

Scott County, Iowa Local School Wellness Policy Triennial Assessment Under the Healthy, Hunger-Free Kids Act of 2010

The Iowa Department of Education requires all Iowa LEAs to develop, implement and evaluate a District Wide wellness policy that encompasses the following components:

- Public involvement
- Publication notification
- Nutrition education
- Nutrition guidelines
- Nutrition promotion and marketing
- Physical activity
- Physical education
- Monitoring and evaluation

The Scott County Decategorization Board provides guidance and leadership to these policies and their assessment. This assessment fulfills two purposes:

- Offers Scott County LEAs a means to ensure state requirements for their School Wellness Policy are met and documented in ways that meet school nutrition administrative review requirements
- Offers Scott County the opportunity to see an overall picture of school wellness policies and practices at a community-wide level

There are both District-level and Building-level requirements for the policy and assessment. As a result, this assessment encompasses both levels. The Iowa Department of Education requires one District level assessment and a building level assessment for EACH building within that district on a triennial basis.

When the assessment is completed:

- 1) Send completed copy of Local School Wellness Policy Assessment to Scott County Kids, 600 West 4th Street, Davenport, Iowa 52801.***
- 2) Keep a copy of these forms as documentation of compliance during the next School Nutrition Administrative Review.***

**Scott County, Iowa Local School Wellness Policy Triennial Assessment
Under the Healthy, Hunger-Free Kids Act of 2010**

Part One: DISTRICT REQUIREMENT

School District: North Scott Community School District

Date of Completion: 4/17/2017

Point of Contact/Person Responsible for Local School Wellness Policy and Assessment and
Leader of Local School Wellness Policy Committee:

Title/Position	Department/School
Jason Schroeder	Activities Director/HS

Members of your Local School Wellness Policy Committee:

Name	Title/Position
Amy Guerrero	Food Service Director
Eugene Kreiter	Junior High PE Teacher
Allison Less	Junior High PE Teacher
Becky Edmundson	High School Health Teacher
Suzette Harper	Junior High Family & Consumer Ed Teacher
Kelly Rohlf	Elementary Principal
Christina Blodig	Elementary Nurse
Sara Braack	Elementary PE
Suzanne Lehn	High School FACS Teacher
Alyse Mancuso	High School FACS Teacher

PART TWO: DISTRICT REQUIREMENT

The following elements are a required part of Local School Wellness Policies. Use this form as a record that the District's Local School Wellness Policy includes all required components.

Yes	No	Regulation	Copy and Paste the Associated Section from your District's Wellness
-----	----	------------	---

			Policy Here
		Our District's School Wellness Policy includes:	
X		Standards and nutrition guidelines for all foods and beverages sold on school campus during the school day that are consistent with: <ul style="list-style-type: none"> • School meal nutrition standards • Smart Snacks in School nutrition standards • Iowa Healthy Kids Act standards 	Code No. 507.10R2 All foods and beverages sold individually outside the reimbursable meal programs including those sold through a la carte lines, vending machines and food sales during the school day, will meet federal and state nutritional standards as part of Smart Snack Compliance.
X		Standards for all foods and beverages provided, but not sold, to students during the school day (e.g. classroom parties, classroom snacks brought by parents, incentive foods, etc.)	Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the district in accordance with law. The district will provide parents a list of foods and beverages that meet nutritional standards for classroom snacks and celebrations. The district prohibits students sharing foods or beverages with one another during meal times, given concerns about allergies, spreading of germs and communicable diseases, and other restrictions on student diets.
X		Requirements that food and beverages marketed on campus must meet Smart Snacks in School standards	Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snack in school nutrition standards on campus during the school day.
X		Individual or team that provides wellness policy leadership and has the authority and responsibility to ensure schools comply with the District policy (listed on front page of this assessment)	Jason Schroeder
X		Outlines the opportunity for public input into the development and implementation of the Local School Wellness Policy	The district has a local wellness policy committee to advise the district on the development, and implementation of the school wellness policy. This committee is

			made up of staff, students and community members.
X		Outlines the way the Local School Wellness Policy is made available to the public.	The Policy is listed under Board Policies on the NSCSD website. Code No. 507.10
X		Describes the assessment process for the Local School Wellness Policy	Each member of the committee reviews the Assessment annually.
X		Describes how assessments are made available to the general public for review	The Assessment is posted on the NSCSD website.

PART THREE: DISTRICT REQUIREMENT

It is required that Local School Wellness Policies have a minimum of one goal for each of the following areas:

- 1) Nutrition promotion
- 2) Nutrition education
- 3) Physical activity
- 4) Other school-based activities

Required Area	District Goal	Action Steps for the Goal	Timeline
Nutrition Promotion	Use “Smarter Lunchroom” techniques to encourage students to make healthier meal choices.	Fruit and vegetable presentation and easy accessibility for students in the lunch line. Offering a variety of colorful fruits and vegetables daily.	Reevaluate by 2020
Nutrition Education	North Scott will provide nutrition education and engage in nutrition promotion that help students develop lifelong healthy eating behaviors. The goals for addressing nutrition education and nutrition promotion include the following select goals: <ul style="list-style-type: none"> ● Students will gain knowledge and skills 		Reevaluate by 2020

	<p>necessary to promote and protect their well-being</p> <ul style="list-style-type: none"> ● Students will be provided with nutrition education and promotion as a part of health education classes and integrated into other classroom curriculum through subjects such as science, health, and family and consumer sciences. ● Students will gain skills to make healthy choices including fruits, vegetables, whole-grain products, low-fat and fat-free dairy products with our curriculum that is aligned with the USDA Nutritional Program ● Student will be able understand the importance of physical activity to balance caloric intake 		
Physical Activity	<p>The goal for North Scott Community School Physical Education is to provide a safe, positive learning environment that develops physical, mental, and social well-being. The physical education program will focus on enhancing physical fitness, developing motor skills and fostering positive, socially acceptable behavior</p>		Reevaluate by 2020

	and self-image.		
Other School-based Activities	Implement breakfast “grab n go” options and provide breakfast opportunities after the bell at the HS and JR high. Establish and maintain an approved snack list for the elementary classroom celebrations. All items on the list will be peanut/tree nut free. The list will further identify if those snacks are gluten-free, dairy free, and/or a Smart Snack option.		Reevaluate by 2020

PART FOUR: DISTRICT REQUIREMENT

It is required that Local School Wellness Policies conduct an assessment to determine:

- 1) How the wellness policy compares to model wellness policies.*
- 2) Progress made in attaining the goals of the wellness policy.*
- 3) Compliance with the wellness policy.*

Use this form as a record that the District’s Local School Wellness Policy includes these required components.

Model Policy Items	Last Assessment Period 2016 to 2017 Implementation of the school wellness policy				Today’s Implementation of the school wellness policy				
	<i>fully in place</i>	<i>partial ly in place</i>	<i>under developme nt</i>	<i>have not consider ed this</i>	<i>fully in place</i>	<i>partial ly in place</i>	<i>under developme nt</i>	<i>have not consider ed this</i>	
Offers the USDA School Breakfast program.	X				X				
Offers an after-school snack program.			X				X		
Offers meals and snacks that meet federal nutrition	X				X				

standards.									
Competitive foods and beverages (a la carte, vending and regulated fundraising)									
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> General Standards	X				X				
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> Calories	X				X				
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> Sodium		X				X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of	X				X				

2010, <i>whichever is more stringent</i> Saturated Fats									
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> Trans Fats	X				X				
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> Total Fats	X				X				
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> Sugar	X				X				
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> Dietary Fiber/Whole Grain	X				X				

Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> Milk	X				X				
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> Fruit-Vegetable Juice	X				X				
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> Caffeine	X				X				
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> Flavored or Carbonated Beverages	X				X				
<i>Provides age-appropriate and culturally sensitive</i>									

<i>instruction in behaviorally-focused nutrition education that helps students develop the knowledge, attitudes, skills, and behaviors to adopt, maintain and <u>enjoy healthy eating habits in:</u></i>									
Elementary Grades (at least 50 hours per academic year)									
Kindergarten	X					X			
First Grade	X					X			
Second Grade	X					X			
Third Grade	X					X			
Fourth Grade	X					X			
Fifth Grade	X					X			
Middle School Grades (at least 50 hours per academic year)									

Sixth Grade	X					X			
Seventh Grade	X					X			
Eighth Grade	X					X			
High School Grades (at least 50 hours per academic year)									
Ninth Grade	X					x			
Tenth Grade	X					X			
Eleventh Grade	X					X			
Twelfth Grade	X					X			
<i>Provides age-appropriate and culturally sensitive instruction in behaviorally-focused physical education that helps students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and</i>									

<i>enjoy healthy, physically active lifestyles in:</i>									
Elementary Grades (50 – 150 minutes per week)									
Kindergarten	X						xx		
First Grade	X						x		
Second Grade	X						x		
Third Grade	X						x		
Fourth Grade	X						x		
Fifth Grade	X						x		
Middle School Grades (minimum of 120 minutes per week)									
Sixth Grade			X				x		
Seventh Grade	X						x		
Eighth Grade	X						x		

High School Grades (minimum of 120 minutes per week)									
Ninth Grade	X					x			
Tenth Grade	X					x			
Eleventh Grade	X					x			
Twelfth Grade	X					x			
Prohibits withholding physical activity as a punishment (recess and/or physical education).		X				x			
Physical education is provided by credentialed teachers (degree in physical education and certified).	X				x				
Physical education is provided in appropriate teacher: student ratios (maximum 30:1).		X					x		
Includes all children (encompassing physically challenged	X				x				

and disabled) in purposeful activity for the majority of the physical activity for the majority of the physical education class period.									
Has adequate indoor facilities (designated gymnasium) for physical education (35 sq ft per child).			X			X			
Has adequate outdoor facilities for physical education (75 square feet per child).	X				x				
Has enough equipment for meaningful participation in physical education.		X					x		
Has provisions to maintain and replace physical education equipment as necessary.			X			x			
Prohibits withholding students from physical education class to make up missed instructional time, class work or tests in other subjects or behavior problems.		X				x			
Assures that physical education is graded as	X				x				

an academic subject (middle/high school grades).									
Assures that physical education grades count in the overall GPA (middle/high school grades).		X			X				
Requires physical education every year (high school).	X					X			
Required that all students take physical education (no exemptions).		X				X			
Policies include nutrition standards for foods and beverages offered at parties, celebrations and social events.	X				x				
Prohibits student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value and compete with healthy school meals in elementary schools and restricts access in middle, junior and high schools during school hours	X				X				

Provides communication to parents/guardians regarding nutrition and physical activity policies within the district.	X					X			
Prohibits using food as a reward.		X				X			
Prohibits withholding food as a punishment.	X				x				
Provides after school opportunities for physical activity for all students.	X					X			
Makes indoor facilities (gymnasium) available to all/most students after school hours.		X				X			
Prohibits withholding recess (participation in unstructured physical activity) as a punishment.		X					x		
Provides 30 minutes of daily recess for students featuring time for unstructured but supervised active play in elementary grades.	X						x		

PART FIVE: DISTRICT REQUIREMENT

It is required that the each school District update the public on the content and implementation

of the Local School Wellness Policy including progress made in attaining the goals of the policy.

The most updated copy of the District’s School Wellness policy is made available to the public in the following ways:

North Scott Community School website

The most updated assessment of the District’s School Wellness policy is made available to the public in the following ways:

North Scott Community School website

PART SIX: BUILDING REQUIREMENT

Provide a summary of each school’s local wellness events and activities including how individuals can get involved.

JH- Color Run (5K), Step up day (all school 1 mile walk), Hoops for Heart, Staff Wellness Group, student fitness test assessments, canoe trip, tree wrapping project, physical/mental awareness ALICE Trainings (HS), Dance Marathon (HS), Healthiest Walk (HS), Special Runners (HS) Fruit Sales (HS), PE Assessment Testing (HS), Yellow Ribbon and Suicide Prevention Program (HS) Legacy Projects through Student Government (HS)

The follow Elementary Buildings participate in these activities yearly:

Neil Armstrong Elementary, John Glenn Elementary, Virgil Grissom Elementary
Alan Shepard Elementary, Ed White Elementary

- Run 1 Mile
- Fun Fun
- Walk – a- thon
- Field Days 5th and 6th Grade
- Participate in other PE activities such as Archery, Bowling, Taekwondo and Zumba
- Walk to school day
- Ride your bike to school day
- “Mileage club” – Earn point for running laps on track

Each building should complete all items (below) unless the items reference a grade level that does not attend your school.

School Name: Neil Armstrong Elementary
 John Glenn Elementary
 Virgil Grissom Elementary
 Alan Shepard Elementary
 Ed White Elementary

Grade Level(s): Pre-K through 6th Grade
 Grade Level(s): Pre-K through 6th Grade
 Grade Level(s): Pre-K through 6th Grade
 Grade Level(s): Pre-K through 6th Grade
 Grade Level(s): Pre-K through 6th Grade

(NOTE: ALL INFO LISTED BELOW IS THE SAME FOR EACH ELEMENTARY BUILDING)

Model Policy Items	Last Assessment Period 2016 to 2017 Implementation of the school wellness policy				Today's Implementation of the school wellness policy			
	<i>fully in place</i>	<i>partiall y in place</i>	<i>under developmen t</i>	<i>have not considered this</i>	<i>fully in place</i>	<i>partiall y in place</i>	<i>under developmen t</i>	<i>have not considered this</i>
<i>Our School:</i>								
Offers the USDA School Breakfast program.	X				X			
Offers an after-school snack program.				X				X
Offers meals and snacks that meet federal nutrition standards.	X				X			
<i>Provides age-appropriate and culturally sensitive instruction in behaviorally-focused nutrition education that helps students develop the knowledge, attitudes, skills, and behaviors to adopt, maintain and enjoy healthy eating habits in:</i>								
Elementary Grades (at								

least 50 hours per academic year)								
Kindergarten								x
First Grade								x
Second Grade								x
Third Grade								x
Fourth Grade								x
Fifth Grade								x
Middle School Grades (at least 50 hours per academic year)								
Sixth Grade								x
Seventh Grade						x		
Eighth Grade						x		
High School Grades (at least 50 hours per								

academic year)								
Ninth Grade					x			
Tenth Grade							x	
Eleventh Grade							x	
Twelfth Grade							x	
<i>Provides age-appropriate and culturally sensitive instruction in behaviorally-focused physical education that helps students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy, physically active lifestyles in:</i>								
Elementary Grades (50 – 150 minutes per week)								
Kindergarten							x	
First Grade							x	

Second Grade							x	
Third Grade							x	
Fourth Grade							x	
Fifth Grade							x	
Middle School Grades (minimum of 120 minutes per week)								
Sixth Grade			x				x	
Seventh Grade		x				x		
Eighth Grade		x				x		
High School Grades (minimum of 120 minutes per week)								
Ninth Grade	x					x		
Tenth Grade	x					x		
Eleventh Grade	x					x		

Twelfth Grade	x				x			
Prohibits withholding physical activity as a punishment (recess and/or physical education).		x				x		
Physical education is provided by credentialed teachers (degree in physical education and certified).	x				x			
Physical education is provided in appropriate teacher: student ratios (maximum 30:1).			x				x	
Includes all children (encompassing physically challenged and disabled) in purposeful activity for the majority of the physical activity for the majority of the physical education class period.		X				x		
Has adequate indoor facilities (designated gymnasium) for physical education (35 sq ft per child).		X				x		
Has adequate outdoor facilities for physical education (75 square feet per child).	X				x			

Has enough equipment for meaningful participation in physical education.		X				x		
Has provisions to maintain and replace physical education equipment as necessary.		X				x		
Prohibits withholding students from physical education class to make up missed instructional time, class work or tests in other subjects or behavior problems.		X				x		
Assures that physical education is graded as an academic subject (middle/high school grades).			X				x	
Assures that physical education grades count in the overall GPA (middle/high school grades).			X				x	
Requires physical education every year (high school).			X				x	
Required that all students take physical education (no exemptions).			X				x	
Policies include nutrition standards for foods and beverages offered at	X					x		

parties, celebrations and social events.								
Prohibits student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value and compete with healthy school meals in elementary schools and restricts access in middle, junior and high schools during school hours		X				x		
Provides communication to parents/guardians regarding nutrition and physical activity policies within the district.			X				x	
Prohibits using food as a reward.		X				x		
Prohibits withholding food as a punishment.				X				x
Provides after school opportunities for physical activity for all students.			X				x	
Makes indoor facilities (gymnasium) available to all/most students after school hours.			X				x	
Prohibits withholding recess (participation in unstructured physical activity) as a punishment.		X				x		

Provides 30 minutes of daily recess for students featuring time for unstructured but supervised active play in elementary grades.			X				X	
---	--	--	---	--	--	--	---	--

School Name: North Scott Junior High

Grade Level(s): 7-8

Model Policy Items	Last Assessment Period 2016 to 2017 Implementation of the school wellness policy				Today's Implementation of the school wellness policy			
	<i>fully in place</i>	<i>partiall y in place</i>	<i>under developmen t</i>	<i>have not considered this</i>	<i>fully in place</i>	<i>partiall y in place</i>	<i>under developmen t</i>	<i>have not considered this</i>
<i>Our School:</i>								
Offers the USDA School Breakfast program.	X				X			
Offers an after-school snack program.	X				X			
Offers meals and snacks that meet federal nutrition standards.					X			
<i>Provides age-appropriate and culturally sensitive instruction in behaviorally-focused nutrition education that helps students develop the knowledge, attitudes, skills, and behaviors to adopt, maintain and enjoy healthy eating habits in:</i>								

Elementary Grades (at least 50 hours per academic year)								
Kindergarten				X				x
First Grade				X				x
Second Grade				X				x
Third Grade				X				x
Fourth Grade				X				x
Fifth Grade				X				x
Middle School Grades (at least 50 hours per academic year)								
Sixth Grade				X				x
Seventh Grade				X				x
Eighth Grade		X				x		

High School Grades (at least 50 hours per academic year)								
Ninth Grade	X				x			
Tenth Grade			X				x	
Eleventh Grade			X				x	
Twelfth Grade			X				x	
<i>Provides age-appropriate and culturally sensitive instruction in behaviorally-focused physical education that helps students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy, physically active lifestyles in:</i>								
Elementary Grades (50 – 150 minutes per week)								
Kindergarten			X				x	
First Grade			X				x	

Second Grade			X				x	
Third Grade			X				x	
Fourth Grade			X				x	
Fifth Grade			X				x	
Middle School Grades (minimum of 120 minutes per week)								
Sixth Grade			X				x	
Seventh Grade		X				x		
Eighth Grade		X				x		
High School Grades (minimum of 120 minutes per week)								
Ninth Grade	X					x		
Tenth Grade	X					x		

Eleventh Grade	X				x			
Twelfth Grade	X				x			
Prohibits withholding physical activity as a punishment (recess and/or physical education).		X				x		
Physical education is provided by credentialed teachers (degree in physical education and certified).	X				x			
Physical education is provided in appropriate teacher: student ratios (maximum 30:1).			X				x	
Includes all children (encompassing physically challenged and disabled) in purposeful activity for the majority of the physical activity for the majority of the physical education class period.		X				x		
Has adequate indoor facilities (designated gymnasium) for physical education (35 sq ft per child).		X				x		
Has adequate outdoor facilities for physical education (75 square feet	X				x			

per child).								
Has enough equipment for meaningful participation in physical education.		X				x		
Has provisions to maintain and replace physical education equipment as necessary.		X				x		
Prohibits withholding students from physical education class to make up missed instructional time, class work or tests in other subjects or behavior problems.		X				x		
Assures that physical education is graded as an academic subject (middle/high school grades).			X				x	
Assures that physical education grades count in the overall GPA (middle/high school grades).			X				x	
Requires physical education every year (high school).			X				x	
Required that all students take physical education (no exemptions).			X				x	
Policies include nutrition	X					x		

standards for foods and beverages offered at parties, celebrations and social events.								
Prohibits student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value and compete with healthy school meals in elementary schools and restricts access in middle, junior and high schools during school hours		X				x		
Provides communication to parents/guardians regarding nutrition and physical activity policies within the district.			X				x	
Prohibits using food as a reward.		X				x		
Prohibits withholding food as a punishment.				X				x
Provides after school opportunities for physical activity for all students.			X				x	
Makes indoor facilities (gymnasium) available to all/most students after school hours.			X				x	
Prohibits withholding recess (participation in unstructured physical		X				x		

activity) as a punishment.								
Provides 30 minutes of daily recess for students featuring time for unstructured but supervised active play in elementary grades.			X				X	

School Name: North Scott High School

Grade Level(s): 9-12

Model Policy Items	Last Assessment Period 2016 to 2017 Implementation of the school wellness policy				Today's Implementation of the school wellness policy			
	<i>fully in place</i>	<i>partial ly in place</i>	<i>under developmen t</i>	<i>have not considered this</i>	<i>fully in place</i>	<i>partial ly in place</i>	<i>under developmen t</i>	<i>have not considered this</i>
<i>Our School:</i>								
Offers the USDA School Breakfast program.	X				X			
Offers an after-school snack program.			X				X	
Offers meals and snacks that meet federal nutrition standards.	X				X			
<i>Provides age-appropriate and culturally sensitive instruction in behaviorally-focused nutrition education that helps students develop the knowledge, attitudes, skills, and behaviors to adopt, maintain and enjoy healthy eating habits in:</i>								

Elementary Grades (at least 50 hours per academic year)								
Kindergarten	X				X			
First Grade	X				X			
Second Grade	X				X			
Third Grade	X				X			
Fourth Grade	X				X			
Fifth Grade	X				X			
Middle School Grades (at least 50 hours per academic year)								
Sixth Grade		X				X		
Seventh Grade	X				X			
Eighth Grade	X				X			

High School Grades (at least 50 hours per academic year)								
Ninth Grade	X				x			
Tenth Grade	X				X			
Eleventh Grade	X				X			
Twelfth Grade	X				X			
<i>Provides age-appropriate and culturally sensitive instruction in behaviorally-focused physical education that helps students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy, physically active lifestyles in:</i>								
Elementary Grades (50 – 150 minutes per week)								
Kindergarten	X				X			
First Grade	X				X			

Second Grade	X				X			
Third Grade	X				X			
Fourth Grade	X				X			
Fifth Grade	X				X			
Middle School Grades (minimum of 120 minutes per week)								
Sixth Grade		X				X		
Seventh Grade	X				X			
Eighth Grade	X				X			
High School Grades (minimum of 120 minutes per week)								
Ninth Grade	x				x			
Tenth Grade	X				x			

Eleventh Grade	X				x			
Twelfth Grade	X				x			
Prohibits withholding physical activity as a punishment (recess and/or physical education).		X				x		
Physical education is provided by credentialed teachers (degree in physical education and certified).	X				x			
Physical education is provided in appropriate teacher: student ratios (maximum 30:1).		X					x	
Includes all children (encompassing physically challenged and disabled) in purposeful activity for the majority of the physical activity for the majority of the physical education class period.	X					x		
Has adequate indoor facilities (designated gymnasium) for physical education (35 sq ft per child).			X		X			
Has adequate outdoor facilities for physical education (75 square feet	X				x			

per child).								
Has enough equipment for meaningful participation in physical education.			X		X			
Has provisions to maintain and replace physical education equipment as necessary.			X			x		
Prohibits withholding students from physical education class to make up missed instructional time, class work or tests in other subjects or behavior problems.		X				x		
Assures that physical education is graded as an academic subject (middle/high school grades).	X				X			
Assures that physical education grades count in the overall GPA (middle/high school grades).	X				X			
Requires physical education every year (high school).	X					X		
Required that all students take physical education (no exemptions).	X					X		
Policies include nutrition	X					x		

standards for foods and beverages offered at parties, celebrations and social events.								
Prohibits student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value and compete with healthy school meals in elementary schools and restricts access in middle, junior and high schools during school hours	X				X			
Provides communication to parents/guardians regarding nutrition and physical activity policies within the district.		X					x	
Prohibits using food as a reward.	X				X			
Prohibits withholding food as a punishment.	X				X			
Provides after school opportunities for physical activity for all students.		X				X		
Makes indoor facilities (gymnasium) available to all/most students after school hours.		X				X		
Prohibits withholding recess (participation in unstructured physical		X				X		

activity) as a punishment.								
Provides 30 minutes of daily recess for students featuring time for unstructured but supervised active play in elementary grades.	X				X			