

Local Building Nutrition and Physical Activity Wellness Inventory

The following are elements of the Diocese of Des Moines School Nutrition and Physical Activity Wellness Policy. Review each item and make a determination of the level of implementation of each element in your building. Choose one of the ratings below to indicate where your building presently is in the implementation of the elements of the diocesan policy and submit report to Schools Office by the end of June each year.

4 = Fully Implemented
2 = Partially Implemented

3 = Implemented
1 = Not Implemented

School: ___St. Malachy School_____

Date: ___June 5, 2013_____

- 2 ___ 1. Local building wellness committee is established
- 2 ___ 2. Staff designated to monitor building level wellness policy implementation and evaluation
- 2 ___ 3. Local committee reports annually on effectiveness of policy implementation and recommendations to principal and local board
- 2 ___ 4. School includes annual assessment report in the published annual school report
- 3 ___ 5. Sequential and interdisciplinary nutrition education is provided and promoted at each grade level
- 3 ___ 6. Staff responsible for nutrition education is adequately prepared
- 3 ___ 7. Staff responsible for nutrition education participates in appropriate professional development activities
- 4 ___ 7. School lunch program/cafeteria serves as a "learning laboratory" to allow students to apply classroom nutrition education
- 4 ___ 8. School lunch program promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health enhancing nutrition practices
- 3 ___ 9. Physical education that is taught by a licensed physical education teacher
- 2 ___ 10. K-5 physical education is taught 5 times per week
- 2 ___ 11. 6-8 physical education is taught at least 3 times every 2 weeks
- NA ___ 12. Physical education is required in grades nine through twelve for a minimum of one-eighth unit each semester unless the student obtains a waiver
- 4 ___ 13. K-8 recess, preferably outside, is held daily
- 4 ___ 14. Employees don't use physical activity or withhold opportunities for physical activity as punishment
- 4 ___ 15. Classroom health education is offered that complements physical education
- 3 ___ 16. Sedentary activities are discouraged
- 2 ___ 17. Classroom teachers provide breaks between lessons or classes
- NA ___ 18. Parents are encouraged to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards
- 2 ___ 19. Parents are provided with lists of foods that meet the school's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities
- 2 ___ 20. School-based food marketing is consistent with nutrition education and health promotion

- 4 ____ 21. School promotes healthy foods, including fruits, vegetables, whole grains and low-fat dairy products
- 2 ____ 22. A local building staff wellness committee is established and maintained which works to support personal efforts by staff to maintain a healthy lifestyle
- 4 ____ 23. Meals served are appealing and attractive to children
- 4 ____ 24. Meals served are done so in clean and pleasant settings
- 4 ____ 25. Meals served meet, at a minimum, nutrition requirements established by local, state, and federal law
- 4 ____ 26. Meals served offer a variety of fruits and vegetables
- 4 ____ 27. Meals served include dairy products containing a variety of fat levels from fat-free through 2%, as well as nutritionally equivalent non-dairy alternatives
- 2 ____ 28. Information about the nutritional content of meals is shared with parents and students
- 4 ____ 29. To ensure that children have breakfast, the school operates a breakfast program to the extent possible
- 4 ____ 30. To ensure that children have breakfast, the school notifies parents and students of the availability of the School Breakfast program, where available
- 4 ____ 31. Efforts are made to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price meals
- 4 ____ 32. A food service director is employed who is properly qualified, certified and/or credentialed according to current professional standards
- 4 ____ 33. All food service staff has had adequate pre-service training in food services operations
- 4 ____ 34. Food service staff is provided with continuing education opportunities according to their levels of responsibility
- 4 ____ 35. Students are discouraged from sharing foods or beverages during meal or snack times
- 4 ____ 36. A determination has been made at the building level as to what foods can be sold outside the meal—among, but not limited to the areas that may be addressed by each local building wellness committee could be:
- Beverages to be allowed or not allowed
 - Food items to be sold separately based upon nutrition guidelines
 - Portion size of foods and beverages sold individually
 - Foods involved in fundraising activities
 - Foods served as snacks
 - Foods served as rewards or in celebrations
 - Foods served at school-sponsored events outside the school day
 - Food safety
 - Foods served as summer program meals
- 4 ____ 37. Principal reports to Schools Office the findings, recommendations, and date of the most recent USDA School Meals Initiative (SMI), an inspection by a state agency Date of most recent inspection:

- 4 ____ 38. School shares Local Building Nutrition and Physical Activity Wellness Inventory assessment with Schools Office every three years