

**Red Clay Consolidated School District**  
**Wellness Assessment Results**  
**SY 2015-2016**

The purpose of the District Wellness Plan is to provide guidelines for the wellness of students of the Red Clay Consolidated School District in accordance with the Child Nutrition and WIC Reauthorization Act of 2004, and the Healthy Hunger Free Kids Act (HHFKA) of 2010, Section 204. Public Law 108-265, Section 204 and Public Law 111-296, Section 204 requires school districts to include the following focus areas within the wellness policy.

**The following assessment fulfills focus area #5 to measure compliance with district Wellness Policy and Plan implementation.**

**INSTRUCTIONS:** Please read each criterion in addition to referencing the full Wellness Plan and score your school's fulfillment of that criteria by placing either a:1 (Not in Place) 2 (Partly in Place) 3 (Fully in Place) in your school's column.

Health and Nutrition Education	SCORE (1-3)	COMMENTS
1.1. The amount and type of nutrition education required by the State Board of Education curriculum regulations and the academic standards for Health, Safety, and Physical Education and Family and Consumer Sciences are met (for amounts see wellness plan).	2.0	5th grade students receive health education through the ARC Program. All students receive health information through our leadership lessons on Sharpen the Saw and in physical education class.

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<p>1.2 Age-appropriate, comprehensive nutrition education is integrated into the health education curricula knowledge gained is assessed in some way.</p>	<p><b>2.0</b></p>	<p>5th grade students receive health education through the ARC Program. All students receive health information through our leadership lessons on Sharpen the Saw and in physical education class. It would be nice for our nurse or teachers to teach more about this.</p>
<p>1.3 Education is focused on evidence-based, long-term balanced nutrition and healthy choices using the USDA's most current "MyPlate" Guidelines and the "2010 Dietary Guidelines for Americans."</p>	<p><b>1.0</b></p>	<p>My plate is evident in the cafeteria but not taught directly to classes.</p>
<p>1.4 Both functional knowledge of nutrition and skills-based lessons on healthy eating are used in teaching methods.</p>	<p><b>2.0</b></p>	<p>5th grade students receive health education through the ARC Program. All students receive health information through our leadership lessons on Sharpen the Saw and in physical education class.</p>

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1.6 School gardening is combined with science lesson plans to increase “farm to fork” health education and skills .	<b>2.0</b>	Our Garden club does bring food in from their garden but we do not serve it to students.
2.2 Health education is taught by teachers, physical education instructors, or other qualified community members appointed by the school principal.	<b>3.0</b>	The PTA sponsors our ARC program that teaches health to the 5th grade in the Spring.
2.4 All students will be assessed in health and nutrition education and the results will be reported on report cards every term that health education is required or as part of another discipline	<b>1.0</b>	Do not have graded health classes at this time.
2.5-6 All physical and/or health education teachers will be encouraged by school principals to enroll in at least one continuing education opportunity or professional development for health and nutrition education	<b>2.0</b>	Our PE teacher attends district level PD.
<b>Nutrition Promotion</b>	<b>SCORE (1-3)</b>	<b>COMMENTS</b>
2.1 School has posters, flyers, and billboards are distributed throughout classrooms, hallways, and cafeterias that display nutrition and healthy eating in a positive and attractive manner	<b>3.0</b>	Our cafeteria has the new nutritional mural and doors that share nutritional messages.
2.2 School cafeteria serving lines appear to be designed to promote healthier options and the cafeteria environment contains, to the best of its ability, minimal distractions, adequate lighting, and comfortable seating arrangements.	<b>3.0</b>	Our cafeteria is great. We are working on adding stools and high top area for familie to eat with their students.
2.3 Nutrition messages and student nutrition-related activities are announced in school newsletters or delivered to parents in other forms.	<b>3.0</b>	Part of our Leader in Me initiative is working with students to Sharper the Saw - be healthy and the best

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2.4 Educational handouts, materials, and/or presentations are offered at least once a year to school families that focus on healthy lifestyles and eating patterns.	<b>3.0</b>	Leader in Me initiative 'sharpen the saw' message
2.5 Prohibit school-based marketing of food brands that promote predominately low nutrient foods and beverages.	<b>3.0</b>	We do not participate in school based marketing of food during school hours.
2.6 School has a student driven health, nutrition and/or wellness club/council	<b>1.0</b>	We do not have one currently implemented but are interested.
2.7-9 All foods used in fundraising sold to students meet the USDA "Smart Snack" regulations and adequate records are maintained. Celebrations with foods that do not meet these requirements are kept at two per year.	<b>3.0</b>	All classroom celebrations work to follow the Smart Snack regulations.
<b>Nutrition Standards for All Foods Available on School Campus</b>	<b>SCORE (1-3)</b>	<b>COMMENTS</b>
2.2.1 All competitive foods and beverages sold on school campus during the regular school day (12am to 30 minutes past school-end) such as in vending machines, snack carts, etc must comply with the competitive nutrient standards detailed in APPENDIX A set forth by the USDA. Compliance is monitored and enforced by the school principals, wellness liaisons, and school nutrition department.	<b>3.0</b>	Student snacks in the cafeteria meet these guidelines.
<b>Physical Education</b>	<b>SCORE (1-3)</b>	<b>COMMENTS</b>

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<p>1.1 School provides physical education to students that meet the National and Delaware Physical Education Standards 1 through 6 (see wellness plan for specific amounts)</p>	<p><b>3.0</b></p>	<p>With PE class once a week for 45 minutes and recess, we meet the 30-50 min requirement.</p>
<p>2.2 All physical education courses at the middle and high school level are taught by a certified physical education teacher with a degree or certification in the health field. Professional development is available and planned for PE teachers.</p>	<p><b>3.0</b></p>	<p>We are an elementary school, but our teacher has a PE degree.</p>
<p>2.3 Physical education learning objectives are assessed in some way (Fitnessgram, self-created assessment, component V, physical activity journal, or other means approved by the Physical Education Council).</p>	<p><b>3.0</b></p>	<p>Our students participate in the Fitnessgram and self-created assessments</p>
<p>2.4 Physical education classes are appropriately modified or adapted to promote the participation of all students, especially students with chronic health conditions and/or special needs.</p>	<p><b>3.0</b></p>	<p>We meet the needs of all of our students. Paraprofessionals that must accompany students to gym, attend to assist.</p>
<p>2.5 Physical education requirements or recess is not waived for other activities, classes, or taken away as punishments.</p>	<p><b>3.0</b></p>	<p>New policy for our school that is in place by all homeroom students.</p>
<p><b>Physical Activity</b></p>	<p><b>SCORE (1-3)</b></p>	<p><b>COMMENTS</b></p>

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<p>1.1 The <b>recommend minimum</b> number of minutes of physical activity per grade level consistent with the Alliance for a Healthier Generation Bronze recognition is met for the school (refer to wellness plan for amounts).</p>	2	<p>The RC Wellness website says 60 minutes 5 times a week- we currently have 30 minutes of recess and one 45 minute gym block for students.</p>
<p>2.1 Daily recess and/or allotted time for physical activity will be encouraged at each grade level.</p>	3	<p>All grade levels have 30 minutes, Kindergarten has an additional optional 10 minute recess time</p>
<p>2.2 Areas used for physical activity should be in a safe environment for students with proper supervision.</p>	3	<p>Our head custodian has turned in all weekly checks.</p>
<p>2.4 Opportunities are available outside of the school day for students to participate in active programs, clubs, or groups (i.e. Girls on the Run, Boys on the Fly, seasonal sports).</p>	3	<p>We have Girls on the Run, Eco Club, and our gym teacher is looking to implement more clubs this year.</p>
<p>2.5 Physical activity is integrated into other curricula throughout the school day.</p>	2	
<p>Overall Score</p>		<p>65 out of 78</p>
<p>% Goal Achieved</p>		<p><b>83.33%</b></p>