

Brandywine Elementary

BES 5/2014

Physical Education

601.Requires all students at the elementary school level to participate in a minimum of 60 minutes of physical education per week (or 120 minutes of physical education per 2 weeks)

Yes No Answer Later

604.Requires all students at the elementary school level to participate in a minimum of 90 minutes of physical education per week (or 180 minutes of physical education per 2 weeks)

Yes No Answer Later

607.Physical education instructional strategies and other practices meet the diverse needs and interests of all students

Yes No Answer Later

608.Requires all students at the elementary school level to participate in a minimum of 150 minutes of physical education per week (or 300 minutes of physical education per 2 weeks)

Yes No Answer Later

611.Physical education is taught by licensed or certified physical educators at all grade levels *except PK*

Yes No Answer Later

612.Students are engaged in moderate to vigorous physical activity at least 50% of physical education class time

Yes No Answer Later

613.Physical education classes are appropriately modified or adapted to promote the participation of all students, in particular students with chronic health conditions and/or special needs *Le*

Yes No Answer Later

614.All teachers who teach physical education participate in annual professional development on effective practices for physical education for a minimum of 6 contact hours

Yes No Answer Later

615.All students are assessed in mastery of skills and content in physical education and results are on the report card every term that physical education is required *Learn More*

Yes No Answer Later

616.Instruction is based on a written and sequential curriculum that is aligned to the national/state physical education standards

Yes No Answer Later

617.School provides fitness education, conducts annual health-related fitness assessments, and utilizes assessment results to direct instruction and create individualized physical activity/fitness plans that include goal-setting and monitoring

Yes No Answer Later

618.Student/teacher ratio in physical education is comparable with other classes at all grade levels

Yes No Answer Later

Student Wellness

BES
5/20/16

701. At the elementary school level, school offers at least 20 minutes of recess daily
 Yes No Answer Later
702. At the elementary school level, classes participate in recess before lunch
 Yes No Answer Later
703. Before and afterschool programs dedicate at least 20% of their time to physical activity
 Yes No Answer Later
704. All before and after school program staff participate in annual professional development including physical activity and healthy eating as an element of their program
 Yes No Answer Later
705. Snacks are served as part of the After School Snack or Meal Program (reimbursed through the USDA) or an independent snack program that meets the Policy 4321.1 Guidelines
 Yes No Answer Later
706. Afterschool programs (academic enrichment and tutoring) that serve snacks incorporate nutrition education
 Yes No Answer Later
707. School provides opportunities for students to participate in daily physical activity during the school day (excluding recess and physical education)
 Yes No Answer Later
708. School utilizes community resources to provide physical activity and/or nutrition education opportunities before or after school
 Yes No Answer Later
709. School connects students and families with physical activity opportunities in the community
 Yes No Answer Later
710. School actively supports and promotes walking or bicycling to and from school
 Yes No Answer Later
711. School policies and practices support that physical activity is not used for or withheld as punishment for students
 Yes No Answer Later
712. School offers a range of competitive physical activity opportunities (intramural or interscholastic sports) for all grades before or after the school day
 Yes No Answer Later
713. School offers a range of non-competitive physical activity opportunities aimed at engaging students in fun, recreational and life-long learning opportunities before or after the school day for all grades
 Yes No Answer Later
714. School provides access to before and after school offerings by making transportation options available
 Yes No Answer Later

School Meals

BLES
SY 2014

201a. School serves breakfast and lunch.

Yes No Answer Later

201b. School breakfast and lunch programs meet USDA School Meals Initiative (SMI) standards for reimbursable meals.

Yes No Answer Later

201c. USDA meal program participating district has had a SMI review in the past 5 years and all corrective actions have been completed

Yes No Answer Later

202. Annual training covering basic nutrition and healthy eating concepts (techniques for reducing fat and sodium in food preparation, portion control, culinary techniques for handling fresh food, etc.) is completed by 100% of food service staff who prepare and serve meals

Yes No Answer Later

203. School offers only unflavored low fat milk (1% or lower milk fat) or fat-free flavored or unflavored milk with no more than 150 calories per 8 oz

Yes No Answer Later

204. School offers at least five non-fried, no/low added sugar fruit and/or vegetable options daily

- Fruit may be fresh, dried with no added sugar, canned or frozen in fruit juice or light syrup.
- Salad may be counted as one of the five servings
- Potato products that have been par-fried (e.g. French fries, hash browns, tater tots) count only if they meet the Alliance Competitive Foods Guidelines

Yes No--4 options offered No--3 or fewer Answer Later

205. At least one serving of fruit is offered at breakfast. Fruit may be fresh, dried with no added sugar, canned or frozen in fruit juice or light syrup.

Yes No Answer Later

206. A different fruit is served every day of the week at lunch. Fruit may be fresh, dried with no added sugar, canned or frozen in fruit juice or light syrup

- 100% fruit juice can be counted as fruit at lunch only once per week
- Fruit at lunch must be served fresh at least 1 day per week

Yes No Answer Later

207. A different vegetable is served every day of the week at lunch. At least the minimum amount of all vegetable subgroups required by the USDA must be offered weekly.

Yes No Answer Later

BES
5/20/16

208. Starchy vegetables are limited to amounts specified by USDA.

Note USDA has no limits on starchy vegetables -ALL schools meet this criterion. Just check YES

Yes No Answer Later

209. Half of all grains at breakfast and half of all grains at lunch must be whole grain-rich

Yes No Answer Later

210. Breakfast and lunch menus are available in the language(s) that parents primarily speak

Yes No Answer Later

211. School conducts yearly taste tests, with students, of healthy foods (fruits, vegetables, whole grains, lean proteins, low fat entrees and fat-free or low fat dairy) intended for inclusion in reimbursable meals

Yes No Answer Later

212. All dressing offered for salads and salad bars must be portion controlled and contain no more than 80 calories per serving

Yes No Answer Later

213. School offers no desserts or only desserts that meet the Alliance Competitive Foods Guidelines

Yes No Answer Later *Meets Healthy Hunger Free Kids Act 2010*

214. School offers non-fried fish at least once a week. Fish products that meet the criterion for lean proteins (10 g or less total fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per serving and per 100 g) are permitted.

Yes No Answer Later

215. Oils used during onsite food preparation contain no more than 2g saturated fat per serving (1 Tablespoon)

Yes No Answer Later

216. All grains offered daily, at breakfast and lunch, are whole grain-rich

Yes No Answer Later

217. School offers only lean protein products such as lean red meat, skinless poultry, lean deli meats, fat-free or low fat cheese, beans, tofu, etc. (Lean: 10 g or less total fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per serving and per 100 g.) The following are exempt: one egg with no fat added; up to 1.5 ounces of reduced fat cheese.

Yes No Answer Later *N/A - Meets Healthy Hunger Free Kids Act 2010*

218. School offers only non-fried products and uses no deep fat frying in food preparation. Pan-fried meat/meat alternate products that meet the Alliance criterion for lean proteins and side items (i.e. potato products) that meet the Alliance Competitive Foods Guidelines are permitted.

Yes No Answer Later *N/A - Meets Healthy Hunger Free Kids Act 2010*

219. Starchy vegetables are limited to one cup per week

Yes No Answer Later *But meets Healthy Hunger Free Kids Act 2010*

220. School offers at least one low fat entree daily, with no more than 12 g total fat, 4.5 g saturated fat, zero trans fat and 480 mg sodium

Yes No Answer Later

221. Staff prompts students to choose fruits and vegetables

Yes No Answer Later

- 222. School engages in marketing of healthy options using posters, table tents, or creative naming of healthy options
 Yes No Answer Later
- 223. School offers convenient placement of healthy options, e.g. near the register
 Yes No Answer Later
- 224. School makes use of appealing presentation of foods
 Yes No Answer Later
- 225. School provides quick healthy meal options such as "grab and go" meals or vending of reimbursable meals
 Yes No Answer Later
- 226. School permits use of prepaid meal funds only for reimbursable meals and competitive foods and beverages that meet Alliance Guidelines
 Yes No Answer Later
- 227. School has a system in place for students or parents to preselect breakfast and lunch
 Yes No Answer Later
- 228. School designates a meal that meets HSP/HUSSC standards as the default option for meals. Students or parents who desire other options must actively choose them.
 Yes No Answer Later
- 229. Cafeteria environment minimizes distractions from choosing and eating healthy foods through measures such as adequate lighting, noise reduction and seating arrangements
 Yes No Answer Later

Policy/Systems

101. School is implementing the district wellness policy and providing feedback to the district regarding its progress annually
 Yes No Answer Later
102. School has an active wellness council/committee that meets at least every other month during the school year
 Yes No Answer Later
103. Family members and guardians have the opportunity to provide input to the implementation of wellness policy activities
 Yes No Answer Later
104. Students have the opportunity to provide input to the implementation of wellness policy activities
 Yes No Answer Later
105. The status of wellness policy implementation at the school level is communicated annually to school staff, students and families
 Yes No Answer Later
106. School wellness council/committee recommends new or revised health or wellness policies and activities to the district
 Yes No Answer Later
107. Drinking water is available to students free of charge at all times during the school day
 Yes No Answer Later
108. School grounds and/or buildings are open to students, their families and the community for access to physical activities
 Yes No Answer Later
109. School has secured funds or leveraged resources to support wellness priorities for students and staff
 Yes No Answer Later
110. School's wellness goals are integrated into the overall School Improvement Plan
 Yes No Answer Later
111. School tracks students' body mass index and reports the results to the district in aggregate on an annual basis
 Yes No Answer Later

School Meals

201a. School serves breakfast and lunch.

Yes No Answer Later

201b. School breakfast and lunch programs meet USDA School Meals Initiative (SMI) standards for reimbursable meals.

Yes No Answer Later

201c. USDA meal program participating district has had a SMI review in the past 5 years and all corrective actions have been completed.

Yes No Answer Later

202. Annual training covering basic nutrition and healthy eating concepts (techniques for reducing fat and sodium in food preparation, portion control, culinary techniques for handling fresh food, etc.) is completed by 100% of food service staff who prepare and serve meals

Yes No Answer Later

203. School offers only unflavored low fat milk (1% or lower milk fat) or fat-free flavored or unflavored milk with no more than 150 calories per 8 oz

Yes No Answer Later

204. School offers at least five non-fried, no/low added sugar fruit and/or vegetable options daily

- Fruit may be fresh, dried with no added sugar, canned or frozen in fruit juice or light syrup.
- Salad may be counted as one of the five servings
- Potato products that have been par-fried (e.g. French fries, hash browns, tater tots) count only if they meet the Alliance Competitive Foods Guidelines

Yes No--4 options offered No--3 or fewer Answer Later

205. At least one serving of fruit is offered at breakfast. Fruit may be fresh, dried with no added sugar, canned or frozen in fruit juice or light syrup.

Yes No Answer Later

206. A different fruit is served every day of the week at lunch. Fruit may be fresh, dried with no added sugar, canned or frozen in fruit juice or light syrup.

- 100% fruit juice can be counted as fruit at lunch only once per week
- Fruit at lunch must be served fresh at least 1 day per week

Yes No Answer Later

207. A different vegetable is served every day of the week at lunch. At least the minimum amount of all vegetable subgroups required by the USDA must be offered weekly.

Yes No Answer Later

208. Starchy vegetables are limited to amounts specified by USDA.
Note USDA has no limits on starchy vegetables -ALL schools meet this criterion. Just check YES.
 Yes No Answer Later
209. Half of all grains at breakfast and half of all grains at lunch must be whole grain-rich
 Yes No Answer Later
210. Breakfast and lunch menus are available in the language(s) that parents primarily speak
 Yes No Answer Later
211. School conducts yearly taste tests, with students, of healthy foods (fruits, vegetables, whole grains, lean proteins, low fat entrees and fat-free or low fat dairy) intended for inclusion in reimbursable meals
 Yes No Answer Later
212. All dressing offered for salads and salad bars must be portion controlled and contain no more than 80 calories per serving
 Yes No Answer Later
213. School offers no desserts or only desserts that meet the Alliance Competitive Foods Guidelines
 Yes No Answer Later *Meets Healthy Hunger Free Kids Act 2010*
214. School offers non-fried fish at least once a week. Fish products that meet the criterion for lean proteins (10 g or less total fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per serving and per 100 g) are permitted.
 Yes No Answer Later
215. Oils used during onsite food preparation contain no more than 2g saturated fat per serving (1 Tablespoon)
 Yes No Answer Later
216. All grains offered daily, at breakfast and lunch, are whole grain-rich
 Yes No Answer Later
217. School offers only lean protein products such as lean red meat, skinless poultry, lean deli meats, fat-free or low fat cheese, beans, tofu, etc. (Lean: 10 g or less total fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per serving and per 100 g.) The following are exempt: one egg with no fat added; up to 1.5 ounces of reduced fat cheese.
 Yes No Answer Later *N/A - Meets Healthy Hunger Free Kids Act 2010*
218. School offers only non-fried products and uses no deep fat frying in food preparation. Pan-fried meat/meat alternate products that meet the Alliance criterion for lean proteins and side items (i.e. potato products) that meet the Alliance Competitive Foods Guidelines are permitted.
 Yes No Answer Later *N/A - Meets Healthy Hunger Free Kids Act 2010*
219. Starchy vegetables are limited to one cup per week
 Yes No Answer Later *But meets Healthy Hunger Free Kids Act 2010*
220. School offers at least one low fat entree daily, with no more than 12 g total fat, 4.5 g saturated fat, zero trans fat and 480 mg sodium
 Yes No Answer Later
221. Staff prompts students to choose fruits and vegetables
 Yes No Answer Later

222. School engages in marketing of healthy options using posters, table tents, or creative naming of healthy options
 Yes No Answer Later
223. School offers convenient placement of healthy options, e.g. near the register
 Yes No Answer Later
224. School makes use of appealing presentation of foods
 Yes No Answer Later
225. School provides quick healthy meal options such as "grab and go" meals or vending of reimbursable meals
 Yes No Answer Later
226. School permits use of prepaid meal funds only for reimbursable meals and competitive foods and beverages that meet Alliance Guidelines
 Yes No Answer Later
227. School has a system in place for students or parents to preselect breakfast and lunch
 Yes No Answer Later
228. School designates a meal that meets HSP/HUSSC standards as the default option for meals. Students or parents who desire other options must actively choose them.
 Yes No Answer Later
229. Cafeteria environment minimizes distractions from choosing and eating healthy foods through measures such as adequate lighting, noise reduction and seating arrangements
 Yes No Answer Later

FES - 2016

Competitive Foods & Beverages

301. All beverages for sale to students outside of the school meals program during the regular and extended school day meet or exceed the Policy 4321.1 Guidelines. This includes a la carte, vending, snack and other food carts, school store and fundraising.

Yes No Answer Later

302. All competitive foods for sale to students outside of the school meals program during the regular and extended school day meet the Policy 4321.1 Guidelines. This includes a la carte, vending, snack and other food carts, school store and fundraising.

Yes No Answer Later

303. School policies and practices support that all beverages and competitive foods served to students for school and classroom parties during the regular and extended school day meet the Policy 4321.1 Guidelines.

Yes No Answer Later

304. School policies and practices support that food is never used as a reward or reinforcement for students

Yes No Answer Later

305. School policies and practices restrict branding and marketing to those competitive foods and beverages that meet the Policy 4321.1 Guidelines

Yes No Answer Later

FES 2016

Health Education

401a. At the elementary level, comprehensive health education is required for all students and includes functional knowledge and skills-based lessons on healthy eating and benefits of physical activity.

Yes No Answer Later

401b. At the elementary level, comprehensive health education provides a minimum of 30 minutes per week of instructional time or the equivalent number of minutes annually in grades K-2 AND A minimum of 40 minutes per week of instructional time or the equivalent number of minutes annually in grades 3 - 5

Yes No Answer Later

404a. At the elementary level, comprehensive health education is required for all students and includes functional knowledge and skills-based lessons on healthy eating and benefits of physical activity.

Yes No Answer Later

404b. At the elementary level, comprehensive health education provides a minimum of 40 minutes per week of instructional time or the equivalent number of minutes annually in grades K-2 AND A minimum of 80 minutes per week of instructional time or the equivalent number of minutes annually in grades 3 - 5

Yes No Answer Later

407. Health education curriculum and instructional strategies meet the diverse needs and interests of all students

Yes No Answer Later

408a. At the elementary level, comprehensive health education is required for all students and includes functional knowledge and skills-based lessons on healthy eating and benefits of physical activity.

Yes No Answer Later

408b. At the elementary level, comprehensive health education provides a minimum of 80 minutes per week of instructional time or the equivalent number of minutes annually in grades K-2 AND A minimum of 120 minutes per week of instructional time or the equivalent number of minutes annually in grades 3 - 5

Yes No Answer Later

411. Healthy eating and physical activity messages are integrated into at least two other subjects to reinforce what is taught in health education

Yes No Answer Later

412. Health education is taught by trained teachers at the elementary school level and teachers are licensed or certified in health education at the middle and high school levels

Yes No Answer Later

413. All teachers who teach health education receive annual professional development on effective practices for health education, including healthy eating and benefits of physical activity, for a minimum of three contact hours at the elementary level and six contact hours at the middle and high school levels

Yes No Answer Later

414. All students are assessed in health education and results are reported on the report card every term that health education is required

Yes No Answer Later

415. Healthy eating and physical activity instruction is aligned to the national/state health education standards

Yes No Answer Later

416. District or school utilized the CDC's Health Education Curriculum Analysis Tool (HECAT) healthy eating and physical activity modules to enhance, develop or select an appropriate and effective health education curriculum

Yes No Answer Later

Physical Education

601.Requires all students at the elementary school level to participate in a minimum of 60 minutes of physical education per week (or 120 minutes of physical education per 2 weeks)

Yes No Answer Later

604.Requires all students at the elementary school level to participate in a minimum of 90 minutes of physical education per week (or 180 minutes of physical education per 2 weeks)

Yes No Answer Later

607.Physical education instructional strategies and other practices meet the diverse needs and interests of all students

Yes No Answer Later

608.Requires all students at the elementary school level to participate in a minimum of 150 minutes of physical education per week (or 300 minutes of physical education per 2 weeks)

Yes No Answer Later

611.Physical education is taught by licensed or certified physical educators at all grade levels

Yes No Answer Later

612.Students are engaged in moderate to vigorous physical activity at least 50% of physical education class time

Yes No Answer Later

613.Physical education classes are appropriately modified or adapted to promote the participation of all students, in particular students with chronic health conditions and/or special needs

Yes No Answer Later

614.All teachers who teach physical education participate in annual professional development on effective practices for physical education for a minimum of 6 contact hours

Yes No Answer Later

615.All students are assessed in mastery of skills and content in physical education and results are on the report card every term that physical education is required

Yes No Answer Later

616.Instruction is based on a written and sequential curriculum that is aligned to the national/state physical education standards

Yes No Answer Later

617.School provides fitness education, conducts annual health-related fitness assessments, and utilizes assessment results to direct instruction and create individualized physical activity/fitness plans that include goal-setting and monitoring

Yes No Answer Later

618.Student/teacher ratio in physical education is comparable with other classes at all grade levels

Yes No Answer Later

619. Physical education requirements are not waived for other activities or classes

Yes No Answer Later

620. District or school utilized the CDC's Physical Education Curriculum Analysis Tool (PECAT) to enhance, develop or select an appropriate and effective physical education curriculum.

Yes No Answer Later

Student Wellness

701. At the elementary school level, school offers at least 20 minutes of recess daily
 Yes No Answer Later
702. At the elementary school level, classes participate in recess before lunch
 Yes No Answer Later *Upper grades yes, lower grades no.*
703. Before and afterschool programs dedicate at least 20% of their time to physical activity
 Yes No Answer Later
704. All before and after school program staff participate in annual professional development including physical activity and healthy eating as an element of their program
 Yes No Answer Later
705. Snacks are served as part of the After School Snack or Meal Program (reimbursed through the USDA) or an independent snack program that meets the Policy 4321.1 Guidelines
 Yes No Answer Later
706. Afterschool programs (academic enrichment and tutoring) that serve snacks incorporate nutrition education
 Yes No Answer Later *NA*
707. School provides opportunities for students to participate in daily physical activity during the school day (excluding recess and physical education)
 Yes No Answer Later
708. School utilizes community resources to provide physical activity and/or nutrition education opportunities before or after school
 Yes No Answer Later
709. School connects students and families with physical activity opportunities in the community
 Yes No Answer Later
710. School actively supports and promotes walking or bicycling to and from school
 Yes No Answer Later
711. School policies and practices support that physical activity is not used for or withheld as punishment for students
 Yes No Answer Later
712. School offers a range of competitive physical activity opportunities (intramural or interscholastic sports) for all grades before or after the school day *after school clubs 2-6*
 Yes No Answer Later
713. School offers a range of non-competitive physical activity opportunities aimed at engaging students in fun, recreational and life-long learning opportunities before or after the school day for all grades *clubs*
 Yes No Answer Later
714. School provides access to before and after school offerings by making transportation options available
 Yes No Answer Later

North Fork Elementary NFES 2016

Policy/Systems

101. School is implementing the district wellness policy and providing feedback to the district regarding its progress annually
 Yes No Answer Later
102. School has an active wellness council/committee that meets at least every other month during the school year
 Yes No Answer Later *Need to restart*
103. Family members and guardians have the opportunity to provide input to the implementation of wellness policy activities
 Yes No Answer Later
104. Students have the opportunity to provide input to the implementation of wellness policy activities
 Yes No Answer Later
105. The status of wellness policy implementation at the school level is communicated annually to school staff, students and families
 Yes No Answer Later *Need to do.*
106. School wellness council/committee recommends new or revised health or wellness policies and activities to the district
 Yes No Answer Later *Need to do*
107. Drinking water is available to students free of charge at all times during the school day
 Yes No Answer Later
108. School grounds and/or buildings are open to students, their families and the community for access to physical activities
 Yes No Answer Later
109. School has secured funds or leveraged resources to support wellness priorities for students and staff
 Yes No Answer Later
110. School's wellness goals are integrated into the overall School Improvement Plan
 Yes No Answer Later
111. School tracks students' body mass index and reports the results to the district in aggregate on an annual basis
 Yes No Answer Later *not reported, so PE teacher is tracking*

School Meals

201a. School serves breakfast and lunch.

Yes No Answer Later

201b. School breakfast and lunch programs meet USDA School Meals Initiative (SMI) standards for reimbursable meals.

Yes No Answer Later

201c. USDA meal program participating district has had a SMI review in the past 5 years and all corrective actions have been completed.

Yes No Answer Later

202. Annual training covering basic nutrition and healthy eating concepts (techniques for reducing fat and sodium in food preparation, portion control, culinary techniques for handling fresh food, etc.) is completed by 100% of food service staff who prepare and serve meals

Yes No Answer Later

203. School offers only unflavored low fat milk (1% or lower milk fat) or fat-free flavored or unflavored milk with no more than 150 calories per 8 oz

Yes No Answer Later

204. School offers at least five non-fried, no/low added sugar fruit and/or vegetable options daily

- Fruit may be fresh, dried with no added sugar, canned or frozen in fruit juice or light syrup.
- Salad may be counted as one of the five servings
- Potato products that have been par-fried (e.g. French fries, hash browns, tater tots) count only if they meet the Alliance Competitive Foods Guidelines

Yes No--4 options offered No--3 or fewer Answer Later

205. At least one serving of fruit is offered at breakfast. Fruit may be fresh, dried with no added sugar, canned or frozen in fruit juice or light syrup.

Yes No Answer Later

206. A different fruit is served every day of the week at lunch. Fruit may be fresh, dried with no added sugar, canned or frozen in fruit juice or light syrup.

- 100% fruit juice can be counted as fruit at lunch only once per week
- Fruit at lunch must be served fresh at least 1 day per week

Yes No Answer Later

207. A different vegetable is served every day of the week at lunch. At least the minimum amount of all vegetable subgroups required by the USDA must be offered weekly.

Yes No Answer Later

208. Starchy vegetables are limited to amounts specified by USDA.

Note USDA has no limits on starchy vegetables -ALL schools meet this criterion. Just check YES

Yes No Answer Later

209. Half of all grains at breakfast and half of all grains at lunch must be whole grain-rich

Yes No Answer Later

210. Breakfast and lunch menus are available in the language(s) that parents primarily speak

Yes No Answer Later

211. School conducts yearly taste tests, with students, of healthy foods (fruits, vegetables, whole grains, lean proteins, low fat entrees and fat-free or low fat dairy) intended for inclusion in reimbursable meals

Yes No Answer Later

212. All dressing offered for salads and salad bars must be portion controlled and contain no more than 80 calories per serving

Yes No Answer Later

213. School offers no desserts or only desserts that meet the Alliance Competitive Foods Guidelines

Yes No Answer Later *Meets Healthy Hunger Free Kids Act 2010*

214. School offers non-fried fish at least once a week. Fish products that meet the criterion for lean proteins (10 g or less total fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per serving and per 100 g) are permitted.

Yes No Answer Later

215. Oils used during onsite food preparation contain no more than 2g saturated fat per serving (1 Tablespoon)

Yes No Answer Later

216. All grains offered daily, at breakfast and lunch, are whole grain-rich

Yes No Answer Later

217. School offers only lean protein products such as lean red meat, skinless poultry, lean deli meats, fat-free or low fat cheese, beans, tofu, etc. (Lean: 10 g or less total fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per serving and per 100 g.) The following are exempt: one egg with no fat added; up to 1.5 ounces of reduced fat cheese.

Yes No Answer Later *N/A - Meets Healthy Hunger Free Kids Act 2010*

218. School offers only non-fried products and uses no deep fat frying in food preparation. Pan-fried meat/meat alternate products that meet the Alliance criterion for lean proteins and side items (i.e. potato products) that meet the Alliance Competitive Foods Guidelines are permitted.

Yes No Answer Later *N/A - Meets Healthy Hunger Free Kids Act 2010*

219. Starchy vegetables are limited to one cup per week

Yes No Answer Later *But meets Healthy Hunger Free Kids Act 2010*

220. School offers at least one low fat entree daily, with no more than 12 g total fat, 4.5 g saturated fat, zero trans fat and 480 mg sodium

Yes No Answer Later

221. Staff prompts students to choose fruits and vegetables

Yes No Answer Later

222. School engages in marketing of healthy options using posters, table tents, or creative naming of healthy options
 Yes No Answer Later
223. School offers convenient placement of healthy options, e.g. near the register
 Yes No Answer Later
224. School makes use of appealing presentation of foods
 Yes No Answer Later
225. School provides quick healthy meal options such as "grab and go" meals or vending of reimbursable meals
 Yes No Answer Later
226. School permits use of prepaid meal funds only for reimbursable meals and competitive foods and beverages that meet Alliance Guidelines
 Yes No Answer Later
227. School has a system in place for students or parents to preselect breakfast and lunch
 Yes No Answer Later
228. School designates a meal that meets HSP/HUSSC standards as the default option for meals. Students or parents who desire other options must actively choose them.
 Yes No Answer Later
229. Cafeteria environment minimizes distractions from choosing and eating healthy foods through measures such as adequate lighting, noise reduction and seating arrangements
 Yes No Answer Later



Competitive Foods & Beverages

301. All beverages for sale to students outside of the school meals program during the regular and extended school day meet or exceed the Policy 4321.1 Guidelines. This includes a la carte, vending, snack and other food carts, school store and fundraising.

Yes No Answer Later

302. All competitive foods for sale to students outside of the school meals program during the regular and extended school day meet the Policy 4321.1 Guidelines. This includes a la carte, vending, snack and other food carts, school store and fundraising.

Yes No Answer Later

303. School policies and practices support that all beverages and competitive foods served to students for school and classroom parties during the regular and extended school day meet the Policy 4321.1 Guidelines.

Yes No Answer Later

304. School policies and practices support that food is never used as a reward or reinforcement for students

Yes No Answer Later

305. School policies and practices restrict branding and marketing to those competitive foods and beverages that meet the Policy 4321.1 Guidelines

Yes No Answer Later

Health Education

401a. At the elementary level, comprehensive health education is required for all students and includes functional knowledge and skills-based lessons on healthy eating and benefits of physical activity.

Yes No Answer Later

401b. At the elementary level, comprehensive health education provides a minimum of 30 minutes per week of instructional time or the equivalent number of minutes annually in grades K-2 AND A minimum of 40 minutes per week of instructional time or the equivalent number of minutes annually in grades 3-5

Yes No Answer Later

404a. At the elementary level, comprehensive health education is required for all students and includes functional knowledge and skills-based lessons on healthy eating and benefits of physical activity.

Yes No Answer Later

404b. At the elementary level, comprehensive health education provides a minimum of 40 minutes per week of instructional time or the equivalent number of minutes annually in grades K-2 AND A minimum of 80 minutes per week of instructional time or the equivalent number of minutes annually in grades 3-5

Yes No Answer Later

407. Health education curriculum and instructional strategies meet the diverse needs and interests of all students

Yes No Answer Later

408a. At the elementary level, comprehensive health education is required for all students and includes functional knowledge and skills-based lessons on healthy eating and benefits of physical activity.

Yes No Answer Later

408b. At the elementary level, comprehensive health education provides a minimum of 80 minutes per week of instructional time or the equivalent number of minutes annually in grades K-2 AND A minimum of 120 minutes per week of instructional time or the equivalent number of minutes annually in grades 3-5

Yes No Answer Later

411. Healthy eating and physical activity messages are integrated into at least two other subjects to reinforce what is taught in health education

Yes No Answer Later *PE + Science*

412. Health education is taught by trained teachers at the elementary school level and teachers are licensed or certified in health education at the middle and high school levels

Yes No Answer Later

413. All teachers who teach health education receive annual professional development on effective practices for health education, including healthy eating and benefits of physical activity, for a minimum of three contact hours at the elementary level and six contact hours at the middle and high school levels

Yes No Answer Later

414. All students are assessed in health education and results are reported on the report card every term that health education is required

Yes No Answer Later

415. Healthy eating and physical activity instruction is aligned to the national/state health education standards

Yes No Answer Later

416. District or school utilized the CDC's Health Education Curriculum Analysis Tool (HECAT) healthy eating and physical activity modules to enhance, develop or select an appropriate and effective health education curriculum

Yes No Answer Later

WFES, 2016

SY 2016

MFES

Physical Education

601.Requires all students at the elementary school level to participate in a minimum of 60 minutes of physical education per week (or 120 minutes of physical education per 2 weeks)

Yes No Answer Later

604.Requires all students at the elementary school level to participate in a minimum of 90 minutes of physical education per week (or 180 minutes of physical education per 2 weeks)

Yes No Answer Later

607.Physical education instructional strategies and other practices meet the diverse needs and interests of all students

Yes No Answer Later

608.Requires all students at the elementary school level to participate in a minimum of 150 minutes of physical education per week (or 300 minutes of physical education per 2 weeks)

Yes No Answer Later

611.Physical education is taught by licensed or certified physical educators at all grade levels

Yes No Answer Later

612.Students are engaged in moderate to vigorous physical activity at least 50% of physical education class time

Yes No Answer Later

613.Physical education classes are appropriately modified or adapted to promote the participation of all students, in particular students with chronic health conditions and/or special needs Le

Yes No Answer Later

614.All teachers who teach physical education participate in annual professional development on effective practices for physical education for a minimum of 6 contact hours

Yes No Answer Later

615.All students are assessed in mastery of skills and content in physical education and results are on the report card every term that physical education is required Learn More

Yes No Answer Later

616.Instruction is based on a written and sequential curriculum that is aligned to the national/state physical education standards

Yes No Answer Later

617.School provides fitness education, conducts annual health-related fitness assessments, and utilizes assessment results to direct instruction and create individualized physical activity/fitness plans that include goal-setting and monitoring

Yes No Answer Later

618.Student/teacher ratio in physical education is comparable with other classes at all grade levels

Yes No Answer Later

619. Physical education requirements are not waived for other activities or classes

Yes No Answer Later

620. District or school utilized the CDC's Physical Education Curriculum Analysis Tool (PECAT) to enhance, develop or select an appropriate and effective physical education curriculum

Yes No Answer Later

NFES
SY 2016

Student Wellness

701. At the elementary school level, school offers at least 20 minutes of recess daily
 Yes No Answer Later
702. At the elementary school level, classes participate in recess before lunch
 Yes No Answer Later *K-3 - No 4-6 yes*
703. Before and afterschool programs dedicate at least 20% of their time to physical activity
 Yes No Answer Later *N/A*
704. All before and after school program staff participate in annual professional development including physical activity and healthy eating as an element of their program
 Yes No Answer Later *N/A*
705. Snacks are served as part of the After School Snack or Meal Program (reimbursed through the USDA) or an independent snack program that meets the Policy 4321.1 Guidelines
 Yes No Answer Later *N/A*
706. Afterschool programs (academic enrichment and tutoring) that serve snacks incorporate nutrition education
 Yes No Answer Later *N/A*
707. School provides opportunities for students to participate in daily physical activity during the school day (excluding recess and physical education)
 Yes No Answer Later
708. School utilizes community resources to provide physical activity and/or nutrition education opportunities before or after school
 Yes No Answer Later
709. School connects students and families with physical activity opportunities in the community
 Yes No Answer Later
710. School actively supports and promotes walking or bicycling to and from school
 Yes No Answer Later *due to safety concerns*
711. School policies and practices support that physical activity is not used for or withheld as punishment for students
 Yes No Answer Later
712. School offers a range of competitive physical activity opportunities (intramural or interscholastic sports) for all grades before or after the school day
 Yes No Answer Later
713. School offers a range of non-competitive physical activity opportunities aimed at engaging students in fun, recreational and life-long learning opportunities before or after the school day for all grades
 Yes No Answer Later
714. School provides access to before and after school offerings by making transportation options available
 Yes No Answer Later

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Guidelines

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AGAIN, NEEDS TO STOP

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Physical Education

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- 604.Requires all students at the elementary school level to participate in a minimum of 90 minutes of physical education per week (or 180 minutes of physical education per 2 weeks)
 Yes No Answer Later
- 607.Physical education instructional strategies and other practices meet the diverse needs and interests of all students
 Yes No Answer Later
- 608.Requires all students at the elementary school level to participate in a minimum of 150 minutes of physical education per week (or 300 minutes of physical education per 2 weeks)
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- 614.All teachers who teach physical education participate in annual professional development on effective practices for physical education for a minimum of 6 contact hours
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 Yes No Answer Later

619. Physical education requirements are not waived for other activities or classes

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620. District or school utilized the CDC's Physical Education Curriculum Analysis Tool (PECAT) to enhance, develop or select an appropriate and effective physical education curriculum

Yes No Answer Later

PCHS-2014

HUGE ISSUE
- NEEDS TO
STOP NOW!

Health Education

401a. At the elementary level, comprehensive health education is required for all students and includes functional knowledge and skills-based lessons on healthy eating and benefits of physical activity.

Yes No Answer Later

401b. At the elementary level, comprehensive health education provides a minimum of 30 minutes per week of instructional time or the equivalent number of minutes annually in grades K-2 AND A minimum of 40 minutes per week of instructional time or the equivalent number of minutes annually in grades 3 - 5

Yes No Answer Later

404a. At the elementary level, comprehensive health education is required for all students and includes functional knowledge and skills-based lessons on healthy eating and benefits of physical activity.

Yes No Answer Later

404b. At the elementary level, comprehensive health education provides a minimum of 40 minutes per week of instructional time or the equivalent number of minutes annually in grades K-2 AND A minimum of 80 minutes per week of instructional time or the equivalent number of minutes annually in grades 3 - 5

Yes No Answer Later

407. Health education curriculum and instructional strategies meet the diverse needs and interests of all students

Yes No Answer Later

408a. At the elementary level, comprehensive health education is required for all students and includes functional knowledge and skills-based lessons on healthy eating and benefits of physical activity.

Yes No Answer Later

408b. At the elementary level, comprehensive health education provides a minimum of 80 minutes per week of instructional time or the equivalent number of minutes annually in grades K-2 AND A minimum of 120 minutes per week of instructional time or the equivalent number of minutes annually in grades 3 - 5

Yes No Answer Later

411. Healthy eating and physical activity messages are integrated into at least two other subjects to reinforce what is taught in health education

Yes No Answer Later

412. Health education is taught by trained teachers at the elementary school level and teachers are licensed or certified in health education at the middle and high school levels

Yes No Answer Later

413. All teachers who teach health education receive annual professional development on effective practices for health education, including healthy eating and benefits of physical activity, for a minimum of three contact hours at the elementary level and six contact hours at the middle and high school levels

Yes No Answer Later

414. All students are assessed in health education and results are reported on the report card every term that health education is required

Yes No Answer Later

415. Healthy eating and physical activity instruction is aligned to the national/state health education standards

Yes No Answer Later

416. District or school utilized the CDC's Health Education Curriculum Analysis Tool (HECAT) healthy eating and physical activity modules to enhance, develop or select an appropriate and effective health education curriculum

Yes No Answer Later

PCHS-2016

School Meals

201a. School serves breakfast and lunch.

Yes No Answer Later

201b. School breakfast and lunch programs meet USDA School Meals Initiative (SMI) standards for reimbursable meals.

Yes No Answer Later

201c. USDA meal program participating district has had a SMI review in the past 5 years and all corrective actions have been completed.

Yes No Answer Later

202. Annual training covering basic nutrition and healthy eating concepts (techniques for reducing fat and sodium in food preparation, portion control, culinary techniques for handling fresh food, etc.) is completed by 100% of food service staff who prepare and serve meals

Yes No Answer Later

203. School offers only unflavored low fat milk (1% or lower milk fat) or fat-free flavored or unflavored milk with no more than 150 calories per 8 oz

Yes No Answer Later

204. School offers at least five non-fried, no/low added sugar fruit and/or vegetable options daily

- Fruit may be fresh, dried with no added sugar, canned or frozen in fruit juice or light syrup.
- Salad may be counted as one of the five servings
- Potato products that have been par-fried (e.g. French fries, hash browns, tater tots) count only if they meet the Alliance Competitive Foods Guidelines

Yes No--4 options offered No--3 or fewer Answer Later

205. At least one serving of fruit is offered at breakfast. Fruit may be fresh, dried with no added sugar, canned or frozen in fruit juice or light syrup.

Yes No Answer Later

206. A different fruit is served every day of the week at lunch. Fruit may be fresh, dried with no added sugar, canned or frozen in fruit juice or light syrup.

- 100% fruit juice can be counted as fruit at lunch only once per week
- Fruit at lunch must be served fresh at least 1 day per week

Yes No Answer Later

207. A different vegetable is served every day of the week at lunch. At least the minimum amount of all vegetable subgroups required by the USDA must be offered weekly.

Yes No Answer Later

208. Starchy vegetables are limited to amounts specified by USDA.
Note: USDA has no limits on starchy vegetables -ALL schools meet this criterion. Just check YES.
 Yes No Answer Later
209. Half of all grains at breakfast and half of all grains at lunch must be whole grain-rich
 Yes No Answer Later
210. Breakfast and lunch menus are available in the language(s) that parents primarily speak
 Yes No Answer Later
211. School conducts yearly taste tests, with students, of healthy foods (fruits, vegetables, whole grains, lean proteins, low fat entrees and fat-free or low fat dairy) intended for inclusion in reimbursable meals
 Yes No Answer Later
212. All dressing offered for salads and salad bars must be portion controlled and contain no more than 80 calories per serving
 Yes No Answer Later
213. School offers no desserts or only desserts that meet the Alliance Competitive Foods Guidelines
 Yes No Answer Later *Meets Healthy Hunger Free Kids Act 2010*
214. School offers non-fried fish at least once a week. Fish products that meet the criterion for lean proteins (10 g or less total fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per serving and per 100 g) are permitted.
 Yes No Answer Later
215. Oils used during onsite food preparation contain no more than 2g saturated fat per serving (1 Tablespoon)
 Yes No Answer Later
216. All grains offered daily, at breakfast and lunch, are whole grain-rich
 Yes No Answer Later
217. School offers only lean protein products such as lean red meat, skinless poultry, lean deli meats, fat-free or low fat cheese, beans, tofu, etc. (Lean: 10 g or less total fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per serving and per 100 g.) The following are exempt: one egg with no fat added; up to 1.5 ounces of reduced fat cheese.
 Yes No Answer Later *N/A - Meets Healthy Hunger Free Kids Act 2010*
218. School offers only non-fried products and uses no deep fat frying in food preparation. Par-fried meat/meat alternate products that meet the Alliance criterion for lean proteins and side items (i.e. potato products) that meet the Alliance Competitive Foods Guidelines are permitted.
 Yes No Answer Later *N/A - Meets Healthy Hunger Free Kids Act 2010*
219. Starchy vegetables are limited to one cup per week
 Yes No Answer Later *But meets Healthy Hunger Free Kids Act 2010*
220. School offers at least one low fat entree daily, with no more than 12 g total fat, 4.5 g saturated fat, zero trans fat and 480 mg sodium
 Yes No Answer Later
221. Staff prompts students to choose fruits and vegetables
 Yes No Answer Later

222. School engages in marketing of healthy options using posters, table tents, or creative naming of healthy options
 Yes No Answer Later
223. School offers convenient placement of healthy options, e.g. near the register
 Yes No Answer Later
224. School makes use of appealing presentation of foods
 Yes No Answer Later
225. School provides quick healthy meal options such as "grab and go" meals or vending of reimbursable meals
 Yes No Answer Later
226. School permits use of prepaid meal funds only for reimbursable meals and competitive foods and beverages that meet Alliance Guidelines
 Yes No Answer Later
227. School has a system in place for students or parents to preselect breakfast and lunch
 Yes No Answer Later
228. School designates a meal that meets HSP/HUSSC standards as the default option for meals. Students or parents who desire other options must actively choose them.
 Yes No Answer Later
229. Cafeteria environment minimizes distractions from choosing and eating healthy foods through measures such as adequate lighting, noise reduction and seating arrangements
 Yes No Answer Later