

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.

Health and Nutrition Education		SCORE (1-3)	COMMENTS
<p>The following assessment fulfills focus area #5 to measure compliance with district Wellness Policy and Plan implementation.</p> <p>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.</p>			
Health and Nutrition Education			
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		
1.2 Age-appropriate, comprehensive nutrition education is integrated into the health education curricula knowledge gained is assessed in some way.	2		
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."	2		
1.4 Both functional knowledge of nutrition and skills-based lessons on healthy eating are used in teaching methods.	2		
1.6 School gardening is combined with science lesson plans to increase "farm to fork" health education and skills.	1		
2.2 Health education is taught by teachers, physical education instructors, or other qualified community members appointed by the school principal.	3		
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	1		
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	3		

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Nutrition Promotion		SCORE (1-3)	COMMENTS
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	3	
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.	3	
2.3	Nutrition messages and student nutrition-related activities are announced in school newsletters or delivered to parents in other forms.	3	
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.	3	
2.5	Prohibit school-based marketing of food brands that promote predominately low nutrient foods and beverages.	1	
2.6	School has a student driven health, nutrition and/or wellness club/council	1	
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.	3	
Nutrition Standards for All Foods Available on School Campus		SCORE (1-3)	COMMENTS
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.	3	

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Physical Education		SCORE (1-3)	COMMENTS
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)		3	
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.		N/A	
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).		3	
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.		3	
2.5 Physical education requirements or recess is not waived for other activities, classes, or taken away as punishments.		3	
Physical Activity		SCORE (1-3)	COMMENTS
1.1 The recommend minimum 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).		3	
2.1 Daily recess and/or allotted time for physical activity will be encouraged at each grade level.		3	
2.2 Areas used for physical activity should be in a safe environment for students with proper supervision.		3	
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).		3	
2.5 Physical activity is integrated into other curricula throughout the school day.		3	
Overall Score		0	
% Goal Achieved		0	