? This includes snacks that are not part of a federally reimbursed child nutrition program, birthday parties, holiday parties and school-wide celebrations.	Yes, all foods and beverages served and offered during the extended school day meet or exceed the USDA's Smart Snacks in School nutrition standards, or we do not sell foods and beverages during the extended school day at our school.
School Health and Safety Policies and Environment	Access to physical activity facilities outside school hours	Are indoor and outdoor physical activity facilities open to students, their families, and the community outside school hours?	Indoor or outdoor facilities are available, but the hours of availability are very limited.
School Health and Safety Policies and Environment	Fundraising efforts during and outside school hours meet the USDA's Smart Snacks in School nutrition standards	Do fundraising efforts during and outside school hours sell only non-food items or only foods and beverages that meet or exceed the USDA's Smart Snacks in School nutrition standards? This may include, but is not limited to, donation nights; cookie dough, candy and pizza sales; market days; etc.	Yes, all fundraising efforts sell only non-food items, or all foods and beverages sold as fundraisers meet or exceed the USDA's Smart Snacks in School nutrition standards.

School Health and Safety Policies and Environment	Written school health and safety policies	<p>Does your school or district have written health and safety policies that include the following components?</p> <ul style="list-style-type: none"> * Rationale for developing and implementing the policy * Population for which the policy applies (e.g., students, staff, visitors) * Where the policy applies (e.g., on or off school property) * When the policy applies * Programs supported by the policy * Designation of person(s) responsible (e.g., school administrator(s), teachers) for implementing the policy * Designation of person(s) responsible (e.g., school administrator(s), teachers) for enforcing the policy * Communication procedures (e.g., through staff meetings, professional development, website, staff handbook) of the policy * Procedures for addressing policy infractions * Definitions of terms 	Most of our health and safety policies include all of these components.
School Health and Safety Policies and Environment	Communicate health and safety policies to students, parents, staff members, and visitors	<p>Does your school communicate its school or district health and safety policies in all of the following ways?</p> <ul style="list-style-type: none"> * Signs (e.g., tobacco-free, weapon-free) * Staff member orientation * Staff meetings * Student orientation * Student handbook * Staff handbook or listserv * Employee contracts * Parent handbook, newsletters, or listserv * Policies included in contracts with outside vendors and organizations that use school facilities * Announcements at school events * School-sponsored meetings * Community meetings * School or district website 	In most of these ways.
School Health and Safety Policies and Environment	Positive school climate	<p>Does your school foster a positive psychosocial school climate using all of the following practices?</p> <ul style="list-style-type: none"> * Communicate clear expectations for learning and behavior to students, and share those expectations with families to encourage them to reinforce them at home * Foster pro-social behavior by engaging students in activities such as peer tutoring, classroom chores, service learning, and teacher assistance * Foster an appreciation of student and family diversity and respect for all families' cultural beliefs and practices * Hold school-wide activities that give students opportunities to learn about diverse cultures and experiences * Use instructional materials that reflect the diversity of your student body * Challenge staff members to greet each student by name * Expect staff members to encourage students to ask for help when needed * Expect staff members to take timely action to solve problems reported by students or parents * Expect staff members to praise positive student behavior to students and their parents 	Our school fosters a positive psychosocial school climate by using most of these practices.
School Health and Safety Policies and Environment	Overcome barriers to learning	Does your school offer, to all students who need them, a variety of services designed to help students overcome barriers to learning?	Yes.
School Health and Safety Policies and Environment	Enrichment experiences	Does your school provide a broad variety of student enrichment experiences that are accessible to all students?	Yes.
School Health and Safety Policies and Environment	Standard precautions policy	<p>Does your school implement a standard precautions policy that includes all of the following components?</p> <ul style="list-style-type: none"> * Providing and requiring the use of latex or poly gloves and eye wear when exposed to blood and body fluids * Providing a hard-sided container for contaminated needles/sharps in offices where syringes may be used * Appropriate disinfecting of surface areas and clean-up materials after exposure to blood and body fluid * Instructions for appropriate disposal of contaminated materials (e.g., dressings, clothing, tissue/towels) * Procedures and follow-up for staff members who are exposed to blood 	Yes, our school implements a standard precautions policy that includes all five of these components.
School Health and Safety Policies and Environment	Professional development on meeting diverse needs of students	Have all teachers received professional development on meeting the diverse cognitive, emotional, and social needs of children and adolescents in the past two years?	Yes, all teachers have received professional development on ways to meet the diverse needs of children and adolescents.

School Health and Safety Policies and Environment	Prevent harassment and bullying	<p>Has the school established a climate, in each of the following ways, that prevents harassment and bullying?</p> <ul style="list-style-type: none"> * Staff members, students and parents are informed through a variety of mechanisms of policies defining harassment and bullying and explaining the consequences of such behaviors * Disciplinary policies are fairly and consistently implemented among all student groups * Staff members and students treat each other with respect and courtesy * Fair play and nonviolence is emphasized on the playground, on the school bus, and at school events * Students are encouraged to report harassment or bullying, including through anonymous reporting methods * Support is provided for victims of harassment or bullying 	Yes, in each of these five ways.
School Health and Safety Policies and Environment	Active supervision	<p>Do staff members actively supervise students, in each of the following ways, everywhere on campus (e.g., classroom, lunchroom, playground, locker room, hallways, bathroom, and school bus)?</p> <ul style="list-style-type: none"> * Observing students and being available to talk to students before, during, and after school * Anticipating and effectively responding to unsafe situations * Discouraging pushing and bullying * Promoting prosocial behaviors, such as cooperation, conflict resolution, and helping others 	Yes, in each of these four ways.
School Health and Safety Policies and Environment	Written crisis response plan	Does your school have a written crisis response plan that includes preparedness, response, and recovery elements? Is the plan practiced regularly and updated as necessary?	
School Health and Safety Policies and Environment	Student involvement in decision-making	Are students actively engaged in school decision-making processes?	Students are actively engaged in some school decision-making processes.
School Health and Safety Policies and Environment	Adequate physical activity facilities	<p>Are your physical activity facilities adequate in all of the following ways?</p> <ul style="list-style-type: none"> * Both indoor and outdoor spaces can be used by physical education classes, intramural programs or physical activity clubs, and interscholastic sports programs * Indoor facilities exist so that physical education classes do not have to be canceled due to weather extremes (e.g., rain or temperatures extremes) * In physical education classes, all students can be physically active without overcrowding or safety risks * Facilities are accessible for persons with disabilities * For physical activity clubs and interscholastic sports, all interested students can sign up and participate without overcrowding or safety risks 	
School Health and Safety Policies and Environment	Food and beverage advertising and promotion	<p>Does your school limit food and beverage advertising and promotion (e.g., contests or coupons) on school property to foods and beverages that meet or exceed the USDA's Smart Snacks in School nutrition standards?</p> <p>This may include, but is not limited to, marketing and branding in cafeterias, hallways, common spaces, classrooms, staff lounges or school stores; and on snack or food carts, vending machine exteriors, display racks, food or beverage cups or containers, coolers, athletic equipment and sports bags. Examples may include, but are not limited to, in-school media, signs, posters and stickers.</p>	Yes, only foods and beverages that meet or exceed the USDA's Smart Snacks in School nutrition standards are advertised or promoted, or no foods and beverages are advertised or promoted on school property.
Health Education	Required health education course	Does your school or district require all students to take and pass at least one health education course?	Yes.

		<p>activity?</p> <ul style="list-style-type: none"> * The physical, psychological, or social benefits of physical activity * How physical activity can contribute to a healthy weight * How physical activity can contribute to the academic learning process * How an inactive lifestyle contributes to chronic disease * Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition * Differences between physical activity, exercise, and fitness * Phases of an exercise session, that is, warm up, workout, and cool down * Overcoming barriers to physical activity * Decreasing sedentary activities, such as TV watching * Opportunities for physical activity in the community * Preventing injury during physical activity * Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while physically active * Social influences on physical activity, including media, family, peers, and culture * How to find valid information or services related to physical activity and fitness * How to take steps to achieve the personal goal to be physically active * How to influence, support, or advocate for others to engage in physical activity * How to resist peer pressure that discourages physical activity 	
Health Education	Essential topics on physical activity	Consider using CDC's Health Education Curriculum Analysis Tool	Yes, addresses all of these topics.
		<p>Does your health education curriculum address all of these essential topics on healthy eating?</p> <ul style="list-style-type: none"> * The relationship between healthy eating and personal health and disease prevention * Reading and using food labels * Eating a variety of foods every day * Balancing food intake and physical activity * Eating more fruits, vegetables and whole grain products * Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain transfat * Choosing foods and beverages with little added sugars * Eating more calcium-rich foods * Preparing healthy meals and snacks * Risks of unhealthy weight control practices * Accepting body size differences * Food safety * Importance of water consumption * Importance of eating breakfast * Making healthy choices when eating at restaurants * Social influences on healthy eating, including media, family, peers, and culture * How to find valid information or services related to nutrition and dietary behavior * How to take steps to achieve the personal goal to eat healthfully * Resisting peer pressure related to unhealthy dietary behavior * Influencing, supporting, or advocating for others' healthy dietary behavior 	
Health Education	Essential topics on healthy eating		Yes, addresses all of these topics.
Health Education	Sequential health education curriculum consistent with standards	Do all teachers of health education use an age-appropriate sequential health education curriculum that is consistent with state or national standards for health education?	Yes.
Health Education	Opportunities to practice skills	Do all teachers of health education provide opportunities for students to practice or rehearse the skills needed to maintain and improve their health?	Yes, all do.
Health Education	Professional development in health education	Do all teachers of health education participate at least once a year in professional development in health education?	Most do.
Health Education	Health education grading	Do students earn grades for required health education courses? Do the grades carry the same weight as grades for other subjects toward academic recognition (e.g., honor roll, class rank)?	Yes. (Note: If the school does not give academic recognition but does give a grade, you can select this answer.)
Health Education	Active learning strategies	Do all teachers of health education use active learning strategies and activities that students find enjoyable and personally relevant?	Yes, all do.
Health Education	Culturally appropriate activities and examples	Do all teachers of health education use a variety of culturally-appropriate activities and examples that reflect the community's cultural diversity?	Yes, all do.
Health Education	Assignments encourage student interaction with family and community	Do all teachers of health education use assignments or projects that encourage students to have interactions with family members and community organizations?	Yes, all do.
Health Education	Credentialed health education teachers	Are all health education classes taught by credentialed health education teachers?	Yes, all are.
Health Education	Professional development in delivering curriculum	Have all teachers of health education received professional development in delivery of the school's health and safety curriculum in the past two years?	Yes, all have.
Health Education	Professional development in classroom management techniques	Have all teachers received professional development in classroom management techniques in the past two years?	Yes, all have.
Physical Education and Other Physical Activity Programs	Years of physical education	How many years of physical education are students at this school required to take?	The equivalent of all academic years of physical education.

Physical Education and Other Physical Activity Programs	Sequential physical education curriculum consistent with standards	Do all teachers of physical education use an age-appropriate, sequential physical education curriculum that is consistent with national or state standards for physical education (see national standards below)?	Yes.
Physical Education and Other Physical Activity Programs	Health-related fitness	Does the physical education program integrate the components of the Presidential Youth Fitness Program? * Fitness assessment using Fitnessgram * Professional development for physical education teachers on proper use and integration of fitness education, fitness assessment, and recognition. * Recognition of students meeting Healthy Fitness Zones or their physical activity goals.	Yes, all 3 components of the PYFP are integrated.
Physical Education and Other Physical Activity Programs	Promote community physical activities	Does the physical education program use three or more methods to promote student participation in a variety of community physical activity options? * Class discussions * Bulletin boards * Public address announcements * Guest speakers who promote community programs * Take-home flyers * Homework assignments * Newsletter articles	Yes, through three or more methods.
Physical Education and Other Physical Activity Programs	Address special health care needs	Does the physical education program consistently use all or most of the following practices as appropriate to include students with special health care needs? * Encouraging active participation; modifying type, intensity, and length of activity if indicated in Individualized Education Plans, asthma action plans, or 504 plans * Offering adapted physical education classes * Using modified equipment and facilities * Ensuring that students with chronic health conditions are fully participating in physical activity as appropriate and when able * Monitoring signs and symptoms of chronic health conditions * Encouraging students to carry and self-administer their medications (including pre-medicating and/or responding to asthma symptoms) in the gym and on playing fields; assisting students who do not self-carry * Encouraging students to actively engage in self-monitoring (i.e., using a peak flow meter, recognizing triggers) in the gym and on playing fields (if the parent/guardian, health care provider, and school nurse so advise) * Using a second teacher, aide, physical therapist, or occupational therapist to assist students, as needed * Using peer teaching (e.g., teaming students without special health care needs with students who have such needs)	Yes, the physical education program uses all or most of these instructional practices consistently.
Physical Education and Other Physical Activity Programs	Promotion or support of walking and bicycling to school	Does your school promote or support walking and bicycling to school in the following ways? * Designation of safe or preferred routes to school * Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week * Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area) * Instruction on walking/bicycling safety provided to students * Promotion of safe routes program to students, staff and parents via newsletters, websites, local newspaper * Crossing guards are used * Crosswalks exist on streets leading to schools * Walking school buses are used * Bicycle parking is provided (e.g., bicycle rack) * Documentation of number of children walking and or biking to and from school * Creation and distribution of maps of school environment (sidewalks, crosswalks, roads, pathways, bike racks, etc.)	Yes, our school promotes or supports walking and bicycling to school in all six or more of these ways.
Physical Education and Other Physical Activity Programs	Availability of before- and after-school physical activity opportunities	Does your school offer opportunities for students to participate in physical activity before and after the school day for example, through organized physical activities or access to facilities or equipment for physical activity?	Yes. Both before and after the school day
Physical Education and Other Physical Activity Programs	Availability of physical activity breaks in classrooms	Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods? Physical activity breaks are actual breaks that occur in the academic classroom, allowing students to take a mental and physical break from current academic tasks. These breaks can occur at any time during the school day, last from 5â€ 30 minutes, and occur all at one time or several times during the school day.	Yes, on all days during a typical school week

Physical Education and Other Physical Activity Programs	Students active at least 50% of class time	Do teachers keep students moderately to vigorously active for at least 50% of the time during most or all physical education class sessions?	Yes, during most or all classes.
Physical Education and Other Physical Activity Programs	Professional development for teachers	Are teachers of physical education required to participate at least once a year in professional development in physical education?	Yes, all do.
Physical Education and Other Physical Activity Programs	Licensed physical education teachers	Are all physical education classes taught by licensed teachers who are certified or endorsed to teach physical education?	Yes, all are.
Physical Education and Other Physical Activity Programs	225 minutes of physical education per week	Do all students in each grade receive physical education for at least 225 minutes per week throughout the school year? Physical education classes should be spread over at least three days per week, with daily physical education preferable.	Yes.
Physical Education and Other Physical Activity Programs	Time requirement for length of physical education class	Does your school have a time requirement for the length of physical education classes?	Yes. Physical education classes are scheduled for the equivalent of 225 minutes or more per week.
Physical Education and Other Physical Activity Programs	Adequate teacher/student ratio	Do physical education classes have a student/teacher ratio comparable to that of other classes?	Yes.
Physical Education and Other Physical Activity Programs	Information and materials for physical education teachers	Are all teachers of physical education provided with the following information and materials to assist in delivering quality physical education? <ul style="list-style-type: none"> * Goals, objectives, and expected outcomes for physical education * A written physical education curriculum * A chart scope and sequence for instruction * A plan for assessing student performance * Physical activity monitoring devices, such as pedometers, heart rate monitors * Physical activity monitoring devices, such as pedometers, heart rate monitors * Internet resources, such as SHAPE America online tools and resources or PE Central * The Presidential Youth Fitness Program * Protocols to assess or evaluate student performance in physical education * Learning activities that increase the amount of class time students are engaged in moderate-to-vigorous physical activity * Learning activities that actively engage students with long-term physical medical, or cognitive disabilities in physical education 	Yes, all teachers of physical education are provided with at least eight kinds of materials.
Physical Education and Other Physical Activity Programs	Physical education grading	Do students earn grades for required physical education courses? Do the grades carry the same weight as grades for other subjects toward academic recognition (e.g., honor roll, class rank)?	Yes.
Physical Education and Other Physical Activity Programs	Prohibit exemptions or waivers for physical education	Does the school prohibit exemptions or waivers for physical education?	Yes.
Physical Education and Other Physical Activity Programs	Individualized physical activity and fitness plans	Do students design and implement their own individualized physical activity and fitness plans as part of the physical education program? Do teachers of physical education provide ongoing feedback to students on progress in implementing their plans?	Yes.
Physical Education and Other Physical Activity Programs	Physical education safety practices	Does the physical education program implement and enforce all of the following safety practices? <ul style="list-style-type: none"> * Practice active supervision * Encourage pro-social behaviors * Use protective clothing and safety gear that is appropriate to child's size and in good shape * Use safe, age-appropriate equipment * Minimize exposure to sun (including through use of sunscreen), smog, and extreme temperatures * Use infection control practices for handling blood and other body fluids * Monitor the environment to reduce exposure to potential allergens or irritants (e.g., pollen, bees, strong odors) 	Yes, all these safety practices are followed.
Physical Education and Other Physical Activity Programs	Participation in intramural programs or physical activity clubs	Do both boys and girls participate in school-sponsored intramural programs or physical activity clubs?	Yes, many boys and girls participate in school-sponsored intramural programs or physical activity clubs.
Physical Education and Other Physical Activity Programs	Availability of interscholastic sports	Does your school offer at least eight different interscholastic sports to both boys and girls?	Our school offers five to seven different interscholastic sports to both boys and girls.

Physical Education and Other Physical Activity Programs	Physical activity facilities meet safety standards	<p>Does the school ensure that spaces and facilities for physical activity meet or exceed recommended safety standards for design, installation, and maintenance, in the following ways?</p> <ul style="list-style-type: none"> * Regular inspection and repair of indoor and outdoor playing surfaces, including those on playgrounds and sports fields * Regular inspection and repair of physical activity equipment such as balls, jump ropes, nets, cardiovascular machines, weights, and weight lifting machines * Padded goal posts and gym walls * Breakaway bases for baseball and softball * Securely anchored portable soccer goals that are stored in a locked facility when not in use * Bleachers that minimize the risk for falls * Slip-resistant surfaces near swimming pool use * Pools designed, constructed, and retrofitted to eliminate entrapment use 	Yes, all these safety standards are met.
Physical Education and Other Physical Activity Programs	Athletics safety requirements	<p>Does your school athletic program implement and enforce all the following safety requirements?</p> <ul style="list-style-type: none"> * Require physical examination by physician before participation * Avoid excesses in training regime that may result in injuries (e.g., heat stroke, exhaustion, dehydration, sprains, strains) * Establish criteria, including clearance by a health-care provider, before allowing further participation in practice or reentry into game play after a head injury * Reward good sportsmanship, teamwork, and adherence to safety rules * Strictly enforce prohibitions against alcohol and drug use * Strictly enforce prohibitions against violence and aggression by students, spectators, coaches, and other persons during sporting events * Strictly enforce prohibitions against dangerous athletic behaviors (e.g., spearing in football, high sticking in hockey, throwing bat in baseball) * Report all sports-related injuries to the appropriate authority 	Yes, all these safety requirements are met.
Nutrition Services	Breakfast and lunch programs	Does your school offer school meals (breakfast and lunch) programs that are fully accessible to all students?	Yes.
Nutrition Services	Variety of foods in school meals	<p>Do school meals include a variety of foods that meet the following criteria?</p> <p>LUNCH</p> <ul style="list-style-type: none"> * Go beyond the National School Lunch Program requirements to offer one additional serving per week from any of the 3 vegetable subgroups (dark green, red and orange, dry beans and peas) * Offer a different fruit every day of the week during lunch (100% fruit juice can be counted as a fruit only once per week) * Offer fresh fruit at least 1 day per week * Offer foods that address the cultural practices of the student population * Offer an alternative entree option at least one time per week that is legume based, reduced fat dairy or fish based (including tuna) * Offer at least 3 different types of whole grain-rich food items each week <p>BREAKFAST</p> <ul style="list-style-type: none"> * Offer at least 3 different fruits and vegetables each week (100% fruit juice can be counted as a fruit only once per week) * Offer fresh fruit at least 1 day per week <p>A school meal is a set of foods that meets school meal program regulations. This does not include À la carte offerings.</p>	Meets one to two of these criteria for variety.

Nutrition Services	Promote healthy food and beverage choices using Smarter Lunchroom techniques	<p>Are healthy food and beverage choices promoted through the following techniques?</p> <ul style="list-style-type: none"> * Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans) * Sliced or cut fruit is available daily * Daily fruit options are displayed in a location in the line of sight and reach of students * All available vegetable options have been given creative or descriptive names * Daily vegetable options are bundled into all grab and go meals available to students * All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal * White milk is placed in front of other beverages in all coolers * Alternative entrée options (salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas * A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.) * Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas * Student artwork is displayed in the service and/or dining areas. * Daily announcements are used to promote and market menu options 	Healthy food and beverage choices are promoted through one to four of these techniques.
Nutrition Services	Annual continuing education and training requirements for school nutrition services staff	Do all school nutrition program managers and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements? Topics covered may include, but are not limited to, food safety and HACCP, nutrition standards updates in school meals, food sensitivities and allergies, customer service or food production techniques.	Yes, all food and nutrition services staff meet or exceed the annual continuing education/training hours required by the USDA 's Professional Standards requirements.
Nutrition Services	Venues outside the cafeteria offer fruits and vegetables	<p>Do most venues outside the cafeteria (e.g., vending machines, school stores, canteens, snack bars, or snack or food carts) where food is available offer fruits and non-fried vegetables?</p> <p>Note: If the school does not have any food venues outside the cafeteria (e.g., vending machines, school stores, canteens, snack bars, or snack or food carts), answer "Yes".</p>	Yes, most or all venues outside the cafeteria do.
Nutrition Services	Collaboration between nutrition services staff members and teachers	<p>Do nutrition services staff members use three or more of the following methods to collaborate with teachers to reinforce nutrition education lessons taught in the classroom?</p> <ul style="list-style-type: none"> * Participate in design and implementation of nutrition education programs * Display educational and informational materials that reinforce classroom lessons * Provide food for use in classroom nutrition education lessons * Provide ideas for classroom nutrition education lessons * Teach lessons or give presentations to students * Provide cafeteria tours for classes 	Use none of these methods.
Nutrition Services	Adequate time to eat school meals	Do students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they are seated?	Yes. (Note: If the school does not have a breakfast program, but does provide at least 20 minutes for lunch, you can select this answer.)
Nutrition Services	Farm to School activities.	<p>Is your school implementing any Farm to School activities?</p> <ul style="list-style-type: none"> * Local and/or regional products are incorporated into the school meal program * Messages about agriculture and nutrition are reinforced throughout the learning environment * School hosts a school garden * School hosts field trips to local farms * School utilizes promotions or special events, such as tastings, that highlight the local/regional products 	Our school is implementing at least one of these activities.

Nutrition Services	Healthy food purchasing and preparation practices	<p>Does the school food service consistently follow practices that ensure healthier foods are purchased and prepared for service?</p> <ul style="list-style-type: none"> * Spoon solid fat from chilled meat and poultry broth before use * Use specifications requiring lower sodium content in prepared foods such as hamburgers, pizza, chicken nuggets, etc.; and canned products such as vegetables, sauces, etc. * Use specifications requiring lower added sugar content in prepared foods such as whole grain cold cereals or cereal bars (e.g., candy or yogurt coated); breakfast items such as pancakes or waffles (e.g., infused with syrup); and canned products such as fruit (e.g., packed heavy syrup). * Roast, bake or broil meat rather than fry it * Prepare vegetables by steaming or baking * Prepare vegetables using little or no fat * Cook with nonstick spray or pan liners rather than with grease or oil * Use frozen vegetables or low-sodium canned vegetables instead of regular canned vegetables * Use products that are locally grown or produced such as milk, produce and/or meats, chicken or fish * Follow standardized recipes that are low in fats, oils, sodium and added sugars * Use other seasonings, including fresh herbs, in place of salt. Herbs could be from school gardens or local markets. 	Follows eight to nine of these practices.
Nutrition Services	Clean, safe, pleasant cafeteria	<p>Does the school provide students with a clean, safe, and pleasant cafeteria, according to the following criteria?</p> <ul style="list-style-type: none"> * Physical structure (e.g., walls, floor covering) does not need repairs * Tables and chairs are not damaged and are of appropriate size for all students * Seating is not overcrowded (i.e., never more than 100% of capacity) * Rules for safe behavior (e.g., no running, no throwing food or utensils) are enforced * Tables and floors are cleaned between lunch periods or shifts * Age-appropriate decorations are used * Appropriate practices are used to prevent excessive noise levels (e.g., no whistles) * Smells are pleasant and not offensive * Appropriate eating devices are available when needed for students with special health care needs 	Meets five to eight of these criteria.
Nutrition Services	Preparedness for food emergencies	<p>Are school nutrition service staff members and cafeteria monitors (e.g., teachers, aides) trained to respond quickly and effectively to the following types of food emergencies?</p> <ul style="list-style-type: none"> * Choking * Natural disasters (e.g., electrical outages affecting refrigeration) * Medical emergencies (e.g., severe food allergy reactions, diabetic reactions) * Attempts to introduce biological or other hazards into the food supply * Situations that require students or others to shelter in the school 	Trained for three or four types of emergencies.
Health Services	Food allergy management plan	<p>Does your school have a plan to address food allergy management and prevention (e.g., Food Allergy Management and Prevention Plan) which includes the following priorities needed to manage food allergies in the school setting?</p> <ul style="list-style-type: none"> * Ensure daily management of food allergies for individual children (e.g., identifying children with food allergies, a plan to manage and reduce risks of food allergy reactions) * Prepare for food allergy emergencies (e.g., easy to use communication systems, easy access to epinephrine auto-injectors, plans for contacting emergency medical services, identification of staff roles in emergencies) * Provide professional development on food allergies for staff (e.g., general training on food allergies for all staff, in-depth training for staff who have frequent contact with children with food allergies, specialized training for staff responsible for managing children with food allergies) * Educate children and family members about food allergies (e.g., teach all children, all parents and families about food allergies) * Create and maintain a healthy and safe educational environment (e.g., limit exposure to food allergens, develop food-handling policies to prevent unintentional contact, make outside groups aware of food allergy policies and rules when they use school facilities, create a positive psychosocial climate) 	Our school has a plan that includes 1-2 priorities needed to manage food allergies in the school setting
Health Promotion for Staff	Health assessments for staff members	Does your school or district offer staff members accessible and free or low-cost health assessments at least once a year?	Yes, health assessments are offered, and all staff members find them accessible and free or low-cost.
Health Promotion for Staff	Programs for staff members on physical activity/fitness	Does the school or district offer staff members accessible and free or low-cost physical activity/fitness programs?	Offers physical activity/fitness programs, but some staff members find them inaccessible or expensive.

Health Promotion for Staff	Modeling healthy eating and physical activity behaviors	<p>Does your school support staff to model healthy eating and physical activity behaviors?</p> <ul style="list-style-type: none"> * Provide staff with information about the importance of modeling healthy eating behaviors * Provide staff with information about the importance of engaging in physical activities with students * Encourage staff not to bring in or consume unhealthy foods and beverages in front of students, in classrooms, or areas common to both staff and students * Provide staff with examples of healthy foods and beverages to bring in or consume during the regular or extended school day * Provide staff with information or strategies on how to incorporate physical activity into classrooms * Encourage staff to use non-food items, activities, and opportunities for physical activity to recognize students for their achievements or good behavior 	Yes, our school uses 5 or more of the strategies to support staff to model healthy eating and physical activity behaviors
Health Promotion for Staff	Promote staff member participation	<p>Does your school or district use three or more methods to promote and encourage staff member participation in its health promotion programs?</p> <ul style="list-style-type: none"> * Information at orientation for new staff members * Information included with paycheck * Flyers posted on school bulletin boards * Letters mailed directly to staff * Announcements at staff meetings * Articles in staff newsletters * Incentive/reward programs * Public recognition * Life/health insurance discounts * Gym or health club discounts, such as YMCA * Posting to a website or listserv * E-mail messages * Positive role modeling by administrators or other leaders 	Yes, uses three or more of these methods.
Health Promotion for Staff	Programs for staff members on healthy eating/weight management	Does the school or district offer staff members healthy eating/weight management programs that are accessible and free or low-cost?	Offers healthy eating/weight management programs, but many staff members find them inaccessible or expensive.
Health Promotion for Staff	All foods served and sold to staff meet the USDA's Smart Snacks in School nutrition standards	Do food and beverages served and sold at staff meetings, school-sponsored staff events, and in the staff lounge meet USDA Smart Snacks in School nutrition standards?	Yes, all foods and beverages served and sold meet Smart Snacks.
Family & Community Involvement	Family and community involvement in school decision making	Do families and other community members help with school decision making?	Yes, families and community members are actively engaged in most school decision-making processes.
Family & Community Involvement	Student and family involvement in the school meal programs and other foods and beverages sold, served and offered on school campus.	Do students and family members have opportunities to provide both suggestions for school meals and other foods and beverages sold, served and offered on school campus and feedback on the meal programs and other foods and beverages sold, served and offered on school campus?	Yes, both students and family members have opportunities to provide suggestions and feedback
Family & Community Involvement	Family and community access to school facilities	Do family and community members have access to indoor and outdoor school facilities outside school hours to participate in or conduct health promotion and education programs?	Community members have limited access to school facilities.