



School Assessment Plan

We will serve healthy meals and beverages in our cafeteria.

Question/Strategy	Current Policies or Practices		Action Plan
Does your school offer a school meals program that is fully accessible to all students?	<ul style="list-style-type: none"> ○ Both meals are available to all students. ○ One or both meals are available only to eligible students. ○ School meals are not available at our school. 		
Does your school offer a variety of foods in school meals?	<ul style="list-style-type: none"> ○ School meals meet six or more variety criteria. ○ School meals meet fewer than six variety criteria. ○ School is implementing four or more Farm to School activities 		
Does your school promote healthy food and beverage choices using Smarter Lunchroom techniques?	<ul style="list-style-type: none"> ○ Our school deploys 10 or more techniques. ○ Our school deploys fewer than 10 techniques. 		
Do school nutrition services staff participate in annual continuing education?	School nutrition services managers & staff	CE/training hours as required by USDA Professional Standards	
		Does not meet	
All		○	○
Some		○	○
Do students have adequate time to eat school meals?	<ul style="list-style-type: none"> ○ No, less than 10 minutes for breakfast or less than 20 minutes for lunch ○ Yes, at least 10 minutes for breakfast and at least 20 minutes for lunch. 		



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We will promote healthy snacks in our classrooms, vending machines, concession stands, and fundraisers.

Question/Strategy	Current Policies or Practices	Action Plan
<p>During the school day, do venues outside the cafeteria offer fruits and vegetables?</p>	<ul style="list-style-type: none"> ○ Yes, <i>most or all</i>. ○ Yes, but only some. ○ Our school does not have <i>any</i> food venues outside the cafeteria. 	
<p>Does your school exceed Smarts Snacks in School (“SSiS”) standards?</p>	<ul style="list-style-type: none"> ○ Yes, SSiS apply to parties and celebrations <i>during</i> the school day. ○ Yes, SSiS apply to all foods and beverages <i>sold</i> during the <i>extended</i> school day. ○ Yes, SSiS apply to all foods and beverages <i>served and offered</i> during the <i>extended</i> school day. ○ Yes, SSiS apply to fundraisers, during and outside of school hours. 	



School Assessment Plan

We will ensure that our students are physically active for at least 30 minutes during the school day.

Jump IN Strategy Questions

Question/Strategy	Current Policies or Practices	Action Plan												
<p>How does your school optimize physical activity? (ES=Elementary) (MS=Middle school) (HS=High school)</p>	<ul style="list-style-type: none"> ○ 20 or more minutes of recess daily (ES). ○ Teachers or recess monitors encourage students to be active (ES). ○ School supports walking and bicycling in six or more ways. ○ PA breaks are offered in classrooms on all or most school days. ○ School prohibits using PA or withholding PE class or recess as punishment. ○ Indoor and outdoor physical activity facilities are open to students, families, and community outside school hours. 													
<p>How much physical education is <i>required</i> for students at your school?</p>	<p>Required for all students:</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th style="padding: 5px;">ES</th> <th style="padding: 5px;">MS</th> <th style="padding: 5px;">HS</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">60-89 min ○</td> <td style="padding: 5px;">one AY ○</td> <td style="padding: 5px;">one AY ○</td> </tr> <tr> <td style="padding: 5px;">90-149 min ○</td> <td style="padding: 5px;">one+ AY ○</td> <td style="padding: 5px;">one+ AY ○</td> </tr> <tr> <td style="padding: 5px;">150+ min ○</td> <td style="padding: 5px;">all years ○</td> <td style="padding: 5px;">all years ○</td> </tr> </tbody> </table>	ES	MS	HS	60-89 min ○	one AY ○	one AY ○	90-149 min ○	one+ AY ○	one+ AY ○	150+ min ○	all years ○	all years ○	
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<p>How does your school optimize physical education?</p>	<ul style="list-style-type: none"> ○ Students are moderately to vigorously active for <i>at least 50% of the time</i> during most or all PE class sessions. 													



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We will teach our students how to make healthy choices about eating nutritious foods and being physically active.

Jump IN Strategy Questions

Question/Strategy	Current Policies or Practices	Action Plan
<p>To what extent is health education required of all students?</p>	<ul style="list-style-type: none"> ○ No requirement. ○ Students receive HE in all grades (ES), or at least one HE course (MS, HS). ○ HE addresses most of all essential HE and PA topics ○ All teachers of HE provide opportunities for students to practice or rehearse the skills needed to maintain and improve their health. 	
<p>To what extent does your school use innovative strategies to promote skills to maintain and improve health?</p>	<ul style="list-style-type: none"> ○ Some (<50%) of teachers incorporate HE and PA topics into classroom instruction. ○ Most (>50%) of teachers incorporate HE and PA topics into classroom instruction. ○ Nutrition services staff members and teachers collaborate in three or more ways to extend nutrition education in the classroom. ○ School is implementing four or more Farm to School activities. 	



School Assessment Plan

We will engage with parents and caregivers to promote these healthy habits at home.

Jump IN Strategy Questions

Question/Strategy	Current Policies or Practices	Action Plan
<p>Does your school work with families to plan and improve physical activity and healthy eating activities?</p>	<ul style="list-style-type: none"> ○ One or more family representatives sit on our school wellness team or committee ○ Our school does not have a wellness team or committee ○ Families have opportunities to provide suggestions for and feedback regarding school meals, foods, and beverages served, offered, and sold. ○ Our school is <i>planning</i> a Safe Routes to School program. ○ Our school has <i>implemented</i> a Safe Routes to School program. 	
<p>Do staff members at your school provide educational materials to families about healthy eating and physical activity?</p>	<ul style="list-style-type: none"> ○ In newsletters or e-mail messages to families ○ At all-school events such as fairs or back-to-school days ○ Healthy living classes such as cooking, nutrition, or fitness classes are held at school and families and communities are invited. 	
<p>Do family and community members have access to school facilities for healthy living activities?</p>	<ul style="list-style-type: none"> ○ Indoor and outdoor physical activity facilities are open to students, families, and community outside school hours. 	