

2018-19 Coventry Wellness Policy Evaluation Rubric

In compliance with current Federal Requirements, the Coventry Wellness Team conducted an evaluation of our current Wellness Policy during the 2018-19 School Year. The Wellness Team is made up of Health, PE and Science Teachers, a school nurse, several administrators, the District Dietitian, and several parents (20 participants in all). Each component of our current Wellness Policy was evaluated on the current rubric measure: 1 meaning No Improvement Needed, 2 meaning Mostly Implemented, 3 meaning Needs Improvement, and 4 meaning Unsatisfactory. Each component's score is an average of our 20 team members individual rating.

Nutrition Education

1. Nutrition Education: To your knowledge with regard to Nutrition Education, the District integrates education into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education (at the current time there are no state-wide adopted content standards for health education, but nutrition education is included in other areas of curriculum at the elementary level).

No Improvement Needed (1)	Mostly Implemented (2)	Needs Improvement (3)	Unsatisfactory (4)
1.85			

Comments **My child doesn't seem to be learning about nutrition in the elementary. She has never mentioned it.**

We have a new nutrdition elective this year.

My 1st grader has been able to tell be about healthy choices for eating.

Teachers probably need to have it suggested to them to teach the benefits and importance of proper nutrition...not just health teachers.

PE standards contain Health Ed Components

We have classes that teach this specifically at the High School.

Nutrition Education

2. Nutrition Education: With regard to Nutrition Education, the District extends nutrition education beyond the classroom by engaging and involving the school's food service staff and through the use of posters, promotions and other activities.

No Improvement Needed (1)	Mostly Implemented (2)	Needs Improvement (3)	Unsatisfactory (4)
	2.44		

Comments

- I have seen posters showing the food pyramid. My child's teacher also encourages healthy snacks to be brought from home for snack time.
- There are some posters displayed in the school throughout the year.
- Posters are not present in the cafeteria. I did hear that food services is using better lettuce this year, though!
- I haven't noticed any posters or promotions or special activities while in the school.
- I have lunch duty...there's room for improvement in all aspects.
- At the high school we have our 4 guys who conduct different drinks and also food choices ranging from smoothies to soups. It is a great set up for all students and staff to be apart of.
- I have not seen posters or promotions related to nutrition education from food service staff
- I see the posters on my lunch duty.
- I do not see much about nutrition education posted anywhere.

Nutrition Education

No Improvement Needed (1)	Mostly Implemented (2)	Needs Improvement (3)	Unsatisfactory (4)
	2.25		

3. Nutrition Education: With regard to Nutrition Education, the District allows the school cafeteria to serve as a learning lab by allowing students to apply the knowledge, attitudes and skills taught in the classroom when making choices at mealtime.

Comments My child is offered choices from each group when buying his lunch. He is encouraged to get at least one item from each of the categories.
 There are healthier choices for the kids to be able to choose from.
 Students have choices.
 The amount of waste is incredible
 The students have a varied amount of choices at lunch.

Students are encouraged to make healthier choices and apply knowlege they have when making selections in the cafeteria- I have seen and heard this in action and have heard students talking about it on occasion when visiting clincs.
 The cafeteria does offer healthy options for our students.

Nutrition Education

4. Nutrition Education: With regard to Nutrition Education, the District reinforces lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

No Improvement Needed (1)	Mostly Implemented (2)	Needs Improvement (3)	Unsatisfactory (4)
	2.21		

Comments

My child is encouraged to get moving, but I am not sure if he understands a link to his activity and his caloric intake.

PE and Health classes cover this topic.

At least in the Health Education department, this is taught and reinforced by connecting nutritional choices to the body systems, Disease, and Mental Health units!

My daughter has no idea on this topic nor has she been taught about this.

There is a some of this taught in PE from the health standard but more can be done to give students an active role.

This is one of our P.E. goals. We create a current plan and a future plan.

I appreciate that calorie and carb counts along with option to adjust for portion size- is all now available on school website.

How many students are accessing it, I can't gauge. Certainly our students with Diabetes do on a daily basis. However, beyond physical education- I'm not fully aware of how the relationship between calorie intake and exercise is intergrated into curriculum in other subjects.

My child is encouraged to get moving, but I am not sure if he understands a link to his activity and his caloric intake.

Nutrition Guidelines

No Improvement Needed (1)	Mostly Implemented (2)	Needs Improvement (3)	Unsatisfactory (4)
1.9			

1. Nutrition Guidelines for All Foods Available on Campus During the School Day: the District complies with Federal and State regulations pertaining to the selection, preparation, consumption and disposal of food and beverages as well as to the fiscal management of the program.

Comments

The ladies over in the cafe do an amazing job organizing and making sure that all essential foods are staggered regularly. There are multiple cans of trash that keep the flow of different lunch zones during the day. I believe we do. All foods purchased, prepared and sold comply with Or exceed Smart Snack Guidelines and current federal requirements for meals. I have no idea if the district complies with the state regulations. I would assume they do.

2. Nutrition Guidelines for All Foods Available on Campus During the School Day: the District meets or exceeds the regulations issued by the U.S. Department of Agriculture (USDA) for breakfast and lunch programs.

1.5			
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Comments

Both breakfast and lunch are served daily with a variety of different foods for the students to pick from I believe we do. All foods purchased, prepared and sold comply with Or exceed Smart Snack Guidelines and current federal requirements for meals. I don't know if the school does.

Nutrition Guidelines

3. Nutrition Guidelines for All Foods Available on Campus During the School Day: the District ensures that the food service program provides all students with affordable access to the varied and nutritious foods they need to be healthy and enhance learning.

No Improvement Needed (1)	Mostly Implemented (2)	Needs Improvement (3)	Unsatisfactory (4)
1.5			

Comments I see good food in the cafeteria, just poor choices by students.
 There are daily fruits, vegetables and other choices that are served daily.
 Yes, you can see the choices during lunch duty.
 All foods purchased, prepared and sold comply with Or exceed Smart Snack Guidelines and current federal requirements for meals.
 The school provides free and reduced lunches for students.

4. Nutrition Guidelines for All Foods Available on Campus During the School Day: the District operates all child nutrition programs with school food service staff who are properly qualified according to state and Board of Education policy.

1.65			
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Comments All foods purchased, prepared and sold comply with Or exceed Smart Snack Guidelines and current federal requirements for meals.
 I would assume that if they were hired that they are qualified to work here.

Nutrition Guidelines

5. Nutrition Guidelines for All Foods Available on Campus During the School Day: the District establishes guidelines for all foods and vending available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.

No Improvement Needed (1)	Mostly Implemented (2)	Needs Improvement (3)	Unsatisfactory (4)
	2.15		

Comments

The objective or focus is not to promote student health.
 At the elementary the students do not have access to vending options. Their food is either provided from home or purchasing through the cafeteria program.
 Though some of the vending products have improved, I'd still like to see better options!
 I am not informed on this.
 Yes it is very structured with the options available in the vending machines. In looking at the beverage vending machine having water with flavoring as well as diet pop very helpful. The snack vending machine does not have candy, but low calorie chips as well as baked chips.
 Keeping cost low may be another goal.
 meals.
 I don't understand why there are soda options in the Pop machines in the Cafeteria ??
 I see healthy food options in the vending machines.

Physical Activity

	No Improvement Needed (1)	Mostly Implemented (2)	Needs Improvement (3)	Unsatisfactory (4)
1.29				

1. Physical Activity: With regard to Physical Activity, the District offers a planned sequential program of physical education instruction aligned to state/national standards.

Comments

We follow K-12 State Standards
 Need for improvement
 Both gym and health are offered as well as a class that instructs a workout routine.
 District PE teachers implement the state PE standards and assessments
 Yes we do!
 I'm not aware of full breathd of curriculum as it meets standards, but from what I have observed and can gather the district seems to be meeting state standards
 I feel like our PE program at the middle school does a good job
 We have mandatory gym class.

2. Physical Activity: With regard to Physical Activity, the District provides physical education for all students in accordance with state standards.

1.47			
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Comments

Our Department complies with each of the standards.
 I don't think some of the students in band/choir get gym
 Both classes are offered, as a result having multiple sports programs available there are many activities for each student to participate.
 To my knowledge all PE teachers in the District are implementing the standards
 The opt out means not all student get P.E and the standards.
 At the middle school level they do.
 We have mandatory gym class.

Physical Activity

No Improvement Needed (1)	Mostly Implemented (2)	Needs Improvement (3)	Unsatisfactory (4)
1.08			

3. Physical Activity: With regard to Physical Activity, the District requires students to be engaged in moderate to vigorous physical activity for at least 50% of scheduled physical education class time.

Comments At the High School level, each class is designed for at least that much activity.

Middle School PE would exceed this amount except on days we have to work on paper assessments for the state standards. Our goal is 60%, to pass all students and assure they meet the requirements. I would assume that the gym teacher follows guidelines provided by the state.

4. Physical Activity: With regard to Physical Activity, the District ensures that physical education meets the needs of all students, including those who are not athletically gifted, and is presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

1.19			
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Comments

The High school program has a variety of students enrolled character based education is enforced by the staff members.

Always room for improvement in this area

During gym class if students who are not physically gifted are given opportunities to walk to get their exercise or even given opportunities to play a sport they enjoy.

That's my job!

At the middle school level they do a great job

I would assume that PE follows state guidelines.

Physical Activity

No Improvement Needed (1)	Mostly Implemented (2)	Needs Improvement (3)	Unsatisfactory (4)
1.41			

6. Physical Activity: With regard to Physical Activity, the District promotes participation in physical activity outside of the regular school day.

Comments Students are encouraged to participate in sports
 Many extra curricular sports are offered as well as encouraged at the high school level.
 I know we have sports teams
 students to go out for a sport. This allows students to build better self esteem, friendships, as well as competitive teams to compete around the county or even state level.
 Physical Activity outside of the school day is encouraged and taught through the state standards.
 Sports teams and clubs do this.
 There are middle school sports that students can participate in .
 We have various sports teams.

7. Physical Activity: With regard to Physical Activity, the District promotes movement and activity that is integrated, when possible, across the curricula and throughout the school day.

	2.14		
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Comments My son's teacher utilizes brain breaks to get the class moving throughout the day. She also tries to take her students out for extra recess at the end of the day to give them another opportunity to run/play.
 I don't believe the district leadership talks about physical education.
 Middle school students need recess time. Research shows this.<https://classroom.synonym.com/benefits-recess-middle-schools-6194.html>
 We use elements from interdisciplinary teaching. Math and physics come to mind.
 I do not think our kids move around enough in their day if they do not have PE.

Physical Activity

8. Physical Activity: With regard to Physical Activity, the District encourages families to provide activity outside the regular school day, such as outdoor play at home, participation in sports-sponsored community agencies or organizations and lifelong physical activities such as bowling, swimming or tennis.

No Improvement Needed (1)	Mostly Implemented (2)	Needs Improvement (3)	Unsatisfactory (4)
	2.07		

Comments How about running in place of bowling for a lifelong activity?
I don't see much of this happening

Our community does a great job supporting all of our sports programs as well getting our youth involved with the high school programs as well. It is becoming a great outreach area that allows the community to stay active and involved. PA is encouraged through standards in extracurricular sports at the Middle School and High School level. Can not speak for what is encouraged at the Elm. level.

I do not believe we do this?

There are always papers going home for students to participate in different activities
I am not aware that our school does this.

Physical Activity

No Improvement Needed (1)	Mostly Implemented (2)	Needs Improvement (3)	Unsatisfactory (4)
	2.46		

9. Physical Activity: With regard to Physical Activity, the District provides information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.

Comments

Can we promote a walking/running club for kids and families? I would like to help establish this program.
 I have never noticed any information about such things going out to the parents at the high school level
 I have never seen any information come home on the topic.
 I have not seen anything go home this year on this.
 During any promotion of a sporting event or even games that are up and coming, our district excels at posting information on Social Media portals as well as communication that is sent out to all parents and guardians.
 youth programs that are offered and team sports at the MS and HS levels.
 I am not aware of this.

10. Physical Activity: With regard to Physical Activity, the District provides the opportunity for all students in grades 5 through 9 to participate in extracurricular activities and intramural programs that emphasize physical activity.

1.41			
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Comments

Sports are offered to grades 7-12
 My daughters both are provided daily intramural time during the school day.
 As far as the 9th grade is concerned, yes the opportunity is there.
 I think the opportunities are there, I just don't think we underscore the importance of it.
 Our district is heavily involved with grades 5-9 participating in programs and sports. Both boys and girls compete every weekend during many sports
 MS encourages participation in these activities, I do not know if 9th grade has intramural activities.
 5-8 intramurals I am sure of
 Here at the High School for sure.
 We have many different sports that the students can participate in
 We don't have intramurals.

Physical Activity

	Unsatisfactory (4)		
	Needs Improvement (3)		
	Mostly Implemented (2)		
	No Improvement Needed (1)		
1.17			

11. Physical Activity: With regard to Physical Activity, the District provides the opportunity for all students in grades 7-12 to participate in interscholastic sports programs.

Comments

We have programs in many areas at this level.
 Our district has become very competitive in all areas of sports. The teachers and coaches as well as administration do an AMAZING job getting all students actively involved.
 You have to make the team.
 Many different sports that students have an opportunity to participate in

Other School-Based Activities

No Improvement Needed (1)	Mostly Implemented (2)	Needs Improvement (3)	Unsatisfactory (4)
1.73			

1. Other School-Based Activities - In regards to other school-based activities, the District provides ample time daily for the students to eat lunch and/or breakfast.

Comments

We have the perfect amount of time to have a meal.
 Students at the high school have 30 minutes to eat lunch. If a student is toward the end of the lunch line they do not have time to eat at a healthy pace. Many do not eat when this occurs.
 Lunch could be a little longer. I feel the children are in a rush to eat.
 7th grade is very rushed as more students eat in cafeteria.
 Yes there students are given plenty of time before the day starts to eat breakfast, our lunch zones are great allowing the flow of two lines. Each lunch zone have the same frame allowing each student the time to eat.
 long lunch lines and lunch zones dismissing late prevent ample time for all to each lunch
 Plenty!
 The time provided is sufficient and comparable to other schools in the US. As a registered nurse and having lived abroad I feel that more time could be given though. The more time students have to eat meals the more nutrients they will take in and the less rushed they are the more mindful they can be about eating.
 Students have about 20 minutes at the middle school to eat lunch. Some students need more time especially if they are buying their lunches
 I think 30 minutes is good for students.

2. Other School-Based Activities - In regards to other school-based activities, the District schedules mealtimes so there is minimum disruption by bus schedules, recess and other special programs or events .

1.24			
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Comments

The students lunch time is never interrupted.
 The school schedule is set up perfectly assuring that each student will have time before school.
 Flows nicely.
 Lunch is at a good time
 I would agree that the school has lunch at the appropriate time.

Other School-Based Activities

No Improvement Needed (1)	Mostly Implemented (2)	Needs Improvement (3)	Unsatisfactory (4)
1.11			

3. Other School-Based Activities - In regards to other school-based activities, the District provides attractive, clean environments in which students eat.

Comments We have wonderful facilities! I do wish that we had a hand washing station located where all kids could have access to soap and water!
 The new school offers a wonderful setting in which to eat.
 All levels of cleanliness is amazing. After the lunch zones the cafe is cleaned daily as well as lunch tables wiped off and maintained.
 Brand new!
 The lunch room is clean
 I think our building is clean.

4. Other School-Based Activities - In regards to other school-based activities, the District ensures that activities such as tutoring or club meetings are not scheduled during mealtimes, unless students may eat during those meetings.

1.13			
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Comments Activities are offered after the school day. If a student needs tutoring, they may eat.
 All activities are scheduled after school, any activity allows students to have snacks. Some activities do provide food depending on special occasions.
 Done before or after school.
 School does a good job at this.
 I agree that the school complies.

Other School-Based Activities

No Improvement Needed (1)	Mostly Implemented (2)	Needs Improvement (3)	Unsatisfactory (4)
1.65			

5. Other School-Based Activities - In regards to other school-based activities, the District encourages students, school staff and families to participate in school meal programs (breakfast and lunch), or bring packed lunches that reflect good nutrition choices.

Comments The website shows the menu's in each building as well as a nice guide to healthy colorful foods!
 I have never heard if anything is promoted. I don't believe it is mentioned.
 Always room for improvement on this one.
 For many activities after school for many sports programs, parent groups organize team meals or even snacks during the week as each student athlete prepares for their games.
 Observation- free and reduced lunch offered and encouraged.
 School does a good job
 I think the school complies.

6. Other School-Based Activities - In regards to other school-based activities, the District discourages students from sharing their foods or beverages with one another during mealtimes, given concerns about allergies and other restrictions on some students' diets.

1.67			
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Comments We try
 District, schools are allergy aware and sensitive. Principals, teachers and support staff (lunch aides in particular) reinforce this established rule.
 I don't witness this to be able to say for sure.

Other School-Based Activities

7. Other School-Based Activities - In regards to other school-based activities, the District demonstrates support for the health of all students by providing screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.

Comments The school nurse sends out information as well as the website updates families on needed vaccinations.
Screens done periodically each year at High School.
I am unaware of such screenings

State mandated screenings provided (ie; hearing, vision). Medicaid enrollment encouraged as appropriate. School supports and contracts nursing/school health services in support of student health. Clinics staffed in all three school building. Referrals for further student health evaluation and to additional resources provided as needed.
I think we give our students opportunities to afford to eat.

No Improvement Needed (1)	Mostly Implemented (2)	Needs Improvement (3)	Unsatisfactory (4)
1.27			

Are there any Wellness Policy items you believe to be extremely important that we should add to or focus more attention on in the areas of Nutrition Education, Physical Activity and Education or Other School-Based Activities?

Comments Our school lunch needs an overhaul. There are many items I see the students eat that I would not want to eat. I believe we could offer the students better, healthier options for lunch.
I do agree that more continued focus/integration would be beneficial at the elementary level in discussing nutrition. At this level the students could be informed and empowered to make good choices that will/could become healthy habits at a much earlier age.
I feel that it would be nice to have healthier options available to students. Although, to be honest, I don't know enough about the way the kitchen is managed, in terms of time and budget to be able to offer such things.
I believe some sort of nutrition program should be implemented at the elementary school. When students get older, the health class does a great job!
Unfortunately, devices have taken the place of movement. We have to figure out a way on our end to turn this around. I don't allow devices of any type on trips. Only disposable cameras that are 100% recyclable.
No
None!
Not at this time
nothing
Our kids should be more active. We should have recess for high school students.
Focus on emotional health too

After taking this survey, are there any comments you would like to add regarding the questions or content of this survey?

Comments No
None of this really applies to me. I don't see why I was asked to participate.
The waste in the cafeteria is just sickening. We have to meet to figure out a way to get food waste way down.
No
It seems we do a pretty good job!
No
is taught in the classrooms. I also don't know the exact laws and regulations as to what the requirements are to what is being served, how much activity and so on.
no