

Wellness Policy Implementation Assessment Results – 2023

Every three years the Wellness Policy is formally reviewed and updated as needed. As part of the review, programs complete an assessment rating their compliance with the specific requirements of the policy. The assessment tool is adapted from the WellStat tool. There are six primary areas of the policy. The rating scale is a five-point scale with 1= fully comply and 5 = not in place at all.

The overall average score for the programs was 1.36 (most fully comply). Below are the strengths and areas of improvement noted for each area.

Policy Area	Strengths	Areas of improvement
NUTRITION	Meals offer the various food groups and there is promotion of healthy choices.	Improve offering healthier options for celebrations Identify and implement alternatives to using food as an incentive or reward.
PHYSICAL ACTIVITY	Youth are offered a variety of physical activity opportunities	Offer more PA opportunities after school.
STAFF QUALIFICATIONS	Food Service Staff meet hiring and annual continuing education/training requirements.	More training for general staff as appropriate to their role is needed.
WELLNESS COMMITTEES	Goals are established each year that address the key categories.	More involvement from parent/clients in goal development and status is needed.
IMPLEMENTATION, EVALUATION, AND COMMUNICATION	The wellness policy is assessed and updated as needed, every three years. It is posted on HomeBase for all staff to have access as well as posted on the website for parent/family member access.	Increased awareness on how to access of the policy and assessment results on the website.
WELLESS PROMOTON	Posters/handouts that support healthy eating and physical activity are visible.	Vary promotional materials more frequently.
PHYSICAL HEALTH EDUCATION	There is written physical education curriculum at the schools. Teachers provide a range of opportunities for the students.	Ensuring Teacher qualifications/physical health training.
NUTRITION HEALTH EDUCATION	There is written nutritional education curriculum at the schools.	Ensuring Teacher qualifications/nutrition training.