

## 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