

**MONROE SCHOOL DISTRICT 70
WELLNESS POLICY NEEDS ASSESSMENT AND EVALUATION TOOL**

Reviewed
1.22.24

POLICY GOALS	MET	NEEDS IMPROVEMENT/ACTIONS
GOALS FOR NUTRITION EDUCATION		
Students in grades K through 6 receive eight hours a year of nutrition education.	X	
Students in grades 7 & 8 receive nutrition education as part of a sequential, standards-based program in Health class.	X	
GOALS FOR PHYSICAL ACTIVITY		
Physical education is provided by highly qualified instructors that participate in continuous professional development.	X	
Students in grades K through 8 participate in daily standards-based physical education which is consistent with state/district standards/guidelines/framework.	X	
Students in grades K through 8 participate in daily physical education: K-2nd-20 mins/day, 3rd-5th-30 min/day & 6th-8 th - 50 mins/day	X	
Students in grades K through 8 receive daily supervised lunch recess, weather permitting for 75 minutes per week (15 minutes per day).	X	
Students in grades K-5 will receive one-two, fifteen minute recesses in addition to lunch recess.	X	K-5 students receive 2 per day
Physical activities are available for students in grades 1 st through 8 th in District and Community sponsored after school programs.	X	
The school's physical activity facilities are available to the community and students outside the normal school day.	X	
GOALS FOR OTHER SCHOOL-BASED PROGRAMS OR ACTIVITIES		
The district will support parents' efforts to provide a healthy diet and daily physical activity for their children in grades K through 8.	X	

Parents shall be provided information to help them incorporate healthy eating and physical activity into their children's lives.	X	We shall dedicate the month of March to send home relevant information to families.
The food service coordinator shall share information about the nutritional content of school meals with students, family, and school staff.	X	
School lunch is served in a clean, relaxing, and enjoyable environment. Students are provided a minimum of 20 minutes to eat lunch from the time they are seated.	X	
Food service personnel have proper certification, pre-service training and regularly participate in professional development activities.	X	
The food service department provides meals which meet the nutrition requirements and meet federal, state, and local laws and guidelines.	X	
Food and beverages brought into school for snacks are strongly encouraged to be healthful options.	X	
Students must follow the closed campus lunch policy and are not permitted to leave school to purchase foods or beverages.	X	
School-based organizations are encouraged to raise funds with non-food items.	X	