ADE Local Wellness Policy Assessment Comparison with a Model Policy 2026-2027

The Local Wellness Policy Final Rule requires LEAs to assess the extent to which their district Local Wellness Policy aligns with model policies at least once every three years.

Instructions

1. Obtain a copy of your written local wellness policy and any accompanying action plans used to guide implementation.

2. Review each section of your policy and check off the boxes below if your policy or action plan includes language similar to the language below.

3. Tally the number of check boxes for each section of the policy. Add any additional information that is in your policy but not included below.

4. Identify the areas of strength and success, as well as the areas the district wants to work on in the coming years.

5. Share the results with the District Wellness Committee and the public.

Goals for Nutrition Promotion

☑ The district will encourage participation in school meal programs.

☑ The district will implement at least 10 Smarter Lunchroom Techniques.

☑ School meal program menus will be posted on the district website or individual school sites.

☑ Menus will include nutrient content and ingredients.

☑ Participation in meal programs will be promoted to families.

☑ 100% of foods and beverages promoted to students meet the USDA's Smart Snacks in Schools standards.

☑ The district will implement at least 4 of the following 5 Farm to School activities:

- Local and/or regional products are incorporated into the school meal program.
- Messages about agriculture and nutrition are reinforced throughout the learning environment.
- School hosts a school garden.
- School hosts field trips to local farms
- School utilizes promotions or special events to highlight local/regional products.

Nutrition Promotion Subtotal__7____of 7

Goals for Nutrition Education

☑ Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health. ☑ Nutrition education is taught as part of health education.

☑ Nutrition education is incorporated into instructions through other subjects like math, science, language arts, social sciences and electives. Nutrition education includes enjoyable and developmentally appropriate participatory activities including (but not limited to):

- Cooking demonstrations
- Taste testing
- Promotion of new items
- School gardens
- Farm tours

☑ Lessons will promote fruits, vegetables, whole grain-rich products, low-fat and fat-free dairy, and healthy food preparation methods.

☑ Education lessons will emphasize caloric balance between food intake and energy expenditure.

Goals for Nutrition Education

☑ Lessons link with school meal programs, cafeteria nutrition promotion activities, school gardens/Farm to School, and other nutrition related community activities.

☑ Media literacy with an emphasis on food and beverage marketing is taught.

☐ Teachers and other staff receive training in nutrition education.

☑ Elementary Schools- Nutrition education is offered at each grade level as part of sequential, comprehensive standards-based health education curriculum.

☑ Health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

☑ Health education lessons include a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention.
- Food guidance from MyPlate.
- Reading and using the FDA's Nutrition Facts labels.
- Eating a variety of foods every day.
- Balancing food intake and physical activity.
- Eating more fruits and vegetables and whole grain products.
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans-fat.
- Choosing foods and beverages with little added sugar.
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size difference
- Food safety o Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants eating disorders
- The Dietary Guidelines for Americans.
- Reducing sodium intake.
- Social influences on healthy eating, including media, family, press and peers.
- How to find valid information or services related to nutrition and dietary behavior.
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully.
- Resisting peer pressure related to unhealthy dietary behavior or influencing, supporting, or advocating for others' healthy dietary behavior.

Nutrition Education Subtotal ___11__ of 12

Goals for Physical Education and Physical Activity

☑ Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be used or withheld as punishment for any reason.

☑ The district will implement a Comprehensive School Physical Activity Program (CSPAP). To the extent practicable, the district will ensure that its grounds and facilities are safe and that equipment is available for all students to be active.

☑ Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces will be open to students, their families, and the community outside of school hours.

☑ The district will work with schools to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.

☐ All district elementary students in each grade will receive physical education for at least (choose one)

- 60-89 minutes per week
- 90-149 minutes per week
- 150 or more minutes per week

☑ All district secondary students are required to take the equivalent of one academic year of physical education.

- Optional-Secondary students will take more than one academic year of physical education.
- Optional- Secondary students will take physical education throughout all secondary school years.

☑ The district will provide students with formal, age-appropriate physical education, consistent with national and state standards for physical education.

☑ Physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool).

☑ Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions. ☑ All physical education teachers in the district will be required to participate in a least a once per year professional development in education.

☐ All physical education classes in the district are taught by licensed teachers who are certified or endorsed to teach physical education.

☑ Waivers, exemptions, or substitutions for physical education classes are not granted.

☑ All elementary schools will offer at least 20 minutes of recess on all days during the school year.

☑ If recess is offered before lunch, proper hand washing measures will be in place.

☑ Recess will be offered outdoors when weather is possible.

☑ Recess is a complement not a substitute for physical education class.

☑ Recess monitors will encourage students to be active and will serve as role models by being physically active along with students when possible.

☑ The district offers opportunities for students to participate in physical activity before school.

☑ The district offers opportunities for students to participate in physical activity after school.

☐ Health education will be required in all grades (elementary) and the district will require middle and high school students to take a pass at least one health education course.

☑ Teachers will serve as role models by being physically active alongside students whenever possible.

☑ The district will include in the health education curriculum a minimum of 12 of the following essential topics on physical activity.

- The physical, physiological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight.
- How physical activity can contribute to the academic learning process.
- How an inactive lifestyle contributes to chronic disease.
- Health-related fitness, including cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition.
- Differences between physical activity, exercise, and fitness.

- Phases of an exercise session including warm up, workout, and cool down.
- Overcoming barriers to physical activity
- Decreasing sedentary activities such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity.
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active.
- How much physical activity is enough, including determining frequency, intensity, time, and type of physical activity.
- Developing an individualized physical activity and fitness plan.
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs such as steroids
- Social influences on physical activity including media, family, peers, and culture. How to find valid information or services related to physical activity and fitness.
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

☑ Students will be offered periodic opportunities to be physically active or to stretch throughout the day on all or most days during a typical school week.

☑ The district recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least 3 days per week.

☑ The district will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible and will do their part to reduce sedentary behavior during the day.

☑ The district will support active transport to and from school such as walking or biking. The district will encourage active transport by engaging in six or more of the following:

- Designate safe or preferred routes to school.
- Promote activities such as participation in international Walk to School Week, National Walk and Bike to Walk to School Week. Secure storage facilities for bicycles and helmets.
- Instruction on walking/bicycling safety provided to students.
- Promote safe routes to school program to students, staff, parents via newsletters, websites, and local newspaper.
- Use crossing guards.
- Use crosswalks on streets leading to schools.
- Use walking school buses.
- Document the number of children walking and/or biking to and from school.
- Create and distribute maps of the school environment (sidewalks, crosswalks, roads, pathways, bike racks etc).

Physical Education and Physical Activity Subtotal __27___of 29

Goals for Other School-Based Activities that Promote Student Wellness

☑ All school-sponsored events will adhere to the wellness policy guidelines.

☑ All school-sponsored wellness events will include physical activity and healthy eating opportunities. The district will (develop, enhance or continue) relationship with community partners as appropriate, including:

- Hospitals
- Universities/colleges
- Local businesses
- SNAP-Ed Providers

☑ The district will promote to parents/caregivers, families, and the general community the benefits of and approaches to healthy eating and physical activity throughout the school year.

☑ Families will be informed and invited to participate in school- sponsored activities and will receive information about health promotion efforts.

☑ The district will use electronic and non-electronic mechanisms to ensure that all families are actively notified of opportunities to participate in school- sponsored activities and receive information about health promotion efforts.

☑ The district wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. Subcommittee leader's name is listed in the policy

☑ Schools in the district will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors, and 3-4 strategies are listed.

☑ The district promotes staff member participation in health promotion programs. The district uses healthy meeting policy for all events with available food options, created by the district wellness committee to optimize healthy food options.

☑ When possible, the district will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and schools.

Other Activities Subtotal__19___of 19

Policies for School Meal Standards

☑ All schools in the district will participate in the National School Lunch Program.

☑ All schools in the district will participate in the School Breakfast Program.

- When possible, breakfast will be served in the classroom or via mobile grab and go carts.

☑ All schools in the district (where appropriate) will participate in the Afterschool Care Snack Program.

☑ When possible, schools will participate in the Fresh Fruit and Vegetable Program Grant.

☑ Meals will be accessible to all students.

☑ Meals will be appealing and attractive to students.

☑ Meals will be served in clean and pleasant settings.

☑ Meals served will meet or exceed the current nutrition requirements established by local, state, and Federal statutes and regulations. Students will be allowed at least 10 minutes to eat breakfast. Students will be allowed at least 20 minutes to eat lunch.

☑ Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.

☑ School meals are administered by a team of nutrition professionals.

☑ The district child nutrition program will accommodate students with special dietary needs.

☑ Students will be served lunch at a reasonable and appropriate time of the day.

☐ Lunch will follow recess to better support learning and healthy eating.

☑ Local and/or regional products will be incorporated into the school meal programs.

☑ Free, potable water will be made available to all students during the meal period.

☑ Water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.

☑ Students will be allowed to bring and carry approved water bottles with only water in them throughout the day.

School Meal Standards __18___of 19

Policies for Competitive Foods and Beverages

☑ Foods and beverages served outside the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

Competitive Food and Beverages ___1__of 1

Policies for Celebrations and Rewards

☑ Foods served to students in grades K-8 will also meet (or exceed) the Smart Snacks in School nutrition standards, per the Arizona Nutrition Standards (ARS 15-242). These guidelines apply to (check all that apply):

☑ Celebrations and parties- The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration idea.

☑ Classroom snacks brought in by parents. The district will provide parents a list of foods and beverages that meet the Smart Snacks nutrition standards.

☑ Rewards and incentives- The district will provide teachers and other school staff with a list of alternative ways to reward students. ☑ Food and beverage will not be used as a reward.

Celebrations and Rewards __5___ of 5

Policies for Fundraisers

☐ The district will allow exempt fundraisers that sell food that does not meet the USDA's Smart Snacks in Schools standards on the school campuses during the school day.

☐ The district will submit the exemption request form to ADE for all food related fundraisers when the foods do not meet USDA's Smart Snacks in Schools standards.

☐ The district has defined what it considers to be 'infrequent' for these exempt fundraisers.

☐ The district has defined what it considers to be 'infrequent' for these exempt fundraisers. The district has defined what it considers to be an appropriate short duration for these exempt fundraisers.

☐ The district has defined what it considers to be an appropriate short duration for these exempt fundraisers.

☐ Fundraising done outside of school hours will sell only non-food items or food and beverage that meet the USDA's Smart Snacks in Schools standards.

Fundraising _____ of 5

OR

☑ The district will not allow exempt fundraisers. All foods and beverages sold as fundraisers will meet USDA's Smart Snacks in Schools standards.

☑ Fundraisers will include only non-food items and physical activity-based fundraisers will be encouraged.

☐ Fundraising done outside of school hours will sell only non-food items or food and beverage that meet the USDA's Smart Snacks in Schools standards.

Fundraising __2___ of 3

Policies for Food and Beverage Marketing

☑ Any food or beverages advertised on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition guidelines. These guidelines apply to (Check all that apply)

☑ Brand names, trademarks logos or tags, except when placed on a physically present food or beverage product or its container.

☑ Displays such as on vending machine exteriors. Corporate brand, logo, trademark, or name on school equipment such as marquees, message boards, scoreboards, etc.

☑ Corporate brand, logo, trademark, or name on cups used for beverage dispensing, menu boards, coolers, trach cans, and other food service equipment, as well as on posters, book covers, school supplies displays etc.

☑ Advertisements in school publications or mailings.

☑ Free product samples, taste tests, or coupons of a product or free samples displaying advertising of a product.

☑ As the district, school nutrition services, athletic director, PTO/PTA reviews existing contracts and considers new contracts, equipment and purchasing, decisions should reflect the applicable marketing guidelines established by the wellness policy.

Food and Beverage Marketing __8___ of 8

District Wellness Committee Membership

☑ The district convenes a representative district wellness committee (DWC).

☑ DWC includes representation from all school levels including (but not limited to):

- All school levels Parents/Caregivers Students
- Representative from School Nutrition Programs Physical education teacher
- Health education teacher o School health professionals (nurses)
- Mental health and social services staff (counselors, psychologists, social workers)
- Administrators
- School board members
- Health professionals (dietitians, doctors, nurses) The general public
- To the extent possible, a representative from each school

☑ The DWC meets at least 4 times per year.

☑ DWC includes representation from community partners (when feasible)

☑ Language that each school within the district will establish an on- going school wellness committee to review school-level, health related issues in coordination with the DWC.

☑ The public is notified of their ability to participate in the LWP process.

District Wellness Committee Membership __6__ of 6

District Wellness Committee Leadership

☑ Superintendent or other designee is listed as the person who will convene the DWC and facilitate development of and updates to the wellness policy and will ensure each school's compliance with the policy.

- Designee is
- Other committee members' names are listed in the policy. Each school has designated a wellness policy coordinator who will ensure compliance with the policy.

District Wellness Committee Leadership __2___ of 2

Implementation Plan

☑ The district has a plan for implementation to manage and coordinate the execution of this wellness policy.

☑ The plan includes roles, responsibilities, actions and timelines specific to each school and includes information about who will be responsible to make changes.

☑ Schools use a specific tool (Alliance's Healthy Schools Program, Action for Healthy Kids Game On, ADE's activity and assessment tool etc.) to complete a school-level assessment prior to developing the implementation plan.

☑ The wellness policy and progress reports are posted online and the URL for their online location is included in the policy.

Implementation Plan __4___of 4

Recordkeeping

☑ The district has a plan for retaining records to document compliance with the wellness policy.

☑ The location of the records is listed in the policy.

Documentation kept on file includes (check all that apply):

☑ Written wellness policy

☑ Documentation demonstrating it has been made available to the public.

☑ Documentation of efforts to review and update the policy, including indication of who is involved in the update and the methods the district uses to make stakeholders aware of their ability to participate.

☑ Documentation to demonstrate compliance with the annual public notification requirements.

☑ The most recent assessment on implementation of the school wellness policy Documentation demonstrating the most recent assessment on the implementation of the policy has been made available to the public.

Recordkeeping _8____of 8

Annual Notification of Policy

☑ The district will actively inform families and the public each year of basic information about the policy, including its content, updates, and implementation status.

☑ The district will make this information available via the district website and/or district-wide communications.

Communications include (check all that apply):

☑ As much information as possible about the school nutrition environment

☑ Summary of the district's or school's events and activities related to wellness policy implementation

☑ Publication of the name and contact info of the officials leading the wellness committee

☑ Information about how the public can get involved.

Annual Notification of Policy__6___of 6

Triennial Assessment

☑ At least once every three years, the district will evaluate compliance with the wellness policy. This will include:

- The extent to which schools under the jurisdiction of the district are in compliance with the wellness policy.
- The extent to which the district's policy compares to the Alliance for a Healthier Generation's model policy.
- A description of the progress made in attaining the goals in the wellness policy

☑ The person responsible for managing the triennial assessment name and contact info is listed in the policy. The district will actively notify households of the availability of the triennial progress report.

Triennial Assessment __3___of 3

Revisions and Updating the Policy

☑ The DWC will update or modify the wellness policy based on the results of the annual school health index and triennial assessments.

Policy will be updated when (check all that apply)

☑ District priorities change,

☑ Community needs change,

☑ Wellness goals are met,

☑ New health science information emerges,

☑ New state or federal guidance/standards are issued.

Revisions and Updating the Policy __6___of 6

Community Involvement, Outreach and Communications

☑ The district is committed to being responsive to community input.

☑ District will actively communicate ways in which representatives of the DWC and others can participate in the development, implementation and periodic review and update of the policy through a variety of means appropriate for the district.

The district will use (check all that apply):

☑ Improvements to school meals standards

☑ How to apply for meal benefits

☑ A description of and compliance with the Smart Snacks in Schools nutrition standards

☑ Updates to the policy at least annually Annual and triennial reports and assessments

Communications will include culturally and linguistically appropriate language.

The district will inform parents of (check all that apply):

☐ Email

☑ Notices on district website

☐ Newsletters

☐ Presentations to parents

☑ Sending information home

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Additional District Goals and Policies

Other Goals: Other Policies and Standards:

Additional District Goals_____ Other Policies and Standards_____

COMPARISON SUMMARY

Goals for Nutrition Promotion __7__of 7

Goals for Nutrition Education __11__of 12

Goals for Physical Activity and Physical Education _27___ of 29

Policies for School Meal Standard __19__ of 19

Policies for Competitive Foods and Beverages __1__ of 1

Policies for Celebrations and Rewards __5__ of 5

Policies for Fundraising ____ of 5 or _2___of 3

Policies for Food and Beverage Marketing __8__ of 8

Committee Membership __6__ of 6

Committee Leadership __2__ of 2

Implementation Plan __4__ of 4

Recordkeeping __8__ of 8

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Triennial Assessment __3__ of 3 Revisions and Updating the Policy _6___ of 6

Community Involvement, Outreach, and Communications _13___ of 13

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1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;

2. fax: (833) 256-1665; or (202) 690-7442

3. email: program.intake@usda.gov.

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Note: This is an editable Word recreation of the uploaded January 2024 ADE assessment. Review formatting and checklist alignment against the original PDF before official use.