

# Washington County School District

## Wellness Policy Evaluation Instructions

### Purpose of This Assessment

The purpose of this evaluation is to help each school review its current practices and ensure alignment with the **Washington County School District Wellness Policy 3350**. This tool supports continuous improvement in areas of student wellness, nutrition, physical activity, and federal compliance.

### Who Should Complete This Form

This evaluation should be completed by the **school principal or designee** in collaboration with relevant staff, such as:

- Wellness Committee Members

### Instructions

#### 1. Review Each Section

The form includes sections based on wellness policy components:

- Federal Meal Programs
- Nutrition Education & Smart Snacks
- Physical Education & Activity
- Meal Environment
- Vending & Fundraising
- Free & Reduced Meals
- Summer Meal Promotion
- Policy Monitoring and Compliance
- Celebrations, Rewards, and Role Modeling

#### 2. Check “Yes” or “No”

Indicate whether your school is currently meeting each item listed by checking the appropriate box.

#### 3. Provide Notes or Evidence (Optional)

If applicable, provide documentation or short notes to support your answer. For example:

- “Daily schedule includes 20-minute lunch period.”
- “Smart Snack calculator printout on file for fundraiser items.”
- “Annual training log for food service staff attached.”

#### 4. Submit Your Completed Evaluation

Once the form is complete, please **submit a copy to: Kathy Torok** Child Nutrition Coordinator  
*kathy.torok@washk12.org*

### Due Date

Please return the completed evaluation by \_\_\_\_\_

**Washington County School District  
Food Service Department  
811 East Brigham Road Bldg. B  
Saint George, Utah 84790  
(435) 674-6490**

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**School Name:** \_\_\_\_\_

**Date Completed:** \_\_\_\_\_

**Completed By (Name & Title):** \_\_\_\_\_

**Wellness Policy Evaluation Areas**

**Nutrition Education**

Question	Yes	No	Notes/Evidence
1. Students have at least 20 minutes to eat lunch after obtaining food.			
2. Free drinking water is available during the school day and students are made aware of it during meals.			
3. School is meeting the USBE core standards for health education.			
4. Nutrition education is encouraged across content areas, at home, and in the community.			
5. All foods available on campus follow food safety and security guidelines.			
6. School principal maintains documentation of food/beverage sales and fundraisers per Smart Snacks guidelines.			

## Smart Snacks / Vending Machines

Question	Yes	No	Notes/Evidence
1. All vending machines, school stores, concessions, and fundraisers comply with Smart Snacks guidelines, ensuring that all items meet USDA nutritional standards. This promotes healthier choices for our students throughout the school day.			

## Physical Education and Physical Activity

Question	Yes	No	Notes/Evidence
1. Physical education core is taught K-12 and meets state standards.			
2. PE and physical activity are encouraged across content areas, at home, and in the broader community.			
3. PE instructors are trained and certified according to state standards.			
4. A variety of physical activity courses are offered (e.g., yoga, weight training, circuit training).			
5. Elementary staff provide periodic classroom movement (e.g., brain breaks, stretches).			
6. Secondary PE class sizes match the capacity of the space and equipment available.			
7. Equipment and supplies are available to students for structured physical activities.			
8. Physical activity is not used as a form of punishment.			

### Other School-Based Activities

Question	Yes	No	Notes/Evidence
1. School-based activities (e.g., celebrations, events) align with the wellness policy nutrition guidelines.			

### Wellness Policy Promotion and Stakeholder Involvement

Question	Yes	No	Notes/Evidence
1. School has a wellness representative or committee.			
2. Families, students, and staff are engaged in wellness-related planning or communication.			
3. Wellness policy is accessible to the public.			
4. Triennial assessments are conducted and documented.			
5. Wellness goals are included in the school improvement plan.			

### Federal Meal Programs & Access

Question	Yes	No	Notes/Evidence
1. School participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP)			

2. Information about SBP and NSLP is shared with parents and students.			
3. Meals/snacks are modified as needed for students with documented disabilities.			
4. Reasonable efforts are made to schedule bus routes and serve breakfast to increase participation.			

### Meal Environment & Scheduling

Question	Yes	No	Notes/Evidence
1. Lunch is scheduled between 10:30 a.m. and 1:00 p.m.			
2. Elementary students receive 10 minutes for breakfast, 20 minutes for lunch after sitting down.			
3. Cafeterias or meal areas are clean, safe, and pleasant.			
4. Food and drinks are limited to designated areas unless accommodations apply (IEP/504/Health Plan).			

### Professional Standards

Question	Yes	No	Notes/Evidence
1. Food service staff receive annual training in line with USDA professional standards.			
2. Physical education instructors meet licensure and professional development requirements			

## Role Modeling and Promotion

Question	Yes	No	Notes/Evidence
1. School staff are encouraged to model healthy eating and physical activity.			
2. Nutrition education and physical activity are promoted to families and the community.			

## Policy Review & Triennial Assessment

Question	Yes	No	Notes/Evidence
1. School is aware of and participates in triennial assessment.			
2. School keeps documentation on all food/beverage sales during the school day for audit purposes.			
3. School participated in the most recent wellness policy review or provided feedback.			

## Free & Reduced-Price Meals / Summer Meals

Question	Yes	No	Notes/Evidence
1. Students with unpaid balances are still provided a nutritious meal (per District Policy 3331).			
2. Summer meals are advertised and offered where needed.			

