

UNION PUBLIC SCHOOLS-CHILD NUTRITION DEPARTMENT

District Wellness Policy: Implementation & Assessment

I. SCHOOL MEAL SERVICE AND MARKETING

1. How is student participation in the school meal service (breakfast and lunch) being encouraged?

Breakfast/Lunch menus are written on the menu boards for the next day so students can see what's going to be served for the next day. Special menu items, like Yogurt Sundaes and Fruit Smoothies, are highlighted on the menus that go out to families. When a student comes to breakfast for the first time, we welcome them and thank them for coming to breakfast and let them know we are happy to have them participate. Menus are distributed to families monthly in a newsletter done by the front office. In addition, the school's student-led TV crew reads the menu every morning, and the menu is on the TV screens that are on throughout the building. We offer promotions such as Know Your Farmer, Know Your Food which features different fruits and veggies each month along with recipes to share for home use. Our employees try to offer supreme customer service, offer quality foods and fresh, local produce.

2. Are partnerships with local/regional farms being pursued to obtain fresh fruits, vegetables?

a. **YES** b. NO

3. How many local/regional Farm to School Partnerships are in Place?

a. 1-2 b. 3-4 c. 5-6 **d. 7-8** e. 9-10

Please list partners:

Thunderbird Farms, Progressive Produce, Sage Farms, Acadian Farms, Stone Mill Farm, Eden Veggies, and Scissortail Farm.

4. Are all meals being offered consistent with the USDA standards?

a. **YES** b. NO

We exceed the standards. We offer 100% whole grains, at least 8 different fruits and vegetables per day, have lower sodium than the standards, meet the fat, saturated fat standards, and calorie levels for each grade group.

5. What varieties of milk are offered to students? (May choose more than one)

a. **Skim white** b. **Skim flavored** c. **1% white** d. 1% flavored e. other _____

6. Are any juices other than 100% juice being offered to students?

a. YES **b. NO**

7. What smarter lunchroom strategies are currently being employed in the schools (i.e. healthy choices at front of lines and attractively displayed, white milk at front of cooler, food items are named and highlighted on signage, etc.)?

At some sites white milk is put in the milk cooler before the chocolate milk so it's the first choice the students see. On the serving lines, fruits and vegetables are arranged so that their colors look appealing, like alternating green foods with orange/yellow foods. The appearance of the fruit/vegetables is always bright and fresh looking. We encourage students to take fruits and vegetables, and we have pretty posters displaying fruits and vegetables. We promote local foods. We also price the healthier a la carte items lower than the less healthier items.

8. Are unhealthy food choices being marketed in the cafeteria through poster, banners, sponsorship or other means?
 - a. **NO**
9. Are health and wellness being promoted in the cafeteria (i.e. marketing of healthy food choices, banners, posters, other communications)?
 - a. **YES**
 - b. NOIf yes, list how this is being done and with what resources?

Health and wellness are promoted with some posters of fruits and vegetables the My Plate poster, and other healthy messaging being utilized that are eye appealing.

10. Is training being done with staff to meet nutrition standards for preparing healthy meals?
 - a. **YES**, How often_2-3 times/year or as changes occur in regulations
 - b. NO

II. MONITORING, POLICY REVIEW, & EVALUATION

1. When is the last time the School Wellness Policy was assessed?
 - a. Not been assessed
 - b. **< 1 year ago**
 - c. 1 year ago
 - d. 2 years ago
 - e. 3+ years ago
2. Has state or federal laws and requirements changed since the last time the School Wellness Policy was assessed?
 - a. YES
 - b. **NO**
3. Was the School Physical Activity and Nutrition Policy and Environmental Assessment (PEA) tool, or another assessment tool used to assess implementation and evaluation of the School Wellness Policy?
 - a. **YES**
 - b. NO
4. Are the results from the School Wellness Policy assessment posted on the district web page?
 - a. **YES**
 - b. NO

Wellness Policy Evaluation Results														
	Andersen	Boevers	Briarglen	Cedar Ridge	Clark	Darnaby	Grove	Jarman	Jefferson	McAullife	Moore	Peters	Rosa	Totals
School Wellness Policy														
1. Additional health/nutrition policies?														
Yes	1	1		1	1	1		1	1	1	1	1		10
No			1				1						1	3
Healthy snacks at parties	1			1						1				3
No outside birthday treats	1	1		1				1	1		1	1		7
No candy fundraisers				1		1								2
No unhealthy snacks at school/birthdays									1	1				2
No fast food in cafeteria												1		1
No candy as reward									1					1
Parties: 1 treat +milk or juice					1									1
School Approved Snack List									1					1
Walk 1 lap before recess									1					1
Health Nutr Ed														
1. Have Nutrition Ed for Students?														
YES	1	1	1	1	1	1	1	1	1	1	1	1	1	13
NO														0
Child Nutrition	1	1	1	1	1	1	1	1	1	1	1	1	1	13
Nurse			1										1	2
OU Med										1				1
PE Teacher									1	1				2
School Broadcast						1								1
Tulsa Health Department			1		1								1	3
Grades Receiving Education	All	all, 3x/year	K-5	Varies		K-5		PreK-5	K-5	K-5		Varies		
2. Nutrition Ed for Parents/Community?														
YES	1	1	1		1		1	1	1	1		1		9
NO				1		1					1		1	4
Back to School Night Booth					1			1						2
Classes (Child Nutr/Comm Schools Coord)			1											1
Community Health Fair	1	1			1									3
Family Cooking Night								1	1					2
Farmers Market Tour									1					1
Flyers/Newsletters										1		1		2
Tulsa Health Department					1		1							2
OU Health Screening/Community Clinic					1									1
School Practices														
1. Average Sit Down time at lunch														
5-10 min							can stay to finish			can stay to finish				0
11-15 min	1	1		1				1	1	1		1	1	9
16-20 min					1	1					1			3
21-25 min			1											1
26+														0
2. Water available throughout day?														
Yes	1	1	1	1	1	1	1	1	1	1	1	1	1	13
NO														0
3. Recess first before lunch?														
YES			varies by grade		1		1		1	1		1		6
NO	1	1	1	1		1		1			1		1	8

Wellness Policy Evaluation Results

	Andersen	Boevers	Briarglen	Cedar Ridge	Clark	Darnaby	Grove	Jarman	Jefferson	McAullife	Moore	Peters	Rosa	Totals
4. Additional physical activities offered														
Amazing Athletes: K-5				1		1					1	1		4
BeBop Dance					1									1
Combat Zone: PK-5	1			1		1					1	1		5
Happy Feet/Legends: PK-5				1		1		1				1		4
Hip Hop: 3rd-5th										1				1
Intramural sports			1			1	1	1	1	1		1	1	8
Move and Dance: K-1st										1				1
Move and Groove: 1-2nd										1				1
Recess Plus										1				1
Rowing Club									1					1
Running Club (Girls on the Run included)	1	1	1	1	1	1	1	1	1	1	1		1	12
Soccer Club					1									1
Tippi Toes: PK-2nd	1			1		1			1		1	1		6
TOT:PK-K	1			1		1					1			4
UYA (youth activities)				1										1
Yoga					1									1
5. Safe equipment to support PE classes														
Yes	1	1	1	1	1	1	1	1	1	1	1	1	1	13
NO														0
6. Physical activity (PA) breaks in classroom?														
Yes	1	1	1	1	1	1	1	1	1	1	1	1	1	13
NO														0
Action-Based Learning Lab (ABL)			1						1					2
Brain Breaks			1	1	1	1					1	1	1	7
CDs						1						1		2
Early childhood music and movement										1	1			2
Go Noodle		1			1	1		1	1	1	1	1	1	9
Gross Motor activities			1		1	1	1	1			1	1	1	8
Health Dept Energizers									1					1
Jammin Minutes									1					1
Just Dance								1		1				2
Learning Station					1									1
Mr. Harry Kindergarten					1			1						2
Motor Room (Special Education)											1	1		2
Wobble Cushions(Special Ed/Teacher Request)						1					1	1		3
Yoga					1								1	2
You Tube				1	1	1		1			1	1		6
Zumba					1									1
7. Teachers have training on PA breaks?														
Yes		1	1		1			1	1			1	1	7
NO	1			1		1	1			1	1			6
Action Based Learning Materials													1	1
Occupational Therapist												1		1
Schools for Healthy Lifestyles									1					1
Teachers Collaborating								1		1				2
Tulsa Health Department		1	1						1					3
8. Walk/Bike to school initiative?														
Yes	1			1	1									3
NO		1	1			1	1	1	1	1	1	1	1	10
9. Parents involved in walk/bike initiative?														

Wellness Policy Evaluation Results														
	Andersen	Boevers	Briarglen	Cedar Ridge	Clark	Darnaby	Grove	Jarman	Jefferson	McAullife	Moore	Peters	Rosa	Totals
Yes	1				1									2
NO		1	1	1		1	1	1	1	1	1	1	1	11
Healthy and Fit Advisory Committee														
1. How often meet?														
Not Met														0
1-2 times														0
3-4 times	1	1	1	1	1	1	1	1	1	1	1	1	1	13
5-6 times														0
7+														0
2. How many members?														
<3														0
3-5 mem										1	1			2
6-9 mem	1					1		1				1		4
10-13 mem			1	1	1		1		1				1	6
14+		1												1
3. Who's on committee?														
Teachers	1	1	1	1	1	1	1	1	1	1	1	1	1	13
Admin	1	1	1	1	1	1	1	1	1	1	1	1	1	13
Parents	1	1	1	1	1	1	1	1	1	1	1	1	1	13
Healthcare prof	1	1	1	1	1	1	1	1	1		1	1	1	12
Students	1				1	1	1	1	1			1		7
Cafeteria Manager								1						1
Building Engineer							1	1						2

Wellness Policy Evaluation Results

	6th & 7th	8th	9th	Alt Ed	High School
School Wellness Policy					
1. Additional health/nutrition policies?					
Yes					
No		x		x	
Health Nutr Ed					
1. Have Nutrition Ed for Students?					
YES		x		x	
NO					
<i>Child Nutrition</i>					
<i>Life Skills, mini block education</i>				x	
<i>Media Specialist</i>		x			
<i>PE Teacher</i>		x			
Grades Receiving Education					
2. Nutrition Ed for Parents/Community?					
YES					
NO		x		x	
<i>Community Health Fair</i>					
<i>Flyers/Newsletters</i>					
School Practices					
1. Average Sit Down time at lunch					
5-10 min					
11-15 min					
16-20 min		x			
21-25 min				x	
26+					
2. Water available throughout day?					
Yes		x		x	
NO					
3. Recess first before lunch?					
YES					
NO					
NA		x		x	
4. Health Promoting Fundraisers					
Book Fair		x			
Turkey basketball shoot out				x	
United Way		x			
5. Non-Health Promoting Fundraisers					
Candy Cart				x	
Cookie Dough/Cheesecake		x			
Freckles/Dip n Dots					
Gift Sales/ PTA Holiday Shop					
Quick Trip Taste Test				x	
Restaurant Nights		x		x	
School Store/School Supplies/Stickers/Pencils					
T-Shirts/Spirit Wear		x		x	
United Way					

Wellness Policy Evaluation Results

	6th & 7th	8th	9th	Alt Ed	High School
6. Exempt snacks sold during school hours?					
Yes				x	
NO		x			
When?				Break time	
Physical Education					
1. Minutes per day at recess					
<15					
15-20					
21-30					
31-40					
41+					
NA		x		x	
2. Minutes per week in PE, if enrolled in PE					
<45				x	
45-75					
76-105					
106-135					
136+		x			
3. Moderately to vigorously active in PE?					
Yes		x			
NO				x	
4. Additional physical activities offered					
Competitive sports		x			
Intramural sports		x		x	
Physical activities as part of Carrera elective		x			
5. Safe equipment to support PE classes					
Yes		x			
NO				x	
Needs:				gym	
6. Physical activity (PA) breaks in classroom?					
Yes				x	
NO		x			
<i>Science Scavenger Hunts</i>				x	
<i>Walks around campus</i>				x	
7. Teachers have training on PA breaks?					
Yes					
NO		x		x	
8. Walk/Bike to school initiative?					
Yes					
NO		x		x	
9. Parents involved in walk/bike initiative?					
Yes					
NO				x	
Discuss schedule pick up at conferences		x			

Wellness Policy Evaluation Results

	6th & 7th	8th	9th	Alt Ed	High School
Healthy and Fit Advisory Committee					
1. How often meet?					
Not Met					
1-2 times					
3-4 times		x		x	
5-6 times					
7+					
2. How many members?					
<3					
3-5 mem					
6-9 mem				x	
10-13 mem		x			
14+					
3. Who's on committee?					
Teachers		x		x	
Admin		x		x	
Parents		x		x	
Healthcare prof		x			
Students				x	