

Exhibit: School Wellness

Building Compliance and Progress Checklist

Building: _____ **Date:** _____

Building Wellness Representative: _____

Nutrition Education

- Nutrition Education is incorporated within the school day.
Examples:
- State and District health and nutrition education curriculum standards and guidelines are being met. *[If the answer is no, what standard is not being met and why? Attach additional pages if necessary.]*
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Physical Activity

- State and District physical education curriculum standards and guidelines are being met. *[If the answer is no, what standard is not being met and why? Attach additional pages if necessary.]*
- The students have physical activity opportunities, including recesses and sports. State the total amount of time students are spending doing physical education activities on an average day.
- Fundraisers support healthy eating and physical activity.
Examples:



Nutrition Standards

- Vending machines are *not* accessible to students in grades PK – 6.
- Vending machine access and content complies with the federal and state competitive foods rules.
- 100% of the vending machine content complies with the Colorado state statute definition of healthful food choices.
- Food items that contain any amount of industrially produced trans-fat are *not* available to students.
- Recess is scheduled before lunch to support improvements in student eating habits.
- Students have a clean, safe and enjoyable eating environment.
- There is adequate eating space for the number of students in the school cafeteria.
- Students have an adequate amount of time to consume their meals.
- Breakfast is offered after the bell

For any item not in compliance, please explain why for each item and indicate plan and timeline for becoming in compliance. (Attach additional sheets if necessary)

Name of Building

is in compliance with the District Wellness Policy.

OR

is not in compliance with the District Wellness Policy and is making the following changes:

Building Director

Date