Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name: Talawanda School District Reviewer: Health Coordinating Counci

School Name: District Level Date: 10/06/2025

Select all grades: PK ☑ K ☑ 1 ☑ 2 ☑ 3 ☑ 4 ☑ 5 ☑ 6 ☑ 7 ☑ 8 ☑ 9 ☑ 10 ☑ 11 ☑ 12 ☑

I. Public Involvement

Yes ◉ No ○ We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

☑ Administrators ☑ School Food Service Staff ☑ P.E. Teachers ☑ Parents
☑ School Board Members ☑ School Health Professionals ☑ Students ☑ Public

◉ ○ We have a designee in charge of compliance.

Name/Title: Amy Macechko, Health & Wellness Coordinator

◉ ○ We make our policy available to the public.

Please describe: Website

◉ ○ We measure the implementation of our policy goals and communicate results to the public.

Please describe: Board presentation

◉ ○ Our district reviews the wellness policy at least annually.

II. Nutrition Education

◉ ○ Our district's written wellness policy includes measurable goals for nutrition education.

◉ ○ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

◉ ○ We offer nutrition education to students in: ☑ Elementary School ☑ Middle School ☑ High School

III. Nutrition Promotion

◉ ○ Our district's written wellness policy includes measurable goals for nutrition promotion.

◉ ○ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

◉ ○ We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

◉ ○ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

◉ ○ We ensure students have access to hand-washing facilities prior to meals.

◉ ○ We annually evaluate how to market and promote our school meal program(s).

○ ◉ We regularly share school meal nutrition, calorie, and sodium content information with students and families.

○ ◉ We offer taste testing or menu planning opportunities to our students.

○ ◉ We participate in Farm to School activities and/or have a school garden.

◉ ○ We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

◉ ○ We price nutritious foods and beverages lower than less nutritious foods and beverages.

◉ ○ We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☑ à La Carte

○ ◉ We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

◉ ○ We provide teachers with samples of alternative reward options other than food or beverages.

○ ◉ We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

IV. Nutrition Guidelines (Cont. from page 1)

Yes	No	
◉	○	Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
◉	○	We operate the School Breakfast program: ☑ Before School ☐ In the Classroom ☐ Grab & Go
◉	○	We follow all nutrition regulations for the National School Lunch Program (NSLP).
○	◉	We operate an Afterschool Snack Program.
◉	○	We operate the Fresh Fruit and Vegetable Program.
◉	○	We have a Certified Food Handler as our Food Service Manager.
◉	○	We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including: ☑ as à La Carte Offerings ☐ in School Stores ☑ in Vending Machines ☑ as Fundraisers

V. Physical Activity

Yes	No	
◉	○	Our district's written wellness policy includes measurable goals for physical activity.
◉	○	We provide physical education for elementary students on a weekly basis.
◉	○	We provide physical education for middle school during a term or semester.
◉	○	We require physical education classes for graduation (high schools only).
◉	○	We provide recess for elementary students on a daily basis.
◉	○	We provide opportunities for physical activity integrated throughout the day.
○	◉	We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
◉	○	Teachers are allowed to offer physical activity as a reward for students.
○	○	We offer before or after school physical activity: ☑ Competitive sports ☑ Non-competitive sports ☑ Other clubs

VI. Other School Based Wellness Activities

Yes	No	
◉	○	Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
○	◉	We provide training to staff on the importance of modeling healthy behaviors.
○	◉	We provide annual training to all staff on: ☐ Nutrition ☐ Physical Activity
◉	○	We have a staff wellness program.
◉	○	We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff) .
◉	○	We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
◉	○	We have a recycling /environmental stewardship program.
◉	○	We have a recognition /reward program for students who exhibit healthy behaviors.
◉	○	We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report:

Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

The team celebrated the successful strategies being used to enhance wellness for students and staff in the Talawanda School District. We are grateful for the many community partnerships that promote health and wellness throughout our District.

The team also recognized opportunities to further progress. One idea was to focus on additional marketing of our school meal program and the website, which offers families information regarding the nutritional information, allergen information, and other important resources. It is important to remind families on a regular basis that this resource is available. In addition, there was a commitment to providing consistent opportunities for staff to have training in nutrition and physical activity.

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name	Amy Macechko	Position/Title	Health & Wellness Coordina
Email	macechkoa@talwanda.org	Phone	513.273.3390

This institution is an equal opportunity provider

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