

School Wellness Assessment

Date: 9-18-19

School: HYFS - Elm St.

Assessors' name(s): Monte Mister, Tammie Maschhoff, Courtney Crocker, Zaddie Sharkey, Clarice Fortney, Tonya Maides, Terri Keenegarbe

Comprehensive Learning Environment	Fully in Place	Partly in Place	Not in Place	Not Applicable
Age-appropriate instruction is provided to students that teaches lifelong healthy eating habits and healthy levels of physical activity.	2	1	0	N/A
Nutrition education is included: (If more than one applies, average score)				
• Elementary schools: for at least half, but no fewer than two, of the grade levels in the school.	2	1	0	N/A
• Middle schools: in at least one grade level as part of required year-round instruction	2	1	0	N/A
• High schools: in two courses required for graduation	2	1	0	N/A
Nutrition education is part of a systematic and structured unit of instruction.	2	1	0	N/A
Healthy eating, physical activity and the school meal program are actively promoted to students, parents, school staff, and the community at school registrations, parent-teacher meetings, open houses, in-services, etc.	2	1	0	N/A
Staff is provided with educational opportunities (distribution of educational materials, presentations, workshops, etc.) to learn about nutrition and physical activity, including how to integrate them into core instruction.	2	1	0	N/A
Advertisements within the school reinforce the goals of health education and nutrition standards.	2	1	0	N/A
Teachers have adequate materials and resources to provide current nutrition education in the classroom.	2	1	0	N/A
Nutrition education opportunities are offered to parents and families.	2	1	0	N/A
Parents have the opportunity to volunteer for wellness-related activities at school.	2	1	0	N/A
School participates in Chef in the Classroom program, teaching students how to cook fresh meals.	2	1	0	N/A
School participates in Farmer in the Classroom program, teaching students about where food comes from.	2	1	0	N/A
School has a garden, and students are active participants in the garden.	2	1	0	N/A
School wellness is incorporated into school's Universal Improvement Plan (UIP).	2	1	0	N/A

Total Score: $\frac{16}{26} = 73\%$
122

Healthy Eating Opportunities & Practices	Fully in Place	Partly in Place	Not in Place	Not Applicable
Students have access to healthful food choices in the school cafeteria.	2	1	0	N/A
Students have adequate time to eat lunch every day.	2	1	0	N/A
Access to vending machines, school stores, and other venues that contain foods of minimal nutritional value are restricted to students during meal periods.	2	1	0	N/A
Nutrition information is accessible to students and their parents concerning the nutritional content of foods and beverages sold through school meal programs.	2	1	0	N/A
100% of fundraisers sold during the school day are non-food items.	2	1	0	N/A
Fundraisers sold outside of the school day are primarily non-food items or healthy food items.	2	1	0	N/A
Food is not used as a reward or punishment.	2	1	0	N/A
Cafeteria atmosphere is clean, inviting and offers a pleasant eating environment (artwork, plants, natural light, health education information, reduced noise).	2	1	0	N/A
100% of foods and beverages available during school parties are healthy items.*	2	1	0	N/A
100% of foods sold at student stores are healthy items.*	2	1	0	N/A
100% of vending machine food items are healthy.*	2	1	0	N/A
100% of vending machine beverage items are healthy.*	2	1	0	N/A
Sugar sweetened beverages (soda, energy drinks, sugar sweetened teas, sports drinks) are prohibited from the cafeteria in elementary and middle schools.	2	1	0	N/A
Appropriate portion sizes, per MyPlate recommendations, are promoted whenever foods are available.	2	1	0	N/A

Staff encourages students to take and eat fruits and vegetables in the lunchroom. However, students are not forced to eat or finish their plate.	2	1	0	N/A
Students have access to drinking water and is readily available at all times.	2	1	0	N/A
Families, teachers, students, and school officials provide input on the school meal program menu offerings.	2	1	0	N/A
School has PTO/PTA that supports school wellness team.	2	1	0	N/A

***"Healthy" foods and beverages:**

- Not more than 30% of total calories of the food item, excluding nuts or seeds, are from fat
- Not more than 10% of total calories of the food item, excluding reduced-fat cheeses, nuts or seeds and nut butters, are from saturated fat
- Not more than 35% of the total weight of food item, excluding fruits or vegetables, is composed of sugar
- Elementary School beverage categories: bottled water, unflavored fat-free and low-fat milk and milk alternatives by NSLP/SBP; 100% juice without added sweeteners (≤ 8 oz. and ≤ 120 calories per 8 oz.)
- Middle School beverage categories: bottled water, unflavored fat-free and low-fat milk and milk alternatives by NSLP/SBP; 100% juice without added sweeteners (≤ 10 oz. and ≤ 120 calories per 8 oz.)
- High School beverage categories: also includes zero or low calorie beverages with up to 10 calories/8 oz.; other drinks, up to 12 oz. servings with no more than 99 calories/ 12 oz.; no diet soda or energy drinks; 100% juice without added sweeteners (≤ 12 oz. and ≤ 120 calories per 8 oz.)

Total Score: $\frac{20}{36} = 100\%$
120

Physical Activity	Fully in Place	Partly in Place	Not in Place	Not Applicable
Fitness-assessments are administered each year to help students determine their own level of fitness and create their own fitness plans.	2	1	0	N/A
Health-promotion activities are available that encourage physical activity, such as speakers, recreational demonstrations, and walking clubs.	2	1	0	N/A
Physical-activity is promoted in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	2	1	0	N/A
According to school schedule, students receive a minimum amount of physical activity minutes (includes, but is not limited to, exercise programs, fitness breaks, recess, classroom activities that include physical activity, and PE classes). (Average score if more than one schedule applies)				
<ul style="list-style-type: none"> • 5 days/week, full day: 600 minutes per month 	2	1	0	N/A
Physical activity opportunities (i.e. recess) are not withheld as a punishment.	2	1	0	N/A
Physical activity is never required as a form of punishment.	2	1	0	N/A
Full-day students are provided with unstructured daily opportunities for physical activity, such as recess.	2	1	0	N/A
Students receive adequate recess time every day.	2	1	0	N/A
Students are active during recess.	2	1	0	N/A
Teachers incorporate physical activity into other subject areas (i.e. reading, math, science, social studies).	2	1	0	N/A
The school has adequate physical activity equipment for PE, recess, etc.	2	1	0	N/A
Teachers utilize Vitamin D breaks daily.	2	1	0	N/A
Indoor and outdoor facilities are safe and adequate so that PE classes are not displaced by other activities.	2	1	0	N/A
Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.	2	1	0	N/A
The physical activity program provides maximum participation for every student (inclusion, no elimination games, all students are active at once, etc.)	2	1	0	N/A
Walking and bicycling to school is promoted through Walking School Buses, Bike Trains, or daily/weekly walking and biking competitions.	2	1	0	N/A
Staff actively engage with students during recess to encourage participation.	2	1	0	N/A
Recess is offered before lunch for all students.	2	1	0	N/A
The school provides community access to the school's physical activity facilities outside of the normal school day.	2	1	0	N/A

Total Score: $\frac{30}{38} = 79\%$

Please return to:
Wellness Specialist
D6 Nutrition Services
District6-Wellness@greeleyschools.org
Fax: 970-348-6630



School Wellness Assessment

Date: 9-18-19

School: HYFS - Koelling

Assessors' name(s): Monte Mister, Tammie Maschhoff, Courtney Crocker, Zaddie Sharkey, Clarice Fortney, Tonya Maines, Terri Rennegarbe

Comprehensive Learning Environment	Fully in Place	Partly in Place	Not in Place	Not Applicable
Age-appropriate instruction is provided to students that teaches lifelong healthy eating habits and healthy levels of physical activity.	2	1	0	N/A
Nutrition education is included: (If more than one applies, average score)				
• Elementary schools: for at least half, but no fewer than two, of the grade levels in the school.	2	1	0	N/A
• Middle schools: in at least one grade level as part of required year-round instruction	2	1	0	N/A
• High schools: in two courses required for graduation	2	1	0	N/A
Nutrition education is part of a systematic and structured unit of instruction.	2	1	0	N/A
Healthy eating, physical activity and the school meal program are actively promoted to students, parents, school staff, and the community at school registrations, parent-teacher meetings, open houses, in-services, etc.	2	1	0	N/A
Staff is provided with educational opportunities (distribution of educational materials, presentations, workshops, etc.) to learn about nutrition and physical activity, including how to integrate them into core instruction.	2	1	0	N/A
Advertisements within the school reinforce the goals of health education and nutrition standards.	2	1	0	N/A
Teachers have adequate materials and resources to provide current nutrition education in the classroom.	2	1	0	N/A
Nutrition education opportunities are offered to parents and families.	2	1	0	N/A
Parents have the opportunity to volunteer for wellness-related activities at school.	2	1	0	N/A
School participates in Chef in the Classroom program, teaching students how to cook fresh meals.	2	1	0	N/A
School participates in Farmer in the Classroom program, teaching students about where food comes from.	2	1	0	N/A
School has a garden, and students are active participants in the garden.	2	1	0	N/A
School wellness is incorporated into school's Universal Improvement Plan (UIP).	2	1	0	N/A

Total Score: $\frac{16}{26} = 73\%$
22

Healthy Eating Opportunities & Practices	Fully in Place	Partly in Place	Not in Place	Not Applicable
Students have access to healthful food choices in the school cafeteria.	2	1	0	N/A
Students have adequate time to eat lunch every day.	2	1	0	N/A
Access to vending machines, school stores, and other venues that contain foods of minimal nutritional value are restricted to students during meal periods.	2	1	0	N/A
Nutrition information is accessible to students and their parents concerning the nutritional content of foods and beverages sold through school meal programs.	2	1	0	N/A
100% of fundraisers sold during the school day are non-food items.	2	1	0	N/A
Fundraisers sold outside of the school day are primarily non-food items or healthy food items.	2	1	0	N/A
Food is not used as a reward or punishment.	2	1	0	N/A
Cafeteria atmosphere is clean, inviting and offers a pleasant eating environment (artwork, plants, natural light, health education information, reduced noise).	2	1	0	N/A
100% of foods and beverages available during school parties are healthy items.*	2	1	0	N/A
100% of foods sold at student stores are healthy items.*	2	1	0	N/A
100% of vending machine food items are healthy.*	2	1	0	N/A
100% of vending machine beverage items are healthy.*	2	1	0	N/A
Sugar sweetened beverages (soda, energy drinks, sugar sweetened teas, sports drinks) are prohibited from the cafeteria in elementary and middle schools.	2	1	0	N/A
Appropriate portion sizes, per MyPlate recommendations, are promoted whenever foods are available.	2	1	0	N/A

Staff encourages students to take and eat fruits and vegetables in the lunchroom. However, students are not forced to eat or finish their plate.	2	1	0	N/A
Students have access to drinking water and is readily available at all times.	2	1	0	N/A
Families, teachers, students, and school officials provide input on the school meal program menu offerings.	2	1	0	N/A
School has PTO/PTA that supports school wellness team.	2	1	0	N/A

****"Healthy" foods and beverages:**

- Not more than 30% of total calories of the food item, excluding nuts or seeds, are from fat
- Not more than 10% of total calories of the food item, excluding reduced-fat cheeses, nuts or seeds and nut butters, are from saturated fat
- Not more than 35% of the total weight of food item, excluding fruits or vegetables, is composed of sugar
- Elementary School beverage categories: bottled water, unflavored fat-free and low-fat milk and milk alternatives by NSLP/SBP; 100% juice without added sweeteners (≤8 oz. and ≤120 calories per 8 oz.)
- Middle School beverage categories: bottled water, unflavored fat-free and low-fat milk and milk alternatives by NSLP/SBP; 100% juice without added sweeteners (≤10 oz. and ≤ 120 calories per 8 oz.)
- High School beverage categories: also includes zero or low calorie beverages with up to 10 calories/8 oz.; other drinks, up to 12 oz. servings with no more than 99 calories/ 12 oz.; no diet soda or energy drinks; 100% juice without added sweeteners (≤12 oz. and ≤ 120 calories per 8 oz.)

Total Score: $\frac{20}{36} = 100\%$
120

Physical Activity	Fully in Place	Partly in Place	Not in Place	Not Applicable
Fitness-assessments are administered each year to help students determine their own level of fitness and create their own fitness plans.	2	1	0	N/A
Health-promotion activities are available that encourage physical activity, such as speakers, recreational demonstrations, and walking clubs.	2	1	0	N/A
Physical-activity is promoted in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	2	1	0	N/A
According to school schedule, students receive a minimum amount of physical activity minutes (includes, but is not limited to, exercise programs, fitness breaks, recess, classroom activities that include physical activity, and PE classes). (Average score if more than one schedule applies)				
• 5 days/week, full day: 600 minutes per month	2	1	0	N/A
Physical activity opportunities (i.e. recess) are not withheld as a punishment.	2	1	0	N/A
Physical activity is never required as a form of punishment.	2	1	0	N/A
Full-day students are provided with unstructured daily opportunities for physical activity, such as recess.	2	1	0	N/A
Students receive adequate recess time every day.	2	1	0	N/A
Students are active during recess.	2	1	0	N/A
Teachers incorporate physical activity into other subject areas (i.e. reading, math, science, social studies).	2	1	0	N/A
The school has adequate physical activity equipment for PE, recess, etc.	2	1	0	N/A
Teachers utilize Vitamin D breaks daily.	2	1	0	N/A
Indoor and outdoor facilities are safe and adequate so that PE classes are not displaced by other activities.	2	1	0	N/A
Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.	2	1	0	N/A
The physical activity program provides maximum participation for every student (inclusion, no elimination games, all students are active at once, etc.)	2	1	0	N/A
Walking and bicycling to school is promoted through Walking School Buses, Bike Trains, or daily/weekly walking and biking competitions.	2	1	0	N/A
Staff actively engage with students during recess to encourage participation.	2	1	0	N/A
Recess is offered before lunch for all students.	2	1	0	N/A
The school provides community access to the school's physical activity facilities outside of the normal school day.	2	1	0	N/A

Total Score: $\frac{30}{38} = 79\%$

Please return to:
Wellness Specialist
D6 Nutrition Services
District6-Wellness@greeleyschools.org
Fax: 970-348-6630



School Wellness Assessment

Date: 9-18-19 School: HYFS - Main St.

Assessors' name(s): Mente Mister, Tammie Maschhoff, Courtney Crocker, Zaddie Sharkey, Clarice Fortney, Tonya Maines, Terri Rennegarbe

Comprehensive Learning Environment	Fully in Place	Partly in Place	Not in Place	Not Applicable
Age-appropriate instruction is provided to students that teaches lifelong healthy eating habits and healthy levels of physical activity.	2	1	0	N/A
Nutrition education is included: (If more than one applies, average score)				
• Elementary schools: for at least half, but no fewer than two, of the grade levels in the school.	2	1	0	N/A
• Middle schools: in at least one grade level as part of required year-round instruction	2	1	0	N/A
• High schools: in two courses required for graduation	2	1	0	N/A
Nutrition education is part of a systematic and structured unit of instruction.	2	1	0	N/A
Healthy eating, physical activity and the school meal program are actively promoted to students, parents, school staff, and the community at school registrations, parent-teacher meetings, open houses, in-services, etc.	2	1	0	N/A
Staff is provided with educational opportunities (distribution of educational materials, presentations, workshops, etc.) to learn about nutrition and physical activity, including how to integrate them into core instruction.	2	1	0	N/A
Advertisements within the school reinforce the goals of health education and nutrition standards.	2	1	0	N/A
Teachers have adequate materials and resources to provide current nutrition education in the classroom.	2	1	0	N/A
Nutrition education opportunities are offered to parents and families.	2	1	0	N/A
Parents have the opportunity to volunteer for wellness-related activities at school.	2	1	0	N/A
School participates in Chef in the Classroom program, teaching students how to cook fresh meals.	2	1	0	N/A
School participates in Farmer in the Classroom program, teaching students about where food comes from.	2	1	0	N/A
School has a garden, and students are active participants in the garden.	2	1	0	N/A
School wellness is incorporated into school's Universal Improvement Plan (UIP).	2	1	0	N/A

Total Score: $\frac{16}{26} = 73\%$
22

Healthy Eating Opportunities & Practices	Fully in Place	Partly in Place	Not in Place	Not Applicable
Students have access to healthful food choices in the school cafeteria.	2	1	0	N/A
Students have adequate time to eat lunch every day.	2	1	0	N/A
Access to vending machines, school stores, and other venues that contain foods of minimal nutritional value are restricted to students during meal periods.	2	1	0	N/A
Nutrition information is accessible to students and their parents concerning the nutritional content of foods and beverages sold through school meal programs.	2	1	0	N/A
100% of fundraisers sold during the school day are non-food items.	2	1	0	N/A
Fundraisers sold outside of the school day are primarily non-food items or healthy food items.	2	1	0	N/A
Food is not used as a reward or punishment.	2	1	0	N/A
Cafeteria atmosphere is clean, inviting and offers a pleasant eating environment (artwork, plants, natural light, health education information, reduced noise).	2	1	0	N/A
100% of foods and beverages available during school parties are healthy items.*	2	1	0	N/A
100% of foods sold at student stores are healthy items.*	2	1	0	N/A
100% of vending machine food items are healthy.*	2	1	0	N/A
100% of vending machine beverage items are healthy.*	2	1	0	N/A
Sugar sweetened beverages (soda, energy drinks, sugar sweetened teas, sports drinks) are prohibited from the cafeteria in elementary and middle schools.	2	1	0	N/A
Appropriate portion sizes, per MyPlate recommendations, are promoted whenever foods are available.	2	1	0	N/A

Staff encourages students to take and eat fruits and vegetables in the lunchroom. However, students are not forced to eat or finish their plate.	2	1	0	N/A
Students have access to drinking water and is readily available at all times.	2	1	0	N/A
Families, teachers, students, and school officials provide input on the school meal program menu offerings.	2	1	0	N/A
School has PTO/PTA that supports school wellness team.	2	1	0	N/A

****Healthy** foods and beverages:**

- **Not more than** 30% of total calories of the food item, excluding nuts or seeds, are from fat
- **Not more than** 10% of total calories of the food item, excluding reduced-fat cheeses, nuts or seeds and nut butters, are from saturated fat
- **Not more than** 35% of the total weight of food item, excluding fruits or vegetables, is composed of sugar
- Elementary School beverage categories: bottled water, unflavored fat-free and low-fat milk and milk alternatives by NSLP/SBP; 100% juice without added sweeteners (≤8 oz. and ≤120 calories per 8 oz.)
- Middle School beverage categories: bottled water, unflavored fat-free and low-fat milk and milk alternatives by NSLP/SBP; 100% juice without added sweeteners (≤10 oz. and ≤ 120 calories per 8 oz.)
- High School beverage categories: also includes zero or low calorie beverages with up to 10 calories/8 oz.; other drinks, up to 12 oz. servings with no more than 99 calories/ 12 oz.; no diet soda or energy drinks; 100% juice without added sweeteners (≤12 oz. and ≤ 120 calories per 8 oz.)

Total Score: $\frac{20}{36} = 100\%$
20

Physical Activity	Fully in Place	Partly in Place	Not in Place	Not Applicable
Fitness-assessments are administered each year to help students determine their own level of fitness and create their own fitness plans.	2	1	0	N/A
Health-promotion activities are available that encourage physical activity, such as speakers, recreational demonstrations, and walking clubs.	2	1	0	N/A
Physical-activity is promoted in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	2	1	0	N/A
According to school schedule, students receive a minimum amount of physical activity minutes (includes, but is not limited to, exercise programs, fitness breaks, recess, classroom activities that include physical activity, and PE classes). (Average score if more than one schedule applies)				
<ul style="list-style-type: none"> • 5 days/week, full day: 600 minutes per month 	2	1	0	N/A
Physical activity opportunities (i.e. recess) are not withheld as a punishment.	2	1	0	N/A
Physical activity is never required as a form of punishment.	2	1	0	N/A
Full-day students are provided with unstructured daily opportunities for physical activity, such as recess.	2	1	0	N/A
Students receive adequate recess time every day.	2	1	0	N/A
Students are active during recess.	2	1	0	N/A
Teachers incorporate physical activity into other subject areas (i.e. reading, math, science, social studies).	2	1	0	N/A
The school has adequate physical activity equipment for PE, recess, etc.	2	1	0	N/A
Teachers utilize Vitamin D breaks daily.	2	1	0	N/A
Indoor and outdoor facilities are safe and adequate so that PE classes are not displaced by other activities.	2	1	0	N/A
Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.	2	1	0	N/A
The physical activity program provides maximum participation for every student (inclusion, no elimination games, all students are active at once, etc.)	2	1	0	N/A
Walking and bicycling to school is promoted through Walking School Buses, Bike Trains, or daily/weekly walking and biking competitions.	2	1	0	N/A
Staff actively engage with students during recess to encourage participation.	2	1	0	N/A
Recess is offered before lunch for all students.	2	1	0	N/A
The school provides community access to the school's physical activity facilities outside of the normal school day.	2	1	0	N/A

Total Score: $\frac{30}{38} = 79\%$

Please return to:
Wellness Specialist
D6 Nutrition Services
District6-Wellness@greeleyschools.org
Fax: 970-348-6630



School Wellness Assessment

Date: 9-18-19

School: HYFS - Skyview

Assessors' name(s): Monte Mister, Tammie Maschhoff, Courtney Crocker, Zaddie Sharley, Clarice Fortney, Tonya Maines, Terri Rennegarbe

Comprehensive Learning Environment	Fully in Place	Partly in Place	Not in Place	Not Applicable
Age-appropriate instruction is provided to students that teaches lifelong healthy eating habits and healthy levels of physical activity.	2	1	0	N/A
Nutrition education is included: (If more than one applies, average score)				
• Elementary schools: for at least half, but no fewer than two, of the grade levels in the school.	2	1	0	N/A
• Middle schools: in at least one grade level as part of required year-round instruction	2	1	0	N/A
• High schools: in two courses required for graduation	2	1	0	N/A
Nutrition education is part of a systematic and structured unit of instruction.	2	1	0	N/A
Healthy eating, physical activity and the school meal program are actively promoted to students, parents, school staff, and the community at school registrations, parent-teacher meetings, open houses, in-services, etc.	2	1	0	N/A
Staff is provided with educational opportunities (distribution of educational materials, presentations, workshops, etc.) to learn about nutrition and physical activity, including how to integrate them into core instruction.	2	1	0	N/A
Advertisements within the school reinforce the goals of health education and nutrition standards.	2	1	0	N/A
Teachers have adequate materials and resources to provide current nutrition education in the classroom.	2	1	0	N/A
Nutrition education opportunities are offered to parents and families.	2	1	0	N/A
Parents have the opportunity to volunteer for wellness-related activities at school.	2	1	0	N/A
School participates in Chef in the Classroom program, teaching students how to cook fresh meals.	2	1	0	N/A
School participates in Farmer in the Classroom program, teaching students about where food comes from.	2	1	0	N/A
School has a garden, and students are active participants in the garden.	2	1	0	N/A
School wellness is incorporated into school's Universal Improvement Plan (UIP).	2	1	0	N/A

Total Score: $\frac{16}{26} = 61.5\%$
22

Healthy Eating Opportunities & Practices	Fully in Place	Partly in Place	Not in Place	Not Applicable
Students have access to healthful food choices in the school cafeteria.	2	1	0	N/A
Students have adequate time to eat lunch every day.	2	1	0	N/A
Access to vending machines, school stores, and other venues that contain foods of minimal nutritional value are restricted to students during meal periods.	2	1	0	N/A
Nutrition information is accessible to students and their parents concerning the nutritional content of foods and beverages sold through school meal programs.	2	1	0	N/A
100% of fundraisers sold during the school day are non-food items.	2	1	0	N/A
Fundraisers sold outside of the school day are primarily non-food items or healthy food items.	2	1	0	N/A
Food is not used as a reward or punishment.	2	1	0	N/A
Cafeteria atmosphere is clean, inviting and offers a pleasant eating environment (artwork, plants, natural light, health education information, reduced noise).	2	1	0	N/A
100% of foods and beverages available during school parties are healthy items.*	2	1	0	N/A
100% of foods sold at student stores are healthy items.*	2	1	0	N/A
100% of vending machine food items are healthy.*	2	1	0	N/A
100% of vending machine beverage items are healthy.*	2	1	0	N/A
Sugar sweetened beverages (soda, energy drinks, sugar sweetened teas, sports drinks) are prohibited from the cafeteria in elementary and middle schools.	2	1	0	N/A
Appropriate portion sizes, per MyPlate recommendations, are promoted whenever foods are available.	2	1	0	N/A

Staff encourages students to take and eat fruits and vegetables in the lunchroom. However, students are not forced to eat or finish their plate.	2	1	0	N/A
Students have access to drinking water and is readily available at all times.	2	1	0	N/A
Families, teachers, students, and school officials provide input on the school meal program menu offerings.	2	1	0	N/A
School has PTO/PTA that supports school wellness team.	2	1	0	N/A
**"Healthy" foods and beverages: <ul style="list-style-type: none"> • <u>Not more than</u> 30% of total calories of the food item, excluding nuts or seeds, are from fat • <u>Not more than</u> 10% of total calories of the food item, excluding reduced-fat cheeses, nuts or seeds and nut butters, are from saturated fat • <u>Not more than</u> 35% of the total weight of food item, excluding fruits or vegetables, is composed of sugar • Elementary School beverage categories: bottled water, unflavored fat-free and low-fat milk and milk alternatives by NSLP/SBP; 100% juice without added sweeteners (≤8 oz. and ≤120 calories per 8 oz.) • Middle School beverage categories: bottled water, unflavored fat-free and low-fat milk and milk alternatives by NSLP/SBP; 100% juice without added sweeteners (≤10 oz. and ≤ 120 calories per 8 oz.) • High School beverage categories: also includes zero or low calorie beverages with up to 10 calories/8 oz.; other drinks, up to 12 oz. servings with no more than 99 calories/ 12 oz.; no diet soda or energy drinks; 100% juice without added sweeteners (≤12 oz. and ≤ 120 calories per 8 oz.) 				

Total Score: $20/36 = 100\%$
20

Physical Activity	Fully in Place	Partly in Place	Not in Place	Not Applicable
Fitness-assessments are administered each year to help students determine their own level of fitness and create their own fitness plans.	2	1	0	N/A
Health-promotion activities are available that encourage physical activity, such as speakers, recreational demonstrations, and walking clubs.	2	1	0	N/A
Physical-activity is promoted in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	2	1	0	N/A
According to school schedule, students receive a minimum amount of physical activity minutes (includes, but is not limited to, exercise programs, fitness breaks, recess, classroom activities that include physical activity, and PE classes). (Average score if more than one schedule applies)				
<ul style="list-style-type: none"> • 5 days/week, full day: 600 minutes per month 	2	1	0	N/A
Physical activity opportunities (i.e. recess) are not withheld as a punishment.	2	1	0	N/A
Physical activity is never required as a form of punishment.	2	1	0	N/A
Full-day students are provided with unstructured daily opportunities for physical activity, such as recess.	2	1	0	N/A
Students receive adequate recess time every day.	2	1	0	N/A
Students are active during recess.	2	1	0	N/A
Teachers incorporate physical activity into other subject areas (i.e. reading, math, science, social studies).	2	1	0	N/A
The school has adequate physical activity equipment for PE, recess, etc.	2	1	0	N/A
Teachers utilize Vitamin D breaks daily.	2	1	0	N/A
Indoor and outdoor facilities are safe and adequate so that PE classes are not displaced by other activities.	2	1	0	N/A
Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.	2	1	0	N/A
The physical activity program provides maximum participation for every student (inclusion, no elimination games, all students are active at once, etc.)	2	1	0	N/A
Walking and bicycling to school is promoted through Walking School Buses, Bike Trains, or daily/weekly walking and biking competitions.	2	1	0	N/A
Staff actively engage with students during recess to encourage participation.	2	1	0	N/A
Recess is offered before lunch for all students.	2	1	0	N/A
The school provides community access to the school's physical activity facilities outside of the normal school day.	2	1	0	N/A

Total Score: $30/38 = 79\%$

Please return to:
Wellness Specialist
D6 Nutrition Services
District6-Wellness@greeleyschools.org
Fax: 970-348-6630



School Wellness Assessment

Date: 9-18-19 School: HYFS - TLC
 Assessors' name(s): Monte Mister, Tammie Maschhoff, Courtney Crocker, Zaddie Sharkey, Clarice Fortney, Tonya Maines, Terri Rennegarbe

Comprehensive Learning Environment	Fully in Place	Partly in Place	Not in Place	Not Applicable
Age-appropriate instruction is provided to students that teaches lifelong healthy eating habits and healthy levels of physical activity.	2	1	0	N/A
Nutrition education is included: (If more than one applies, average score)				
• Elementary schools: for at least half, but no fewer than two, of the grade levels in the school.	2	1	0	N/A
• Middle schools: in at least one grade level as part of required year-round instruction	2	1	0	N/A
• High schools: in two courses required for graduation	2	1	0	N/A
Nutrition education is part of a systematic and structured unit of instruction.	2	1	0	N/A
Healthy eating, physical activity and the school meal program are actively promoted to students, parents, school staff, and the community at school registrations, parent-teacher meetings, open houses, in-services, etc.	2	1	0	N/A
Staff is provided with educational opportunities (distribution of educational materials, presentations, workshops, etc.) to learn about nutrition and physical activity, including how to integrate them into core instruction.	2	1	0	N/A
Advertisements within the school reinforce the goals of health education and nutrition standards.	2	1	0	N/A
Teachers have adequate materials and resources to provide current nutrition education in the classroom.	2	1	0	N/A
Nutrition education opportunities are offered to parents and families.	2	1	0	N/A
Parents have the opportunity to volunteer for wellness-related activities at school.	2	1	0	N/A
School participates in Chef in the Classroom program, teaching students how to cook fresh meals.	2	1	0	N/A
School participates in Farmer in the Classroom program, teaching students about where food comes from.	2	1	0	N/A
School has a garden, and students are active participants in the garden.	2	1	0	N/A
School wellness is incorporated into school's Universal Improvement Plan (UIP).	2	1	0	N/A

Total Score: $\frac{16}{22} = 73\%$

Healthy Eating Opportunities & Practices	Fully in Place	Partly in Place	Not in Place	Not Applicable
Students have access to healthful food choices in the school cafeteria.	2	1	0	N/A
Students have adequate time to eat lunch every day.	2	1	0	N/A
Access to vending machines, school stores, and other venues that contain foods of minimal nutritional value are restricted to students during meal periods.	2	1	0	N/A
Nutrition information is accessible to students and their parents concerning the nutritional content of foods and beverages sold through school meal programs.	2	1	0	N/A
100% of fundraisers sold during the school day are non-food items.	2	1	0	N/A
Fundraisers sold outside of the school day are primarily non-food items or healthy food items.	2	1	0	N/A
Food is not used as a reward or punishment.	2	1	0	N/A
Cafeteria atmosphere is clean, inviting and offers a pleasant eating environment (artwork, plants, natural light, health education information, reduced noise).	2	1	0	N/A
100% of foods and beverages available during school parties are healthy items.*	2	1	0	N/A
100% of foods sold at student stores are healthy items.*	2	1	0	N/A
100% of vending machine food items are healthy.*	2	1	0	N/A
100% of vending machine beverage items are healthy.*	2	1	0	N/A
Sugar sweetened beverages (soda, energy drinks, sugar sweetened teas, sports drinks) are prohibited from the cafeteria in elementary and middle schools.	2	1	0	N/A
Appropriate portion sizes, per MyPlate recommendations, are promoted whenever foods are available.	2	1	0	N/A

Staff encourages students to take and eat fruits and vegetables in the lunchroom. However, students are not forced to eat or finish their plate.	2	1	0	N/A
Students have access to drinking water and is readily available at all times.	2	1	0	N/A
Families, teachers, students, and school officials provide input on the school meal program menu offerings.	2	1	0	N/A
School has PTO/PTA that supports school wellness team.	2	1	0	N/A

"Healthy" foods and beverages:

- **Not more than** 30% of total calories of the food item, excluding nuts or seeds, are from fat
- **Not more than** 10% of total calories of the food item, excluding reduced-fat cheeses, nuts or seeds and nut butters, are from saturated fat
- **Not more than** 35% of the total weight of food item, excluding fruits or vegetables, is composed of sugar
- Elementary School beverage categories: bottled water, unflavored fat-free and low-fat milk and milk alternatives by NSLP/SBP; 100% juice without added sweeteners (≤8 oz. and ≤120 calories per 8 oz.)
- Middle School beverage categories: bottled water, unflavored fat-free and low-fat milk and milk alternatives by NSLP/SBP; 100% juice without added sweeteners (≤10 oz. and ≤ 120 calories per 8 oz.)
- High School beverage categories: also includes zero or low calorie beverages with up to 10 calories/8 oz.; other drinks, up to 12 oz. servings with no more than 99 calories/ 12 oz.; no diet soda or energy drinks; 100% juice without added sweeteners (≤12 oz. and ≤ 120 calories per 8 oz.)

Total Score: $20/36 = 55\%$
 $20/20 = 100\%$

Physical Activity	Fully in Place	Partly in Place	Not in Place	Not Applicable
Fitness-assessments are administered each year to help students determine their own level of fitness and create their own fitness plans.	2	1	0	N/A
Health-promotion activities are available that encourage physical activity, such as speakers, recreational demonstrations, and walking clubs.	2	1	0	N/A
Physical-activity is promoted in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	2	1	0	N/A
According to school schedule, students receive a minimum amount of physical activity minutes (includes, but is not limited to, exercise programs, fitness breaks, recess, classroom activities that include physical activity, and PE classes). (Average score if more than one schedule applies)				
<ul style="list-style-type: none"> • 5 days/week, full day: 600 minutes per month 	2	1	0	N/A
Physical activity opportunities (i.e. recess) are not withheld as a punishment.	2	1	0	N/A
Physical activity is never required as a form of punishment.	2	1	0	N/A
Full-day students are provided with unstructured daily opportunities for physical activity, such as recess.	2	1	0	N/A
Students receive adequate recess time every day.	2	1	0	N/A
Students are active during recess.	2	1	0	N/A
Teachers incorporate physical activity into other subject areas (i.e. reading, math, science, social studies).	2	1	0	N/A
The school has adequate physical activity equipment for PE, recess, etc.	2	1	0	N/A
Teachers utilize Vitamin D breaks daily.	2	1	0	N/A
Indoor and outdoor facilities are safe and adequate so that PE classes are not displaced by other activities.	2	1	0	N/A
Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.	2	1	0	N/A
The physical activity program provides maximum participation for every student (inclusion, no elimination games, all students are active at once, etc.)	2	1	0	N/A
Walking and bicycling to school is promoted through Walking School Buses, Bike Trains, or daily/weekly walking and biking competitions.	2	1	0	N/A
Staff actively engage with students during recess to encourage participation.	2	1	0	N/A
Recess is offered before lunch for all students.	2	1	0	N/A
The school provides community access to the school's physical activity facilities outside of the normal school day.	2	1	0	N/A

Total Score: $30/38 = 79\%$

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