Instructions to fill out the Wellness policy evaluation tool

- 1. Please complete the evaluation form below by February 1st of each school year.
- 2. Make sure to answer every question on the form accurately. The form reflects how your school complies with the district's wellness policy guidelines.
- 3. All questions are based on the current wellness policy approved by the Canyons School District Board of Education. If you are not sure how to answer a question, consult with your school administrator to see who can provide you the answers you are looking for.
- 4. Once the form is completed, please send it to Sebasthian Varas, Nutrition Services Director at <u>sebasthian.varas@canyonsdistrict.org</u>. Please include your names, school and date when the evaluation was completed.

Thank you very much for your help and cooperation,

Canyons Living Wellness Policy Committee.

Wellness Policy Language	Fully in Place	Partially in Place	Not in Place List steps you will take to meet
			implementation; list challenges/barriers to
	Х	Х	implementation
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Please complete the following evaluation			
before February 1 st . Once completed, send a			
copy of the evaluation to Sebasthian Varas at			
Sebasthian.varas@canyonsdistrict.org			
Vending Machines			
1. Schools shall follow accepted accounting			
procedures, including accepted uses of vending			
machine income, periodic reports of vending			
machine receipts and expenditures as outlined			
in the District's Accounting Manual			
Nutrition Education and Guidelines			
1. Students have adequate time to eat; after			
obtaining food, students have at least 20			
minutes to eat lunch.			
2. Free drinking water is made available			
through the school day and students are made			
aware of the availability of water during meals.			
3. School is meeting the USBE core standards			
for health education.			
4. Nutrition education is being encouraged in			
other content areas, in the home, and in the			
community.			
5. All foods made available on campus will			
adhere to food safety and security guidelines.			
6. School principal is maintaining records of all			
food and beverage sales and fundraisers that			
are sold to students at the school during the			
school day, outside of school foodservice.			
Documentation may include product			
specifications or manufacturer statements,			
standardized recipes, Smart Snack Calculator			
print-outs, or other documentation to support			
that the food items meet the nutrition			
guidelines, as outlined in Policy—Exhibit—1—			
Smart Snack Campus Guidelines and Memo.			
Physical Education and Physical Activity			
1. School teaches the physical education core in			
grades K-12. School meets state standards for			
physical education for elementary and			
secondary education.			

2. Physical education is encouraged through physical education activities in other content areas, in the home and the broader community. 3. Physical education instructors are trained and certified according to state standards 4. School implements a variety of physical activity courses aimed at improving student confidence, fitness levels, motor and self- management skills (e.g., circuit training, weight training, dance, yoga, etc.). 5. In addition to PE and daily recess, elementary licensed staff and educational support professionals (ESPs) provide periodic opportunities for physical movement in the classroom. The district will maintain a list of resources for brain breaks, stretches and energizers. 6. Enrollment in secondary physical education courses does not exceed the number of students that space and equipment can safely accommodate 7. Equipment and supplies are made available to students to participate in structured physical activities. 8. Administrators and teachers refrain from using restriction from physical activity as a punishment. <t< th=""><th></th><th></th><th></th><th></th></t<>					
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