

SCHOOL WELLNESS POLICY CHECKLIST

MSAD #22, Hampden, Maine

Rate each component that is included in the policy.

Directions – Put a B for basic, A for advanced, and E for exemplary, as appropriate.

Physical Activity section includes:

- _____ Importance of physical activity as part of physical education/health education
- _____ Recess/recess before lunch
- _____ Physical activity in the classroom/during the school day
- _____ Increased physical education
- _____ Walk to school programs
- _____ Physical activity before and after school
- _____ Other

Nutrition section includes:

- _____ Breakfast program
- _____ Alternative breakfast
- _____ Explore universal school breakfast
- _____ Nutrition education as part of health education
- _____ School parties/celebrations
- _____ Fundraising
- _____ Food as a reward
- _____ Sale of food at after-school activities
- _____ Additional restrictions on vending machine items, for example, fat/sugar content
- _____ Allow sodas/candy in vending machines in the staff room
- _____ Time for school lunch
- _____ After-school programs snacks
- _____ Increased participation in reimbursable meals
- _____ Other