

Sterling City ISD
K-12
Wellness Policy Assessment Tool
Triennial Assessment
2018-2019

Public Involvement

Yes/No We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- Administrators
- School Food Service Staff
- P.E. Teachers
- Parents
- Community Members
- Students
- School Board Members

Yes/No Person in charge of compliance:
Name: Michele Guetersloh, Compliance Director/SHAC Member

Yes/No The policy is made available to the public.
District's website at www.sterlingcityisd.net.

Yes/No Our policy goals are measured and the results are communicated to the public.
District's website at www.sterlingcityisd.net

Yes/No Our District completes triennial reviews of the Wellness Policy.

Nutrition Education

Yes/ No Our district's written Wellness Policy includes measurable goals for nutrition education.

Yes/ No We offer standards based nutrition education in a variety of subjects (science, health, math, etc.).

Yes/ No We offer nutrition education to students in:

- Elementary
- Junior High
- High School

Nutrition Promotion

Yes/ No Our district's written wellness policy includes measurable goals for nutrition promotion.

Yes/ No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

Yes/ No We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

Yes/ No We place fruits and vegetables where they are easy to access.

Yes/ No We ensure students have access to hand-washing facilities prior to meals.

Yes/ No We annually evaluate how to market and promote our school meal program(s).

Yes/ No We regularly share school meal nutrition, calorie, sodium content information with students and families.

Yes/ No We offer taste testing or menu planning opportunities to students.

Yes/ No We participate in Farm to School activities and/or have a school garden.

Yes/ No We only advertise and promote nutritious foods and beverages on school grounds.

Yes/ No We price nutritious foods and beverages lower than less nutritious food and beverages.

Yes/ No We offer fruits or non-fried vegetables in

- Vending Machines
- School Store
- Snack Bars
- A La Carte

Yes/ No We have nutritional standards for foods/beverages served at school parties, celebrations, etc.

Yes/ No We provide teachers with samples of alternative reward options other than food or beverages.

Yes/ No We prohibit the use of food and beverages as rewards.

Nutrition Guidelines

Yes/ No Our district's written Wellness Policy addresses nutrition standards for USDA reimbursable meals.

Yes/ No We operate the School Breakfast program:

- Before School
- In the Classroom
- Grab & Go

Yes/ No We follow all nutrition regulations for the National School Lunch Program (NSLP).

Yes/ No We operate an Afterschool Snack Program.

Yes/ No We operate the Fresh Fruit and Vegetable Program.

Yes/ No We have completed all required Professional Standard Trainings.

Yes/ No We have adopted and implemented Smart Snacks nutrition standards for ALL items sold during school hours, including:

- as a La Carte Offerings
- in School Stores
- in Vending Machines
- as Fundraisers

Physical Activity

Yes/ No Our district's written Wellness Policy includes measurable goals for physical activity.

Yes/ No We provide physical education for elementary students on a weekly basis.

Yes/ No We require physical education classes for middle school during a term or semester.

Yes/ No We require physical education classes for graduation (high school).

Yes/ No We provide recess for elementary students on a daily basis.

Yes/ No We provide opportunities for physical activity integrated throughout the day.

Yes/ No Staff and teachers do not keep students in from recess for punitive reasons.

Yes/ No Teachers are allowed to offer physical activity as a reward for students.

Yes/ No We offer before or after school physical activity:

- Competitive Sports
- Non-Competitive Sports
- Other Clubs

Other School Based Wellness Activities

Yes/No Our district's written Wellness Policy includes measurable goals for other student-based activities that promote wellness.

Yes/No We provide training to staff on the importance of modeling healthy behaviors.

Yes/No We provide annual training to all staff on:

- Nutrition
- Physical Activity

Yes/No We have a staff wellness policy.

Yes/No We have school district staff who are CPR certified.

Yes/No We actively promote walk or bike to school for students with Safe Routes to School or other related programs.

Yes/No We have a recycling/environmental stewardship program.

Yes/No We have a recognition/reward program for students who exhibit healthy behaviors.

Yes/No We have community partnerships which support programs, projects, events, or activities.

Last Assessment/Evaluation: (Review) January 24, 2019

Next Triennial Assessment: Spring 2022