



## School Wellness Checklist

### In the cafeteria...

- Are lunch schedules set at reasonable times? Some schools find that recess periods before lunch help students quiet down during lunch and reduce plate waste.
- Does your cafeteria serve wholesome, nutritious meals and fresh fruits and vegetables in an attractive way?
- Are there choices available in the form of salad bars, baked potato bars, pasta bars, deli bars, fresh fruit bars, or yogurt parfait stations allowing students more freedom in what they select?
- Do students have adequate time to buy and eat their breakfasts and lunches?
- Are lunchroom monitors present to help keep the noise level down, but not so rigid that students can't enjoy eating?

### In the classroom...

- Do students receive regular health and nutrition classes?
- Are nutrition education efforts in the classroom tied to the foods being served in the cafeteria?
- Do teachers celebrate with healthy foods as well as sweets for class parties and holidays?
- Are any physical activities incorporated into the classroom to increase concentration and mental alertness—such as stretching, jumping jacks, juggling, yoga, tai chi, or karate?
- Are the nurse, food service staff, or health educator available to help with nutrition education in the classroom?
- Does your school have up-to-date nutrition and health videos, curricula, and references available?

### At recess and break time...

- Do students have the opportunity to participate in active games or have ways to be physically active during recess such as walking, jogging, running, jumping, skipping, dancing, or stretching?
- Are there walking trails around the school that classes can use for an exercise break?

### In the hallways...

- Do the water fountains work and are they accessible?
- Are the vending machines in the hallways and teachers lounge stocked with healthy choices?
- Are hallways, cafeteria, gym, and classrooms free of advertisements and posters promoting candy, soda, and fast food?
- Are teachers and staff practicing what they preach with healthy eating and exercise habits?

### **In the gym...**

- Do all children have regularly scheduled gym classes?
- Do gym classes offer a wide variety of activities including cooperative learning games and activities that work for students of different temperaments?
- Are there posters or artwork in the gym celebrating students of all shapes and sizes being physically active?

### **In before-school and after-school programs...**

- Do special programs exist to encourage students to walk or ride bikes to and from school?
- Does the school have a variety of sports teams, such as basketball, soccer, or field hockey, for students to join?
- Is there well-maintained equipment available for students to use before and after school, such as basketballs, soccer balls, or jump ropes?
- Are there free exercise classes, such as Pilates, acrobatics, or weightlifting available for students to participate in?
- Is there transportation available, such as a late bus, for students who wish to participate in after-school programs?
- Are school facilities available for after-school programs and on weekends for recreational use by the community?

### **In other areas throughout the school...**

- Are healthy and tasty food choices served at conferences and parent and staff meetings?
- Do concession stands at school sports events serve healthy foods?
- Does the PTO or PTA raise funds by selling something other than candy?
- If there are bake sales, is there an effort made to promote the use of whole grains, fruits, and lower fat/sugar recipes? If so, can the recipes for the foods be distributed as well?
- If it is essential that students are weighed and measured, can they be screened with utmost sensitivity, and not in front of one another, and with the understanding that "every body is different and different is a good thing!"
- If student weights are sent home to parents, are there materials offering healthy nutrition and activity tips provided as well?
- Does the school sponsor multi-cultural days or health fairs so that foods from different cultures and healthy activities can be celebrated?

# School Wellness Resource List

## **United States Department of Agriculture**

[www.fns.usda.gov/tn/Healthy/wellnesspolicy.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html)

## **Massachusetts Public Health Association**

[www.mphaweb.org/documents/CommunityActiontoChangeSchoolFoodPolicy.pdf](http://www.mphaweb.org/documents/CommunityActiontoChangeSchoolFoodPolicy.pdf)

## **New England Food and Dairy Council**

[www.newenglanddairyCouncil.org/wellness/flyers.html](http://www.newenglanddairyCouncil.org/wellness/flyers.html)

## **School Nutrition Association**

[www.schoolwellnesspolicies.org](http://www.schoolwellnesspolicies.org)

## **California Project LEAN**

[www.californiaprojectlean.org](http://www.californiaprojectlean.org)

## **Alliance for a Healthier Generation**

[www.healthiergeneration.org](http://www.healthiergeneration.org)

## **FoodPlay Productions**

[www.foodplay.com](http://www.foodplay.com)

## **Action for Healthy Kids**

- "Wellness Policy Tool"  
[www.actionforhealthykids.org/wellnesstool/index.html](http://www.actionforhealthykids.org/wellnesstool/index.html)
- "Helping Students Make Better Food Choices in School"  
[www.actionforhealthykids.org/pdf/Final%20Report%20-%20Color.pdf](http://www.actionforhealthykids.org/pdf/Final%20Report%20-%20Color.pdf)
- "Resources to Improve Schools"  
[www.actionforhealthykids.org/resources.php](http://www.actionforhealthykids.org/resources.php)

## **Center for Science in the Public Interest**

- "School Foods Tool Kit"  
[www.cspinet.org/nutritionpolicy/policy\\_options.html#ImproveSchoolFoods](http://www.cspinet.org/nutritionpolicy/policy_options.html#ImproveSchoolFoods)
- "Constructive Classroom Rewards"  
[www.cspinet.org/nutritionpolicy/constructive\\_rewards.pdf](http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf)