

Wellness Policy Assessment Form

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| School Name ZEELAND PUBLIC SCHOOL | Date OCTOBER 18, 2022 |
| Principal MARILYN SIMMONS | Person Completing Form JOYCE SCHERR |

The school will conduct an annual review of the Wellness Policy to measure the building's consistency with the policy throughout the school district. The review will be completed by the principal with input from students, teachers and staff and will serve as the basic compliance assessment. Assessments will be reviewed by the Superintendent and the district Wellness Committee.

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| Nutrition Education Goals |
| Students in grades K--12 receive nutrition education that teaches the skills necessary to adopt healthy eating habits? Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Comments: |
| Students receive consistent nutrition messages throughout the school? Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Comments: |
| District health education curriculum standards and guidelines include both nutrition and physical education? Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Comments: |

Physical Fitness Goals

Students are given the opportunity for physical activity during the school day in addition to physical education classes, (i.e., daily recess, classroom activities, etc.)

Yes No

Comments:

Students are given the opportunity for physical activity through a range of before and/or after school programs?

Yes No

Comments:

When students arrive at school if the weather is nice they are outside before school, colder months in the gym. Zeeland has no after school programs but we do have WIN time where the students may choose to pick activities such as yoga/workouts and added activities in the gym for the last half hour of school. This is only allowed if the student is all caught up with their school work.

Nutrition Goals

USDA guidelines set for food and beverages in the food service program are being followed:

Yes No

Comments:

Guidelines set for food and beverages sold to students outside of the food service program are being followed:

Yes No

Comments:

Other School Based Activities

The school provides a clean and safe school environment?

Yes No

Comments:

Students have access to free drinking water throughout the school day?

Yes No

Comments:

Zeeland actually has 3 bottle filling systems throughout the school.

The school district encourages all students to participate in the school breakfast and lunch programs?

Yes No

Comments:

Zeeland does not offer breakfast.

The school district ensures adequate time for students to eat lunch?

Yes No

Comments: