

Diocese of Evansville School Wellness Policy Evaluation

<u>School Wellness Rubric</u>			
School <u>Retz Memorial HS</u>	Principal <u>Aaron Schmitt</u> <u>Darlene Quinlin</u>	Date <u>11/07/2022</u>	
Each of the twelve elements of the School Wellness Plan has multiple criteria. Please evaluate each criteria as being MET or IN PROGRESS for the current school year. Results of this evaluation should be utilized to review and revise the School Wellness Plan.		MET	IN PROG RESS
I. Wellness Committee			
1. The School Administrator, PE teacher and additional interested faculty or staff are members on the committee.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
2. There are students on the committee.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
3. Parents or board members serve on this committee.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
4. Cafeteria or child nutrition manager serves on this committee.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
5. A health care professional serves on this committee.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
6. The Wellness Committee meets at minimum twice annually.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
7. Wellness Coordinator and Title: <u>Darlene Quinlin, Assistant Principal</u>	n/a	n/a	
II. USDA Requirements for School Meals			
1. School meal programs meet minimum nutritional requirements established by the USDA.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
2. Nutritional analysis of menu items is available upon request.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
3. Students are provided with at least 20 minutes to each lunch.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
III. Nutritional Guidelines for All Food and Beverages Sold			
1. Beverages sold meet the requirements in the Wellness Policy.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
2. Food sold outside of the meal program meet Smart Snack Standards.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
3. Vending Machines are not accessible to students during the school day.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
4. The school uses at least 50% non-food items for fundraising.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
5. No more than two fundraising exemptions, each lasting one day in duration, were granted during the school year.	<input type="checkbox"/>	<input type="checkbox"/>	
IV. Nutritional Guidelines for Non-Sold Foods and Beverages			
1. Snacks provided in after-school care and/or extra-curricular programs emphasize fruits, vegetables, whole grains, low-fat dairy products, and water.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
2. Celebrations include only healthy food choices, with the exception of one exempt celebration per school year, which allows for an unhealthy food choice opposite of each healthy food choice.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
3. Students bring in food or beverages that are Smart Snack compliant, or no food or beverages at all, to celebrate their birthdays.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
4. Food and beverages are not used as rewards.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	

	MET	IN PROG RESS
V. Food and Beverage Marketing		
1. Marketing of food and beverages during the school day is limited to promotion of those items that meet the minimum nutrition guidelines for meals or foods and beverages sold individually.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Promotional materials distributed during the school day do not contain images or wording of food or beverage items that do not meet the minimum nutritional guidelines.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. Current marketing contracts that expired this year are renewed under the new marketing guidelines, which promote only the company and not the non-compliant food or beverage.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
VI. Nutrition Education		
1. Nutrition education, within the Health and/or PE curriculum, is taught in all grade levels.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Nutrition and Health education is being taught by either a classroom teacher (elementary grades) or by a teacher who is licensed to teach PE or Health.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. The staff responsible for nutrition education, including the cafeteria staff, participates in professional development annually.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4. Additional School Goal: <i>adding additional health courses to curriculum</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
VII. Nutrition Promotion		
1. Students were introduced to new food choices once per semester by the cafeteria staff.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. The cafeteria displays nutrition education posters to encourage healthy eating.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. The Wellness Committee has identified two Smarter Lunchroom techniques to implement in the upcoming school year. Technique 1: <i>Daily Salad Bar</i> Technique 2: <i>Food Court style food delivery</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4. Elementary and middle school students and families have access to information on exercise, nutrition, and other health topics related to eating and physical activity via <i>Nutrition Nuggets</i> .	<input type="checkbox"/>	<input type="checkbox"/>
5. Additional School Goal:	<input type="checkbox"/>	<input type="checkbox"/>
VIII. Physical Activity		
1. Classroom teachers provide short physical activity breaks between lessons or classes as appropriate.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. School discourages long periods of inactivity. When long periods of inactivity cannot be avoided, the school takes measures to ensure that students are provided with periodic breaks to stand and be moderately active.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. All students participate in regular physical education classes, in which they are engaged in moderate to vigorous physical activity for at least 50% of the class.	<input checked="" type="checkbox"/>	<input type="checkbox"/>

	MET	IN PROG RESS
4. PE is taught by either a classroom teacher (elementary grades) or by a teacher who is licensed to teach PE.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5. Professional development is available to PE teachers annually.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6. All elementary students have at minimum 20 minutes of supervised recess daily, during which they are encouraged to be physically active.	<input type="checkbox"/>	<input type="checkbox"/>
7. Physical activity is not used as or withheld from a student as a consequence.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
8. Additional School Goal: <i>elective PE courses added to curriculum</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
IX. Other Activities		
1. Faculty and staff have access to wellness programs within the school. <i>Capital Campaign</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. School cafeteria staff is hired with the knowledge of the school wellness policy and their responsibility to adhere to it.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. Students are permitted to walk and bike to school.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4. The school offers opportunities for the students, parents, and staff to further their nutritional education and wellness via any of the following methods (check all applicable methods): Health Fair: <input type="checkbox"/> Seminars: <input type="checkbox"/> Newsletters: <input checked="" type="checkbox"/> Handouts: <input type="checkbox"/> Internet Information: <input checked="" type="checkbox"/> Team Nutrition: <input type="checkbox"/> Other: <input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5. Additional School Goal:	<input type="checkbox"/>	<input type="checkbox"/>
X. Evaluation		
1. The School Wellness Committee has completed the School Wellness Policy Evaluation and submitted the form to the Catholic Schools Office by June 1 st .	<input type="checkbox"/>	<input type="checkbox"/>
2. Every three years, beginning with 2017-18, the School Wellness Committee will complete one of the following School Health Environment Assessment Tools and submit the form to the Catholic Schools Office by June 1 st . (please check which tool is used): HEROES Needs Assessment: <input type="checkbox"/> USDA WellSAT 3.0: <input checked="" type="checkbox"/> Current school year is not assessed per cycle: <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. The School Wellness Committee utilized the results of the evaluation to revise the School Wellness Policy for the upcoming school year.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
XI. Person Responsible		
1. The school administrator ensures compliance with the School Wellness Policy.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. The school food service staff ensures compliance with the nutrition policies for the school meal program and all food and beverages sold through the cafeteria.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. The preschool director ensures compliance with the School Wellness Policy in the Early Learning Setting.	<input type="checkbox"/>	<i>N/A</i>

XII. Communication		
1. The school communicates with stakeholders annually regarding the School Wellness Policy, description of school wellness goals and current level of progress, contact information for the School Wellness Committee, and information on how to join the School Wellness Committee.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. The school utilizes at least one of the following channels of communication when communicating information regarding the School Wellness Policy: School Newsletters: <input checked="" type="checkbox"/> School Website: <input checked="" type="checkbox"/> School Messenger: <input type="checkbox"/> The Message: <input type="checkbox"/> Other (please specify): <input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Comparison to Model School Wellness Policies (Triennial Only)

Indicate model policy language used for comparison. Links to model policies may be found [here](#).

Alliance for a Healthier Generation: Model Policy

Upgrade Sample Language

Other (please specify):

Describe how the school wellness policy compares to model wellness policies.

School Wellness Committee Members:

For those criteria that are **IN PROGRESS**, please provide at least ONE specific action item that will be incorporated into the School Wellness Policy for the upcoming year.

Element	Criteria	Action Item
I.	2.	It's a new school year, finding new students to be on committee.
IV.	2.	Finalizing procedures, communicating to faculty + admin. (Fundraiser)
IV.	4.	Fundraiser rewards!
VI.	4.	Adding advanced level health to be more in depth.
VIII.	8.	Adding outdoor pursuits: advanced physical training to curriculum.
IX.	4.	Continual process!
XII	1.	Hired Communications & Marketing
XII	2.	Hired Communications & Marketing