

# Wellness Assessment 2020-21

Southwest Licking School District

School Name \*

- Kirkersville Elementary
- Pataskala Elementary
- Watkins Intermediate School
- Watkins Middle School
- Watkins Memorial High School

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy. Check all that apply. \*

- Administrators
- Parents
- Students
- School Food Service Staff
- PE Teachers
- Other School Staff (teachers, aides, etc.)
- School Health Professionals
- School Board Members
- General Public

Our wellness policy is made available to the public online at [www.swl.k12.oh.us](http://www.swl.k12.oh.us) \*

Yes

No

We measure the implementation and goals of our policy and communicate results of the 3 year assessment to the public online at [www.swl.k12.oh.us](http://www.swl.k12.oh.us) \*

Yes

No

At least every 3 years, the wellness committee reviews and makes necessary updates to the wellness policy. \*

Yes

No

## NUTRITION EDUCATION

We offer nutrition education within the comprehensive health education curriculum. \*

Yes

No

We incorporate nutrition education into other subject areas when applicable. \*

Yes

No

We teach skills for nutrition education that are behavior focused, interactive, and/or participatory. \*

Yes

No

## PHYSICAL EDUCATION

Our physical education curriculum is aligned with the state standards. \*

Yes

No

We ensure that our physical education promotes a lifelong physically active lifestyle. \*

Yes

No

Physical education is taught by a licensed teacher. \*

Yes

No

Physical education teachers are encouraged to participate in annual professional development focused on physical education content area. \*

Yes

No

## PHYSICAL ACTIVITY

The outdoor physical activity facilities are available to use to the students, parents, and other community members outside of the normal school's day. \*

Yes

No

All elementary students are provided at least 20 minutes of active daily recess. \*

Yes

No

N/A

We encourage physical activity breaks throughout the day when necessary and applicable. \*

Yes

No

We encourage teachers to offer physical activity as a reward. It may not be used as a form of punishment.

\*

Yes

No

## SCHOOL-BASED ACTIVITIES

The district offers health & wellness classes to all staff. \*

Yes

No

All student lunch periods last at least 20 minutes. \*

Yes

No

The district strongly encourages non-food alternatives as rewards. \*

Yes

No

We schedule mealtimes so there is minimum disruption by bus schedules and other events. \*

Yes

No

Parents are encouraged to send non-food items for birthday treats. \*

Yes

No

## FOOD SERVICE

We serve meals that comply with the National School Lunch and Breakfast standards. \*

Yes

No

We uphold privacy and eliminate stigma regarding free/reduced meals by using an electronic identification and payment system in the cafeterias. \*

Yes

No

All students may be provided a reimbursable meal, regardless of whether the student has money to pay or owes money. \*

Yes

No

Free/Reduced Meal applications are available online at the District's website. \*

Yes

No

Free potable water is available to students during meal times. \*

Yes

No

Food Service Staff adheres to the training requirements established in the USDA Professional Standards for Nutrition Programs. \*

Yes

No

All food/beverages sold during school hours complies with the USDA Dietary Guidelines and the USDA Smart Snacks in School nutrition standards. \*

Yes

No

We prohibit the sales of food/drinks in competition with the meal service of the Food Services Department during the school day. \*

Yes

No

Please indicate the name and job title of the person completing this form. \*

Joe Pratt- Principal

This form was created inside of Southwest Licking School System.

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