

School Wellness Policy Building Assessment Tool

School Name: Woodward Youth Corporation/Forest Ridge School

District Wellness Contact Name/E-mail: Jen Sievert/jen.sievert@sequelyouthservices.com

This tool is to be completed to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers 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. The curriculum will provide knowledge and skills necessary to promote and protect their health.	X			Curriculum implemented in health class.	Add additional resources to expand the curriculum.
2.					
3.					
4.					
Physical Education and Physical Activity Goals					
1. Every student will receive 120 minutes of physical activity in which there is a five day week.	X			A barrier/challenge is scheduling conflicts with student medical/therapy appointments.	
2. Every pupil that is physical able will receive a CPR course by end of grade 12.	X				
3.					
4.					
Nutrition Guidelines for All Foods Available to Students					
1. Forest Ridge meals are served according to the USDA guidelines as set for the school breakfast and lunch program.	X				
2. Forest Ridge menus are reviewed annually by a registered licensed dietician to ensure compliance with national standards.	X				

3. Provide continuing professional development for all nutrition professionals.	X				
4.					
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1. Mind, Body, Spirit	X				
2. Walking Works Challenge		X		Ordering pedometers for every student and staff. Ensuring every student and staff has adequate time to walk.	
3.					
4.					
<i>Staff Wellness</i>					
1. Wellness Committee (support and promote good health and wellness activities for staff)	X				
2.					