

## Instructions to fill out the Wellness policy evaluation tool

1. Please complete the evaluation form below by February 1<sup>st</sup> of each school year.
2. Make sure to answer every question on the form accurately. The form reflects how your school complies with the district's wellness policy guidelines.
3. All questions are based on the current wellness policy approved by the Canyons School District Board of Education. If you are not sure how to answer a question, consult with your school administrator to see who can provide you the answers you are looking for.
4. Once the form is completed, please send it to Sebastian Varas, Nutrition Services Director at [sebastian.varas@canyonsdistrict.org](mailto:sebastian.varas@canyonsdistrict.org). Please include your names, school and date when the evaluation was completed.

Thank you very much for your help and cooperation,

Canyons Living Wellness Policy Committee.

Wellness Policy Language	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation; list challenges/barriers to implementation
<b>Wellness Policy Language</b>			
<p><b>Please complete the following evaluation before February 1<sup>st</sup>. Once completed, send a copy of the evaluation to Sebastian Varas at <a href="mailto:Sebastian.varas@canyonsdistrict.org">Sebastian.varas@canyonsdistrict.org</a></b></p>			
<b>Vending Machines</b>			
<p>1. Schools shall follow accepted accounting procedures, including accepted uses of vending machine income, periodic reports of vending machine receipts and expenditures as outlined in the District’s Accounting Manual</p>			
<b>Nutrition Education and Guidelines</b>			
<p>1. Students have adequate time to eat; after obtaining food, students have at least 20 minutes to eat lunch.</p>			
<p>2. Free drinking water is made available through the school day and students are made aware of the availability of water during meals.</p>			
<p>3. School is meeting the USBE core standards for health education.</p>			
<p>4. Nutrition education is being encouraged in other content areas, in the home, and in the community.</p>			
<p>5. All foods made available on campus will adhere to food safety and security guidelines.</p>			
<p>6. School principal is maintaining records of all food and beverage sales and fundraisers that are sold to students at the school during the school day, outside of school foodservice. Documentation may include product specifications or manufacturer statements, standardized recipes, Smart Snack Calculator print-outs, or other documentation to support that the food items meet the nutrition guidelines, as outlined in Policy—Exhibit—1—Smart Snack Campus Guidelines and Memo.</p>			
<b>Physical Education and Physical Activity</b>			
<p>1. School teaches the physical education core in grades K-12. School meets state standards for physical education for elementary and secondary education.</p>			

School Name: \_\_\_\_\_ Evaluator: \_\_\_\_\_ Date of evaluation: \_\_\_\_\_

2. Physical education is encouraged through physical education activities in other content areas, in the home and the broader community.			
3. Physical education instructors are trained and certified according to state standards			
4. School implements a variety of physical activity courses aimed at improving student confidence, fitness levels, motor and self-management skills (e.g., circuit training, weight training, dance, yoga, etc.).			
5. In addition to PE and daily recess, elementary licensed staff and educational support professionals (ESPs) provide periodic opportunities for physical movement in the classroom. The district will maintain a list of resources for brain breaks, stretches and energizers.			
6. Enrollment in secondary physical education courses does not exceed the number of students that space and equipment can safely accommodate			
7. Equipment and supplies are made available to students to participate in structured physical activities.			
8. Administrators and teachers refrain from using restriction from physical activity as a punishment.			
<b>Other School Based Activities</b>			
9. School activities are consistent with nutrition guidelines outlined in the wellness policy.			