

## Wellness-Related Policy Assessment

Use the assessment tool provided on the back side of this page to measure the strength and implementation of your current Wellness-Related Policies in regard to the *Let's Go!* (LG) five priority strategies and two USDA HealthierUS School Challenge (HUSSC) strategies. Strong policy provides clear direction to staff and students about what is required and/or allowed and what is forbidden during the school day. When measuring the strength of your policy language be sure to look for clear, straightforward language that leaves no room for interpretation and score those as "Strong." Score policy language which is unclear or indirect as "Weak."

Strong policy words that indicate that something is required include:  
SHALL, WILL, MUST, HAVE TO, INSIST, REQUIRE, COMPLY and ENFORCE.

Words that **do not indicate requirement** include:  
ENCOURAGE, MAY, CAN, SHOULD, COULD, MIGHT, SUGGEST, STRIVE TO, WORK TO and TRY.

Continue to reverse side for assessment tool...

School Name:

Imagine Hill Academy

| Strategy   | Current Policy  | Strength of Current Policy |      |           | Implementation of Current Policy |                 |                  |             | Notes  |
|--|---|----------------------------|------|-----------|----------------------------------|-----------------|------------------|-------------|--|
|  |   | Strong                     | Weak | No Policy | School Wide                      | Most Classrooms | A Few Classrooms | In Planning |  |
| <p><i>These are the strategies that you will be working to write into policy.</i></p>                  | <p><i>Write any <u>current policy</u> you have for each strategy into the corresponding boxes below. Next you will score the strength and implementation of each policy.</i></p>  |                            |      |           |                                  |                 |                  |             | <p><i>Opportunities, Barriers, Resources Needed, Rank Policies by Priority, etc.</i></p>   |
| <p>Provide healthy choices for snacks and celebrations; limit unhealthy choices.<br/><b>LG</b></p>     | <p>Nutrition shall be considered when planning school-based activities such as classroom snacks, fundraisers, etc.</p>  | x                          |      |           | x                                |                 |                  |             | <p>Healthy snacks are served daily through our fruits and vegetables program and encouraged for all celebrations</p>   |
| <p>Provide water and low fat milk; limit or eliminate sugary beverages.<br/><b>LG</b></p>              | <p>In accordance with the School's Food Standards Policy, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages sold in the School.</p>  | x                          |      |           | x                                |                 |                  |             | <p>Water is available. No soda is permitted to be consumed by students.</p>  |
| <p>Provide non-food rewards.<br/><b>LG</b></p>   |   |                            |      | x         |                                  |                 | x                |             | <p>Scholars are rewarded with stickers, allowed to eat with the teacher, earn additional time on educational sites, sit in the teacher chair, at a special table. We will consider adding to policy.</p> |
| <p>Primarily non-food items should be sold through school fundraising activities.<br/><b>HUSSC</b></p> | <p>Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans. Marketing of foods and beverages at the School during the school day shall be limited to those foods and beverages that meet the standards set forth in the School's Food Standard Policy. The Board reserves the right to further limit marketing of food and beverages.</p> | x                          |      |           | x                                |                 |                  |             | <p>Our main fundraiser is the sale of t-shirts.</p>  |

|  |   |   |  |   |   |  |  |  |  |  |
|--|---|---|--|---|---|--|--|--|--|--|
| Provide opportunities for children to get physical activity every day.<br><b>LG</b>  | Students shall be provided opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary students, and the integration of physical activity in the classroom. | x |  |   | x |  |  |  |  | Physical Education, recess, club teams, brain breaks |
| The school demonstrates a commitment to neither deny nor require physical activity as a means of punishment.<br><b>HUSSC</b> | Physical activity shall not be used as a form of discipline or punishment.  | x |  |   | x |  |  |  |  |  |
| Limit recreational screen time.<br>(School based screen time)<br><b>LG</b>   |   |   |  | x |   |  |  |  |  | We will consider adding to the 19-20 school year.    |

You can utilize this blank template for other Wellness-Related Policies you may be assessing as part of your Wellness Policy efforts.

School Name: Imagine Hill Academy

| Strategy   | Current Policy   | Strength of Current Policy |      |           | Implementation of Current Policy |                 |                  |             | Notes |   |
|--|--|----------------------------|------|-----------|----------------------------------|-----------------|------------------|-------------|-------|---|
|  |  | Strong                     | Weak | No Policy | School Wide                      | Most Classrooms | A Few Classrooms | In Planning |       | No Classrooms   |
| <i>List additional strategies that you will be working to write into policy.</i> | <i>Write any <u>current policy</u> you have for each strategy into the corresponding boxes below. Next you will score the strength and implementation of each policy.</i>  |                            |      |           |                                  |                 |                  |             |       | <i>Opportunities, Barriers, Resources Needed, Rank Policies by Priority, etc.</i>   |
| Nutritional quality of foods and beverages served on campus                      | Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S.   | x                          |      |           | x                                |                 |                  |             |       | .   |
| Nutrition and physical activity promotion  | Nutrition education and promotion information will be shared with parents and the community. The School shall encourage parents and the community to support physical activity, to be physically active role models, and to include physical activity at events. | x                          |      |           | x                                |                 |                  |             |       | Information sent home about living healthy. The school provides after school programs such as flag football and volleyball. We are reviewing opportunities to provide an open gym that will be held after school. |

