

Local Wellness Policy Assessment Tool

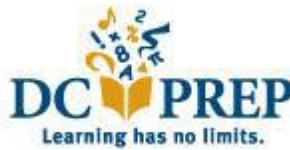
Overview

This assessment tool should be completed annually by the DC Prep Director of Operations and shared with its School Wellness Committee (members can include teachers, other staff, students, parents, community partners). The State Education Office will also monitor the status of the local wellness policy while conducting reviews and site visits to ensure that the school's activities remain in compliance with its wellness policy.

Completion of the assessment tool will help DC Prep determine if it is meeting the expectations of its Local Wellness Policy, so as to ensure that it is providing a healthful and wellness-promoting environment for all Preppies.

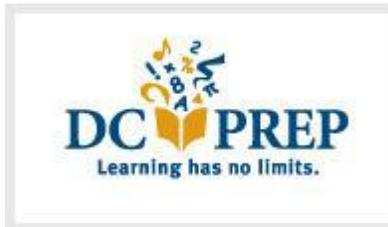
Questions

If you have questions about the assessment tool, please contact Emily Johannsen, Director of Operations, at 202-635-4590 or ejohannsen@dcprep.org.



Section 1: Ensuring Quality Nutrition Education, Health Education, Physical Education, and Opportunities for Physical Activity

Wellness Policy Language	Fully in Place X	Partially in Place X	Comments on Partially In Place Status (if applicable)	Not in Place List steps needed to implement; include challenges/barriers to implementation (if applicable)
Health and Nutrition Education DC Prep will provide health and nutrition education that:				
Includes an average of at least 15 minutes per week of health education for students in grades K - 8	X			
Is offered at each grade level, K - 8, as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health	X			
Integrated into other content areas such as math, science, language arts, and social sciences;	X			
Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, school gardens, etc.	X			
Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices	X			
Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)	X			
Links with school meal programs, other school foods, and positively impacts students, families, and the overall health of the community	X			
Teaches media literacy with an emphasis on food marketing	X			
Includes training teachers, parents, and/or community partners	X			



Physical Education and Opportunities for Physical Activity
DC Prep will ensure that:

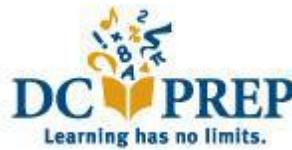
Students in grades K - 5 receive at least of 30 minutes of physical education per week, and students in grades 6 - 8 receive at least 45 minutes per week of physical education, with at least 50% of class time for all grade levels devoted to actual physical activity	X			
The program includes a curriculum that connects and demonstrates the relationship between physical activity, good nutrition, and health.	X			
Suitably adapted physical activity is provided as a part of the Individualized Education Plan (IEP) developed for students with disabilities that may restrict excessive physical exertion.	X			
Physical education staff appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions.	X			
The requiring or withholding of physical activity (i.e., running laps, pushups, etc.) as punishment is prohibited.	X			

Section 2: Establishing Nutritional Guidelines for All Foods Served and Sold on Campus

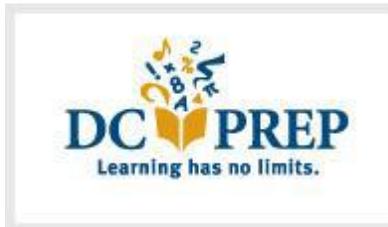
Wellness Policy Language	Fully in Place	Partially in Place	Comments on Partially In Place Status (if applicable)	Not in Place List steps needed to implement; include challenges/barriers to implementation (if applicable)
	X	X		

Meal Service
DC Prep will ensure that meals served through the National School Lunch and Breakfast Programs:

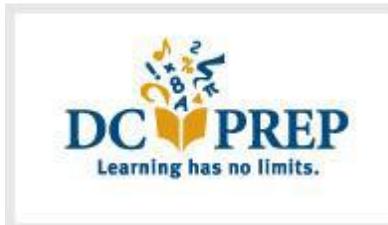
Are appealing and attractive to students	X			
Are served in clean and pleasant settings	X			



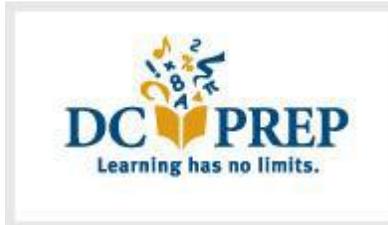
<p>Meet, at a minimum, the following nutritional requirements of the United States Department of Agriculture (USDA) and District of Columbia Healthy Schools Act (HSA):</p> <ul style="list-style-type: none"> ○ Saturated fat: Fewer than 10% of total calories; ○ Trans fat: Zero grams; and ○ Sodium: Breakfast - less than 430mg for grades K - 6; Lunch - less than 640mg for grades K - 6 	X			
Offer a variety of fruits and vegetables	X			
Serve only low-fat (1%) and fat-free milk, or nutritionally-equivalent non-dairy alternatives (to be defined by USDA)	X			
Provide whole grains as half of the grains served	X			
Free and Reduced-Price Meals				
DC Prep will:				
Ensure that all qualified students will become eligible for free or reduced-price lunch	X			
Ensure maximum participation in the school meal program will be achieved by developing a coordinated, comprehensive outreach and promotion plan	X			
Ensure that the point-of-service systems in place prevent the overt identification of students receiving free and reduced-price meals	X			
Provide students with 30 minutes to each lunch, as well as, sufficient time for students to pass through the food service line	X			
Breakfast				
DC Prep will:				
Offer free breakfast to all students in the classroom	X			
Notify parents of the availability of the school breakfast program	X			



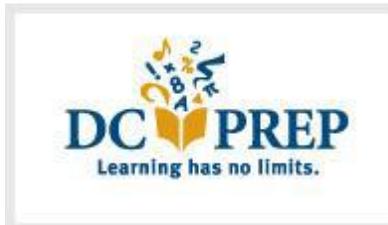
School Snacks				
Snacks served during the school day or in after-school care will:				
Follow the nutritional standards set forth by the USDA and HSA	X			
Make a positive contribution to students' diets and health	X			
Emphasize serving fruits and vegetables as the primary snack and water as the primary beverage	X			
Consist of 6 ounces of 100% fruit or vegetable juice, when juice is served	X			
Foods and Beverages Sold Individually in Vending Machines, A la Carte Lines, and Fundraisers				
DC Prep does not have vending machines, nor do we sell foods or beverages individually to students through a la carte lines.	X			
<p>Any foods or beverages sold in vending machines, a la carte lines, and fundraisers must meet the serving requirements of the USDA's Healthier US School Challenge program at the Gold Awards Level for competitive food including the following:</p> <ul style="list-style-type: none"> • Calories from total fat must be at or below 35% per serving, excluding nuts, seeds, nut butters, and reduced-fat cheese; • Contain less than 0.5 grams trans fat per serving (trans fat free); • Calories from saturated fat must be below 10% per serving, excluding reduced-fat cheese; • Total sugar must be under or equal to 35% sugar by weight (including naturally occurring and added sugars), excludes fruits, vegetables, and milk; • Sodium must be equal to or less than 480mg per non-entrée and equal to or less than 600mg per entrée; and • Portion size/calories is not to exceed the serving size of the food 	X			



served in the National School Lunch Program; for other items, the package or container is not to exceed 200 calories.				
Rewards				
DC Prep will not use foods or beverages, especially those that do not meet the nutritional standards above, as rewards for academic performance or good behavior, unless it is detailed in a student's IEP.	X			
Fundraising				
Fundraising activities at DC Prep will not involve food or will only use foods that meet the nutritional standards set forth by the HSA. DC Prep will encourage fundraising activities that promote wellness and physical activity. The school will make available a list of approved fundraising activities.	X			
Food Marketing in Schools				
School-based marketing will be consistent with nutrition education and health promotion.	X			
School-based marketing of brands promoting predominantly low nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.	X			
Celebrations				
DC Prep will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include food and beverage items that meet the nutritional standards set forth by the HSA.	X			
The school will disseminate a list of healthy or non-food party ideas to parents and staff.	X			



Third-Party Vendors				
DC Prep will not permit third-party vendors to sell foods or beverages of any type to students on school property from 90 minutes before the school day begins to 90 minutes after the school day ends.	X			
Section 3: Assurance that Guidelines for School Meals are Not Less Restrictive than Those Set at the Federal Level by the Secretary of Agriculture.				
Wellness Policy Language	Fully in Place	Partially in Place	Comments on Partially In Place Status (if applicable)	Not in Place List steps needed to implement; include challenges/barriers to implementation (if applicable)
The Director of Operations will review this policy and ensure that the standards in this policy are not less restrictive those set forth by the Secretary of Agriculture or state law.	X	X		
Section 4: Improving Environmental Sustainability				
Wellness Policy Language	Fully in Place	Partially in Place	Comments on Partially In Place Status (if applicable)	Not in Place List steps needed to implement; include challenges/barriers to implementation (if applicable)
Environmental Sustainability DC Prep will seek to improve its environmental sustainability and engage in sustainable agriculture practices through:				
The use of environmentally friendly ("green") cleaning products	X			
Contracting with food service vendors that utilize locally grown, locally processed and unprocessed foods	X			
Establishing a school garden	X			
Section 5: Community Involvement				



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The development of the local wellness policy will include the Director of Operations, representatives from school staff and administration, parents, and students, comprising the School Wellness Committee.	X			
DC Prep will disseminate its wellness policy to parents through posting in the school office and on the school website, as well as, through our parent organization and email listserv.		X	Policy has been shared publicly, but has not yet been disseminated directly through parent org.	
Section 6: Establishing a Plan for Measuring the Impact and Implementation of the Local Wellness Policy				
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DC Prep will utilize its School Wellness Committee for the development and monitoring of the wellness policy.	X			
This Committee shall also be responsible for evaluating the policy annually.	X			

Assessment Completion Date: March 29, 2016

Completed by: Emily Johannsen, Director of Operations