

204.2A – Appendix – School Wellness Index
SCHOOL WELLNESS INDEX

SCHOOL NAME _____ CITY _____

Due Date: _____ Send to: _____

Implementation Key:

1 - consistently meets & exceeds goal 2 - consistently meets goal 3 - needs work to meet goal

1. Nutrition Education

Goal	Level of Implementation	Comments
a. School provided comprehensive nutrition education program.		
b. Nutrition Education program promoted fruits, vegetables, whole grain products, low fat and fat free dairy products.		
c. Nutrition Education emphasized the caloric balance between food intake and energy expenditure.		
d. Assessment tests indicated that students have increased their knowledge of nutrition.		
e. The school shared nutrition information through parent and student newsletters.		
f. Nutrition Education was provided through speakers and displays around the school.		
g. Nutrition Education is incorporated into the curriculum.		

2. Nutrition Promotion

Goal	Level of Implementation	Comments
a. Provided parents resources about health and nutrition to encourage healthy eating at home.		
b. Provided opportunities for student projects that relate to nutrition.		
c. Nutrition messages were displayed in classrooms, cafeteria and assembly areas.		

3. Physical Activity

Goal	Level of Implementation	Comments
a. The school provided a comprehensive physical education program that meets Diocesan Standards.		
b. The school educated students about the value of physical activity and provided opportunities for every student to develop his/her knowledge and skills.		
c. Students received daily recess for no less than 20 minutes each day in a safe environment, preferably outside.		
d. Playgrounds provided safe physical activity.		
e. Afterschool programs encouraged physical activity.		
f. Teachers incorporated stretching breaks into lesson plans.		
g. Physical Activity resources are shared with parents and students through regular newsletters.		
h. Physical Activity Education was provided by speakers and displays throughout the school.		
i. Physical activity was not used as a form of punishment.		
j. Loss of recess was not used as a form of punishment.		
k. Students do not have periods of 2 hours or more of inactivity.		

4. School Meal Plan

The goals with an asterisk (*) only apply to schools participating in the National School Lunch Program.

Goal	Level of Implementation	Comments
a. *The School lunch program met all minimum requirements set by local, state, and federal statutes.		
b. Meals were appealing and attractive to children.		
c. Meals were served in clean, pleasant settings.		
d. *Meals offered a variety of fruits and vegetables.		
e. *Meals included only low fat and fat free milk products.		
f. *Half of all grains served with meals were whole grain.		
g. *Trans fats were never used in food preparation.		
h. Students have a minimum of 20 minutes to eat lunch and a minimum of 10 minutes to eat breakfast.		
i. Students have access to hand washing or hand sanitizing before all meals and snacks.		
j. All snacks provided make a positive contribution to children's diet with an emphasis on serving fruits and vegetables as primary snacks and water as primary beverage.		
k. *School shared School Meal Program information with parents and students through a newsletter.		

5. Competitive Foods

Goal	Level of Implementation	Comments
a. Healthy food and beverage choices were available at vending machines, student stores, and at parties and fundraisers.		
b. Competitive foods included healthy food and beverage choices.		
c. Teachers provided a list of healthy snack item suggestions to parents.		
d. Beverage consumption in the classroom was limited to water, 100% juice, and low fat or non-fat milk.		
e. School-based marketing of brands promoted healthy food and beverage choices.		
f. Environmentally friendly practices that maximize the reduction of waste by recycling, reusing, composting, and purchasing recycled products occurred.		
g. Fundraising efforts include healthy foods and non-food items.		

PRINCIPAL’S SIGNATURE _____ **DATE** _____

WELLNESS COMMITTEE MEMBERS:
