

Wellness Procedural Checklist – To Be Filled out by District Committee Annually		
Date _____	Yes	No
Ongoing professional development for nutrition and physical activity is promoted to faculty and staff (workshops, conferences, continuing education, or any other kind of in-service trainings).		
A wellness program is offered to all employees.		
District holds health fairs, health screenings, or other district-wide wellness events for community and/or staff.		
District educates school leadership to participate in programs that encourage life skills related to nutritious/active lifestyles (e.g., Game On, Team Nutrition, Jump Rope for Heart, walk-a-thon, Comprehensive School Physical Activity Program, Healthy Schools Program).		
District notifies the public annually of the location of wellness policy.		
District wellness committee meets at least annually and reviews school checklists to identify future focus areas.		
District incorporates public participation in the wellness policy process.		

Comments:

Wellness Procedural Checklist – To Be Filled out Annually by School Wellness Representative Under Direction of School Administrator – Send to Child Nutrition Director			
School _____ Wellness Rep. _____		Yes	No
Date _____			
Nutrition Promotion	Smarter Lunchrooms strategies are incorporated into School Lunch Program (www.smarterlunchrooms.org/scorecard).		
	School displays nutrition messages throughout school.		
	Taste tests are offered for nutritional items.		
	Farm to school activities are promoted (for example, a school garden, farmer guest speaker or farm field trip).		
Nutrition Education	Nutrition education is provided.		
	All foods made available on campus adhere to food safety and Smart Snack guidelines.		
	Food is not used as a reward in the classroom.		
	Parents, teachers and students are educated on using healthy foods and nonfood prizes for celebrations and rewards.		
Physical Activity/ Education	School uses Utah State P.E. Core Curriculum (www.schools.utah.gov/curr/pe).		
	Physical activity is not used as a punishment.		
	School has a written recess plan or policy (Elementary).		
	Employees are appropriately trained to teach all physical education classes.		
Competitive Foods	Students are provided several opportunities to be active for 15 minutes or more per day.		
	Food and beverage marketing on campus during the school day only promotes foods and beverages that meet Smart Snacks standards.		
Other School Based Activities	All foods and beverages sold to students on school campus during school day meet or exceed USDA Smart Snacks nutrition standards.*		
	School encourages families/community members to institute programs supporting physical activity (walk-to-school, Student Neighborhood Access Program, Track Club, afterschool programs.)		
	School provides community access to the school’s physical activity facilities outside the normal school day.		

* School Day is defined as midnight before to 30 minutes after the end of the school day. See policy

Comments:

for links to Smart Snacks standards.