

# Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Vanguard Sentinel CTC

Reviewer VSCTC Wellness Team

School Name Vanguard Tech Center

Date 04/21/2026

Select all grades: PK  K  1  2  3  4  5  6  7  8  9  10  11  12

## Yes No I. Public Involvement

- We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:
- |  |   |  |  |
|--|---|--|--|
| <input checked="" type="checkbox"/> Administrators       | <input checked="" type="checkbox"/> School Food Service Staff   | <input type="checkbox"/> P.E. Teachers       | <input type="checkbox"/> Parents           |
| <input checked="" type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students | <input checked="" type="checkbox"/> Public |

- We have a designee in charge of compliance.

Name/Title:

- We make our policy available to the public.

Please describe:

- We measure the implementation of our policy goals and communicate results to the public.

Please describe:

- Our district reviews the wellness policy at least annually.

## Yes No II. Nutrition Education

- Our district's written wellness policy includes measurable goals for nutrition education.

- We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

- We offer nutrition education to students in:  Elementary School  Middle School  High School

## Yes No III. Nutrition Promotion

- Our district's written wellness policy includes measurable goals for nutrition promotion.

- We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

- We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

- We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

- We ensure students have access to hand-washing facilities prior to meals.

- We annually evaluate how to market and promote our school meal program(s).

- We regularly share school meal nutrition, calorie, and sodium content information with students and families.

- We offer taste testing or menu planning opportunities to our students.

- We participate in Farm to School activities and/or have a school garden.

- We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

- We price nutritious foods and beverages lower than less nutritious foods and beverages.

- We offer fruits or non-fried vegetables in:  Vending Machines  School Stores  Snack Bars  à La Carte

- We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

- We provide teachers with samples of alternative reward options other than food or beverages.

- We prohibit the use of food and beverages as a reward.

**Yes No IV. Nutrition Guidelines** (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program:  Before School  In the Classroom  Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:  
 as à La Carte Offerings  in School Stores  in Vending Machines  as Fundraisers

**Yes No V. Physical Activity**

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity:  Competitive sports  Non-competitive sports  Other clubs

**Yes No VI. Other School Based Wellness Activities**

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on:  Nutrition  Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling /environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

**VII. Progress Report:** Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

We are a Joint Vocational School District and not all questions or guidelines apply to the school setting.

**VIII. Contact Information:**

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

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