

Shelby County Catholic School

Wellness Policy Assessment Tool



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This tool is used to document progress in meeting the goals written in the school’s wellness policy.

Last Updated: March 11, 2022

SCCS Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals						
1. Nutrition education is offered at each grade level 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.	Wellness Committee		X		Nutrition education is part of the science curriculum in 1st grade. 4 th Grade science standards cover body systems. Discussion is taking place on how to implement nutrition into systems’ units.	Explore PE curriculums that cover nutrition. Unpack 1 st grade standards to determine what should be covered. Unpack Health Literacy Standards at all levels to determine what should be taught.
2. Provide information to students and families to help them make healthy nutritional choices.	Classroom teachers, PE teacher		X		Nutrition education is part of the science curriculum in some grades. Lunch/breakfast menus include nutrition “blurbs” each month.	Bring in outside experts for assemblies and to support nutrition education in the classroom: ISU extension, dieticians, etc.
Physical Activity Goals						
1. Promote physical activities outside school setting.	PE teacher, Classroom teachers		X		SCCS promotes physical well-being during PE. PE teacher offers physical challenges throughout the year.	Continue finding and promoting fun activities for students and families to participate in.

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Other School Based Activities Goals						
<i>Integrating Physical Activity into the Classroom Setting</i>						
1. Provide physical activities on a regular basis within the classroom.	Classroom teachers, PE teacher		X		Some teachers use Go Noodle Activities. "Brain breaks" are used in the classrooms.	Find websites and activities for teachers to use. Discuss progress with teachers at regular intervals.
<i>Communication with Parents</i>						
1. Inform parents on a regular basis of school nutrition and physical education activities.	Classroom teachers, PE teacher, Administration		X		PE Facebook page School Facebook page	Brainstorm and implement additional activities and ways to inform parents. Develop a wellness corner on school website and in newsletters.
Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students During the School Day (e.g. vending, school stores, etc.)						
1. <i>N/A – Food not sold to students during the school day.</i>						
Standards for All Foods and Beverages Provided (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.)						
1. Will encourage and explore ways to incorporate healthy choices into class rewards. Will encourage healthy treats for class parties.	Teachers, Administration		X		Notes to parents have included healthy food choices for classroom parties.	Develop list of healthy rewards to use.

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