

WPSD RE-2 School Wellness Assessment

Date: 5-4-18 School: Columbine Elementary

Assessors' name(s): Julie Cutting, Teri Goldberg, Sara Stone-Dvorak

| Comprehensive Learning Environment | Fully in Place | Partly in Place | Not in Place | Not Applicable |
|--|----------------|-----------------|--------------|----------------|
| Healthy eating, physical activity, health promoting behaviors, and the school meal program are actively promoted to students, parents, school staff, and the community at school registrations, parent-teacher meetings, open houses, in-services, etc. Comments: | | X | | |
| Teachers are encouraged to integrate nutrition education into core curriculum as applicable. Comments: | X | | | |
| Activities are encouraged that promote staff wellness Comments: | | X | | |
| District content standards for health and nutrition education are implemented that meet or exceed state standards Comments: | | X | | |
| Staff is provided with educational opportunities (distribution of educational materials, presentations, workshops, etc.) to learn about nutrition and physical activity, including how to integrate them into core instruction. Comments: | | X | | |

Total Score: 6/10

| Healthy Eating Opportunities & Practices | Fully in Place | Partly in Place | Not in Place | Not Applicable |
|---|----------------|-----------------|--------------|----------------|
| The District encourages healthy nutritional guidelines for school sponsored activities, fund-raisers, classroom parties, rewards in school, etc. Comments: | X | | | |
| Healthful food choices in appropriate portion sizes throughout the school day (snacks, school sponsored events, rewards in school, etc.) are encouraged. Comments: | X | | | |
| Students have adequate time to eat lunch every day. Comments: | | X | | |
| Recess is offered before lunch to better support learning and healthy eating. Comments: | | X | | |
| Staff make water readily available to students throughout the day. Comments: | X | | | |

Total Score: 8/10

| Physical Activity | Fully in Place | Partly in Place | Not in Place | Not Applicable |
|---|----------------|-----------------|--------------|----------------|
| Efforts to increase physical education beyond the current school minimums are encouraged: Elementary- 60 minutes per week, Middle School- A quarter each year, High School- One and a half credits for grades 9-12 Comments: | | X | | |
| Physical activity is promoted during the school day through daily recess periods, elective physical education classes, brain breaks, and the integration of physical activity into the academic curriculum Comments: | X | | | |
| Physical activity is promoted in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs. Comments: | X | | | |

Total Score: 5 /6