



About the Local Wellness Policy Activity and Assessment Tool

LEAs are required to have a written local wellness policy (LWP), and at least once every three years, they must assess the implementation of what is written in the policy. Some written components can be easily assessed by asking the question, “Did we do this?” while others are more difficult to measure. ADE recommends using this tool to document the exact actions you expect to be completed and determine if your LEA is doing what is written in the policy. The District Wellness Committee can use this list of actions to select from when writing goals and policies in the LWP

I. WELLNESS GOALS

The LWP must include goals in the areas of Nutrition Promotion, Nutrition Education, Physical Activity, and Other Activities to Promote Student Wellness.

GOAL: NUTRITION PROMOTION <i>Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school’s commitment to a healthy school nutrition environment.</i>	2017-2018		2019-2020	
	working on this action	successfully completing this action	working on this action	successfully completing this action
<input checked="" type="checkbox"/> District encourages participation in meal programs as appropriate (National School Breakfast, National School Lunch, Summer Meals Programs).		X		X
<input checked="" type="checkbox"/> Parents, teachers, administrators, food service personnel, and community members are important role models and will be encouraged to practice healthy eating behaviors and be physically active. Employees will have access to resources through the Employee Benefits Department that will support a healthy lifestyle.		X		X
<input checked="" type="checkbox"/> All schools within the District will have a School Health Advisory Council (may be part of an existing committee) that meets at least four times a year with the goal of improving the school health environment.	X		X	

GOAL: NUTRITION EDUCATION <i>Nutrition education teaches behavior-focused skills and may be offered as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to safeguard their health and make positive choices regarding food and nutrition, or nutrition education can be offered as sequential individual lessons throughout the school year.</i>	2017-2018		2019-2020	
	working on this action	successfully completing this action	working on this action	successfully completing this action
<input checked="" type="checkbox"/> The District will include nutrition and health education in physical education, science and other courses as required by the Healthy, Hunger-Free Kids Act of 2010.	X		X	
<input checked="" type="checkbox"/> Schools will support nutrition education by sharing of information with families and the community in menus, newsletters, the Food and Nutrition Department website, parent meetings and, other school-based wellness activities. Messages that encourage healthy eating and physical activity may be linked to the school meal program and school community.		X		X

GOAL: PHYSICAL ACTIVITY <i>Physical activity is defined by the Centers for Disease Control and Prevention (CDC) as any bodily movement produced by skeletal muscles that result in energy expenditure. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem and may improve blood pressure and cholesterol levels. Incorporating regular physical activity in your school(s) is an important contributor to student wellness.</i>	2017-2018		2019-2020	
	working on this action	successfully completing this action	working on this action	successfully completing this action
☒ Students in grades K-6 will receive two 30-minute physical education lessons to equal 60 minutes of physical education instruction per week.		X		X
☒ Students in grades 7-8 will receive at least two semesters, over two years, of physical education lessons to equal to one class period of physical education instruction five times per week.		X		X
☒ Students in grades 9-12 will receive two semesters over the four years of physical education lessons equal to one class period of physical education instruction five times per week.		X		X
☒ Physical education instruction and curriculum are aligned with national and State standards.		X		X
☒ Elementary schools will schedule and provide two recess periods of not less than 15 minutes each school day to students in grades 1 through 5 and in a full-day kindergarten program.	X			X

II. DISTRICT POLICIES

DISTRICT POLICY: SCHOOL MEALS STANDARDS <i>At a minimum, the school meal standards should meet the New Meal Pattern requirements. LEAs can establish additional standards important to the district.</i>	2017-2018	2019-2020
	schools in compliance	schools in compliance
☒ Nutritional standards for reimbursable meals sold or served in all schools will meet or exceeded the USDA guidelines.	100%	100%
☒ Food and beverages sold or served to students during the school day will conform with applicable nutrition standards.	100%	100%
☒ Schools will schedule at least 20 minutes for lunch from the time the student is seated.	16 ≥ 20 minutes 32 ≤ 20 minutes	29 ≥ 20 minutes 34 ≤ 20 minutes
<i>School Breakfast Program</i>		
☒ Schools will schedule at least 10 minutes for breakfast from the time the student is seated.	44 ≥ 10 minutes 2 ≤ 10 minutes	56 ≥ 10 minutes 6 ≤ 10 minutes
<i>School Meal Standards meet the following additional guidelines established by the district:</i>		
☒ Meals are appealing and attractive to students.	100%	100%
☒ Meals are served in clean and pleasant settings.	100%	100%
☒ Free, potable water is available to all students during the meal period.	100%	100%

DISTRICT POLICY: COMPETITIVE FOOD AND BEVERAGES (FOOD SOLD TO STUDENTS)	2017-2018	2019-2020
	<i>Competitive foods and beverages are those foods that are sold outside of and in competition with the federally reimbursable meal programs. At a minimum, LEAs must ensure all foods and beverages sold on campus, during the school day defined as midnight to thirty minutes after the end of the school, will meet the USDA Smart Snack guidelines for grades K-12. LEAs can establish additional standards.</i>	% of schools in compliance
<input checked="" type="checkbox"/> Foods and beverages sold outside the school meal programs will meet the Nutrition Standards on the school campus during the school day (midnight to thirty minutes after the end of the school day). This applies to foods sold:	100%	100%
<input checked="" type="checkbox"/> A la Carte	100%	100%
<input checked="" type="checkbox"/> In student stores	100%	100%
<input checked="" type="checkbox"/> In vending machines	100%	100%

DISTRICT POLICY: CELEBRATIONS AND REWARDS (FOOD SERVED TO STUDENTS)	2017-2018	2019-2020
	<i>Arizona Law (ARS 15-242) referred to as Arizona Nutrition Standards states that all food and beverages supplied at school sponsored events to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines. The USDA's Smart Snacks in Schools and Arizona Nutrition Standards guidelines do not apply to foods brought to school in bagged lunches or for activities such as birthday parties, holidays, or other celebrations.</i>	# of schools in compliance
<input checked="" type="checkbox"/> (Grades K-8) The sale or service of food or beverages to students at school during the school day will comply with the Nutrition Standards unless exempt from the Nutrition Standards by an exemption stated in the policy.	38 – yes 2 – no response	45 - yes 5 - no response
<input checked="" type="checkbox"/> To support the safety and security of our students, for the purposes of celebrating birthdays and other special occasions, a parent or guardian can only bring prepackaged, store-bought items in their original packaging for the consumption of students other than their own children. (note – only K-8 was surveyed)	40 – yes 0 – no response	48 – yes 2 - no response
<input checked="" type="checkbox"/> Schools will review the practice of providing snacks and using food as a reward for academic performance, good behavior, or celebrations. (Staff is aware of the recommendation).	38 – yes 10 - no/unsure	54 – yes 9 – no/unsure

DISTRICT POLICY: FUNDRAISING	2017-2018	2019-2020
	<i>In Arizona, all fundraisers are exempted from the Smart Snacks guidelines when an exemption request form is submitted, per HNS 04-2015. However, regulations state that no exempted fundraiser foods or beverages may be sold in competition with school meals in the food service area during the meal service. Additionally, LEAs have the authority to implement more restrictive fundraising food standards.</i>	% of schools in compliance
<input checked="" type="checkbox"/> Exempt fundraisers must be infrequent and must be a single event of duration not exceeding one week. Exempt fundraiser foods or beverages may not be sold in competition with school meals in the food service area during the meal service.	100%	100%
<input checked="" type="checkbox"/> The district submits the exemption request form to ADE for all food-related fundraisers, intended for consumption on school campus during the school day, that do not meet the Smart Snacks guidelines.	93%	100%

DISTRICT POLICY: FOOD AND BEVERAGE MARKETING <i>LEAs that allow marketing of food and beverages to students must include plans and policies that allow the marketing of only those foods and beverages that may be sold on the school campus during the school day (i.e. that meet the USDA's Smart Snacks in Schools) LEAs have the discretion to enact broader policies that address marketing that occurs at events outside of school hours.</i>	2017-2018		2019-2020	
	% of schools in compliance		% of schools in compliance	
<input checked="" type="checkbox"/> The District will promote healthy choices by prominently displaying healthy foods in the cafeteria, using posters or bulletin boards, and offering food tastings.	100%		100%	
<input checked="" type="checkbox"/> Foods and beverages that do not comply with the Nutrition Standards, with the exception of food or beverages sold as an exempt fundraiser, will not be marketed and advertised on school grounds.	96%		94%	

III. DISTRICT WELLNESS COMMITTEE

The District is required to convene a representative district wellness committee that meets to establish goals and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

COMMITTEE ROLE AND MEMBERSHIP <i>The district must notify the public of their ability to participate in the LWP process. LEAs should establish details of how the LWP will be convened and how it will operate.</i>	2017-2018		2019-2020	
	YES	NO	YES	NO
<input checked="" type="checkbox"/> District convenes a representative district wellness committee (DWC).	X			X
<input checked="" type="checkbox"/> District Wellness Committee meets as needed.	X		X	
<input checked="" type="checkbox"/> The public is notified of their ability to participate in the district wellness committee.	X		X	

LEADERSHIP <i>The district must designate one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy. This may or may not be the same person responsible for bringing the wellness committee together and planning the meetings.</i>	2017-2018		2019-2020	
	YES	NO	YES	NO
<input checked="" type="checkbox"/> The Superintendent, through the Director of Food and the Director of K-12 Physical Education will oversee the implementation and evaluation of the wellness policy.	X		X	
<input checked="" type="checkbox"/> School principals, with assistance from school staff and parents, are responsible for implementation of the District's wellness policy at their schools.	X		X	

IV. IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND NOTIFICATION

TRIENNIAL PROGRESS ASSESSMENTS <i>At least once every three years, the District must assess compliance with their wellness policy and assess progress toward meeting the goals of the wellness policy.</i>	2017-2018		2019-2020	
	YES	NO	YES	NO
<input checked="" type="checkbox"/> At least once every three years, the district evaluates compliance with the wellness policy.	X		X	
The evaluation includes:				
<input checked="" type="checkbox"/> The extent to which schools under the jurisdiction of the district are in compliance with the wellness policy.	X		X	
<input checked="" type="checkbox"/> The extent to which the district's policy compares to a model policy	X		X	
<input checked="" type="checkbox"/> A description of the progress made in attaining the goals of the district's wellness policy.		X	X	

REVISIONS AND UPDATING THE POLICY <i>LEAs are required to update or modify the wellness policy as appropriate.</i>	2017-2018		2019-2020	
	YES	NO	YES	NO
<input checked="" type="checkbox"/> Policy is updated when appropriate.	X		X	
<input checked="" type="checkbox"/> The public has access to the LWP at all times.	X		X	
<input checked="" type="checkbox"/> The wellness policy is posted online. The URL is: mpsaz.org/food/wellness1/	X		X	
<input checked="" type="checkbox"/> Wellness policy communications will be posted on the Mesa Public Schools District website and made available to the public at each school.	X		X	
<input checked="" type="checkbox"/> District informs families and the public each year of basic information about the policy by:	X		X	
<input checked="" type="checkbox"/> Providing the website link in the enrollment packet	X		X	

Progress has been made in the following areas:

- The number of leaders that reported that their staff was aware that the wellness policy does not recommend using food as a reward increased from 79% to 86%.
- The percentage of schools that reported that a waiver is submitted to ADE for permission to hold an exempt fundraiser increased from 93% to 100%.

WellSAT 3.0

The WellSAT 3.0 is an online tool designed to evaluate school wellness policies. It allows school districts to evaluate the quality of their wellness policy. It is important to note that the WellSAT does not tell us what is happening in the district or how schools comply with the policy; it only analyzes the strength and comprehensiveness of the policy.

Average Comprehensiveness: 62

Average Strength: 46

