K-8 School Champion Assessment

School: _____

Section 1: Nutrition Education	Currently We are working on this…			Future	
	To a high degree (2)	To some degree (1)	Not working on (0)	Would like to work on	N/A
1. There is nutrition-based, health-based or other curriculum that includes nutrition education for students of all grades (k-12)					
2. Nutrition education teaches skills that are behavior-focused (menu planning, reading of nutrition facts etc)					
3. Nutrition education utilizes multiple channels of communication (e.g. classroom, cafeteria, parents/home)					
Section 2: Nutrition & Healthy Eating	To a high degree (2)	To some degree (1)	Not working on (0)	Would like to work on	N/A
1. School participates in School Breakfast Program					
2. School participates in National School Lunch Program					
3. School participates in the Fresh Fruit & Vegetable Program (Schools with 50% or higher of their students qualifying for free/reduced meals can apply)					

Section 2: Nutrition & Healthy Eating cont.	To a high degree (2)	To some degree (1)	Not working on (0)	Would like to work on	N/A
4. Visible prompts are used on breakfast/lunch options (including any a la carte and vending machine foods) in the form of labels, stickers, and posters to identify and promote healthier options					
5. Healthy food preparation practices ONLY (steaming, low fat, low salt, baked, no frying) are used in the school cafeteria					
6. School ensures adequate time to eat (20 seated minutes for lunch; 10 seated minutes for breakfast)					
7. School meals regularly feature locally grown fruits and vegetables and there is a goal to incorporate more (Monadnock Menus)					
8. School adheres to the USDA's Smart Snacks in School nutrition standards in regards to all foods offered throughout the school day (see attached)					
9. School adheres to the USDA's Smart Snacks in School nutrition standards in regards to all beverages offered throughout the school day (see attached)					
10. School does not market or advertise foods and beverages that do not meet the USDA's Smart Snacks nutrition standards					
11. Students and staff have access to free, safe and fresh drinking water throughout the school day					
12. School does not sell non-nutritive beverages throughout the school day (diet iced tea, diet soda etc)					
13. School has a regulation or policy in place in regards to healthy celebrations					

Section 2: Nutrition & Healthy Eating cont.	To a high degree (2)	To some degree (1)	Not working on (0)	Would like to work on	N/A
14. The majority (>50%) of school-sponsored fundraising events conducted outside of the school day includes only non-food items or only foods and beverages that meet or exceed the USDA's Smart Snacks in School nutrition standards (non-food examples: selling wrapping paper, car washes, 5k races, family fun nights) and there is policy or regulation to support that					
15. School-sponsored events feature primarily heathy food and beverage choices (open houses, parents nights etc)					
16. No foods or beverages outside of the USDA Smart Snack nutrition standards are sold at any time during the school day or extended school day (a la carte, vending machines, extra sales)					
17. Food is not used as reward for good behavior or academic achievement					
18. School enforces hand washing before meals and snacks					
Section 3: Physical Education & Physical Activity	To a high degree (2)	To some degree (1)	Not working on (0)	Would like to work on	N/A
1. There is a written physical education curriculum for all grades (k-12) that is aligned with national and/or state PE standards					
2. Evidence-based PE programs are being used in school (CATCH PE, Planet Health, SPARK)					
3. PE is taught by certified/licensed teachers who are endorsed to teach PE.					
4. During PE classes, teacher aims to have students be active a majority (80% or more) of the class					
5. Average number of minutes/week that PE is provided throughout the school year: _____ mins/week					
6. Physical activity opportunities are provided each day for all full-day students					

Section 3: Physical Education & Physical Activity cont.	To a high degree (2)	To some degree (1)	Not working on (0)	Would like to work on	N/A
7. School has implemented a comprehensive active transport program (Safe Routes to School)					
8. Adequate bike racks are present on school grounds					
9. School reviews and reverses policies that limit students' ability to walk/bike to school					
10. School provides before and after school physical activity opportunities for all students in all grades (walking/biking club, intramurals)					
11. School provides at least 20 minutes of active recess daily to all students, preferably before lunch					
12. School uses low cost approaches to encourage physical activity during recess (activity zones, recess supervisors, recess equipment)					
13. School has policies/protocols that allow students to get an active recess regardless of weather (recess in the gym)					
14. Physical activity breaks are provided throughout the school day in a structured/routine fashion					
15. School staff is allowed/encouraged to participate in or lead physical activity opportunities throughout the day					
16. Regular education on the importance and amount of physical activity is provided by teachers in all grades					
17. Physical activity (PE/recess) is not used as a punishment for students (withholding PA or students being singled out to run laps or engage in a PA that the entire class is not engaged in) policy to reflect?					

Section 4: Wellness Promotion	To a high degree (2)	To some degree (1)	Not working on (0)	Would like to work on	N/A
1. Active School Wellness Team/Committee exists and is comprised of school personnel, parents, students and community partners					
2. School Wellness Team meets regularly to oversee compliance with the School Wellness Policy (how often?)					
3. School staff are encouraged to model healthy eating/drinking behaviors					
4. Staff are encouraged to model physical activity behaviors					
5. Staff are encouraged to use physical activity as a reward (extra recess time, dance party)					
6. Healthy food and beverage choices are marketed/promoted throughout the school					
7. Physical activity options are promoted/marketed to students (walk to school, clubs)					
8. All school staff receive annual training on wellness policies and ways to promote nutrition and physical activity					
9. School has implemented 5-2-1-0 Healthiest School Program (from AFHY)					
10. Students are engaged in wellness efforts and have the opportunity to provide input (PA options, school meals, marketing) and the input should be taken and put into action (when possible)					
11. School provides families with information/resources/events about physical activity, healthy eating/healthy weight, and tobacco and other substance use/abuse					

Section 4: Wellness Promotion cont.	To a high degree (2)	To some degree (1)	Not working on (0)	Would like to work on	N/A
12. School encourages parents to support their children's participation in appropriate, enjoyable physical activities including walking/biking to school					
13. Student health report cards (that include physical fitness assessment data and BMI data) are given to families on an annual basis					
14. Staff wellness activities are implemented annually and reinforce healthy eating and physical activity strategies being implemented for students					
15. Students in violation of the substance use policy are required to participate in a school or community-sponsored assistance, education or cessation program					
16. Referral system exists for students at risk for disorders and conditions related to substance use, poor nutrition, physical inactivity and/or unhealthy eating to appropriate community services					
17. Health education to prevent tobacco and other substance use in students is taught by all classroom teachers					
18. Evidence-based program(s) are in place to prevent bullying, build developmental assets and encourage positive behaviors and healthy decision making in all students					
19. Opportunities for professional development related to school health improvement are available to school staff on a regular basis					
Platinum Criteria	Yes	No	X	X	X
1. School Wellness Policy has gone through wellSAT tool in the past 5 years					

Best possible score:
Total Score:
Percentage:

At meeting:

FOR INTERNAL USE ONLY:_____

Date assessment completed: _____

Date school received award: _____

Champion level achieved: _____

With Distinction Achieved: _____

Signature of Consultant : _____

Resources for Action Plan: