

School Town of Speedway Health Evaluation Results

The school corporation shall have a diverse Local Wellness Committee which will routinely evaluate and recommend modifications to the policy and school practices to improve the overall effectiveness of this policy and its procedures.

The local wellness committee will meet a minimum of one time per semester to share information regarding initiatives and to consider recommendations. In accordance with Indiana Code 20-26-9-18, the Coordinated School Health Advisory Council will include: Parents; Food Service Staff; Students; Health Care professionals; School Board members; School Administrators; Physical Education Teachers; Classroom Teachers; Representatives of community organizations; and School Nurses, Speedway Parks Department, and the general public. The Assistant Superintendent, Mr. John Dizney, is the designated chair of the committee. Each year the wellness committee will review and update their goals for nutrition education, nutrition promotion, physical activity, and other school-based activities.

Healthy School Environment Rubric

The Healthy School Environment Rubric can be used to measure the extent of implementation of school wellness activities within individual schools. The rubric is intended to be completed by individual school principals. It will be used by district's wellness committees to help focus and support healthy initiative in our schools.

Healthy School Environment Rubric

Use the rubric to score your programs or policies in the following areas:

1 = not in place, 2 = in development, 3 = progressing toward full implementation, 4 = successfully implemented

I. Coordinated School Health (CSH) Advisory Council

1. There is a representative from the school on the CSH Advisory Council.

1 2 3 4 NA

2. Information regarding the CSH Advisory Council is given to school staff on a regular basis.

1 2 3 4 NA

3. The Wellness Policy is available to all school staff members.

1 2 3 4 NA

II. School Activities

4. The school promotes policies and environmental changes to promote a healthy, active lifestyle for students.

1 2 3 4 NA

5. At least two activities are offered each year to support student wellness.

1 2 3 4 NA

6. Students are offered opportunities for daily physical activity.

1 2 3 4 NA

7. Elementary students receive 30 of the recommended 60 minutes of physical activity before, during

and/or directly after school.

1 2 3 4 NA

8. Students and families have access to resources from the school on exercise, nutrition, and other health issues related to eating and physical activity.

1 2 3 4 NA

9. The school communicates its wellness activities with families through newsletters, school website or other appropriate channels.

1 2 3 4 NA

III. Recess

10. All elementary students have recess on a daily basis.

1 2 3 4 NA

11. If the weather does not allow going outside for recess, there is a back-up plan in place that includes physical activity.

1 2 3 4 NA

12. The students are encouraged to be physically active during recess.

1 2 3 4 NA

13. The students have recess prior to lunch.

1 2 3 4 NA

14. Students are not denied recess or other physical activity as a form of punishment.

1 2 3 4 NA

IV. Activities Outside of School Hours

15. Students are permitted to walk and bike to school.

1 2 3 4 NA

16. Families and community members have regular access to school facilities during non-school hours through our community parks program.

1 2 3 4 NA

V. Non-PE Curriculum

17. Health is being taught by classroom teachers (elementary), physical education teachers or health education teachers.

1 2 3 4 NA

18. The school encourages movement in the classroom within the core curriculum.

1 2 3 4 NA

19. Students receive nutritional education in multiple ways at all schools.

1 2 3 4 NA

VI. Physical Education

20. There is an up-to-date copy of the PE equipment inventory.

1 2 3 4 NA

21. PE teachers encourage students to stay active throughout the PE class period.

1 2 3 4 NA

22. PE is taught by a qualified instructor who is licensed to teach physical education.

1 2 3 4 NA

23. PE teachers receive professional development opportunities on a yearly basis.

1 2 3 4 NA

VII. School Nutrition

24. The food service staff and teachers provide a pleasant eating environment for students.

1 2 3 4 NA

25. Students are given adequate time to eat lunch (at least 20 minutes).

1 2 3 4 NA

26. The school discourages withholding food or meals as a form of punishment.

1 2 3 4 NA

27. The school discourages the use of food as a reward in classroom activities.

1 2 3 4 NA

28. The school uses non-food items for fundraising activities. The school follows the state guidelines for exempted fundraising. (2014-No more than two exemptions per year for fundraising involving the sale of food and/or beverages not meeting the nutritional standards for Smart Snacking and occurring during the school day. The maximum duration of an exempt fundraiser is one day.)

1 2 3 4 NA

(This rubric was adapted from the Indianapolis Public Schools Corporation)

HEALTHY SCHOOL ENVIRONMENT RUBRIC May 2017						
	FISHER	NEWBY	ALLISON	WHEELER	JUNIOR HIGH	HIGH SCHOOL
I.	COORDINATED SCHOOL HEALTH (CSH) ADVISORY COUNCIL					
1.	4	4	4	4	4	4
2.	4	4	4	4	4	4
3.	4	4	4	4	4	4
II.	SCHOOL ACTIVITIES					
4.	4	4	4	4	4	4
5.	4	4	3	4	4	4
6.	4	4	4	4	4	4
7.	4	4	4	4	N/A	N/A
8.	4	4	4	4	3	4
9.	4	4	3	3	3	4
III.	RECESS					
10.	4	4	4	4	N/A	N/A
11.	4	4	4	4	N/A	N/A
12.	4	4	4	4	N/A	N/A
13.	1	1	N/A	N/A	N/A	N/A
14.	4	4	4	4	N/A	N/A
IV.	ACTIVITIES OUTSIDE OF SCHOOL HOURS					
15.	4	4	4	4	4	4
16.	4	4	N/A	4	4	4
V.	NON-PE CURRICULUM					
17.	4	4	4	4	3	4
18.	4	4	4	4	4	4
19.	4	4	4	4	4	4
VI.	PHYSICAL EDUCATION					
20.	4	3	4	4	4	4
21.	4	4	4	4	4	4
22.	4	4	4	4	4	4
23.	4	4	4	4	4	4
VII.	SCHOOL NUTRITION					
24.	4	4	4	4	4	4
25.	4	4	4	4	4	4
26.	4	4	4	4	4	4
27.	4	4	4	3	3	4
28.	4	4	4	4	4	4

SCHOOL TOWN OF SEEDWAY HEALTH GOALS ACHIEVED 2017-2018

Category	Goal	Date to be Completed	Strategies/Activities to Achieve Goal	Responsible Party	Goals Completed 100% Completed (List additional activities)
NUTRITION PROMOTION					100% Completed
Nutrition	#1 Nutritional values will be provided for the school lunch menu.	June 1, 2017	<ul style="list-style-type: none"> • Nutritional values will be posted on the school website • Monthly nutritional blurbs will be included on the school's menu 	<ul style="list-style-type: none"> • District Webmaster • Aramark Foods Director 	<ul style="list-style-type: none"> • Summer Lunch Program • Website (cafeteria) • Signage in cafeteria
Nutrition	#2 Students will know what makes a healthy meal	June 1, 2017	<ul style="list-style-type: none"> • Elementary students will complete a Choose MYPlate.gov unit • Secondary Students will complete a unit on healthy eating 	<ul style="list-style-type: none"> • Elementary Art Class • Junior High Health Teacher • High School Health Teacher 	<ul style="list-style-type: none"> • Elementary Art complete My Plate activities • SHS health poster produced • Jr High Health classes
NUTRITION AND HEALTH EDUCATION					100% Completed

<p>Nutrition Education</p>	<p>#1 Each school will provide opportunity for students to complete one health class project in grades K-3; 4-6; JH and HS</p>	<p>June 1, 2017</p>	<ul style="list-style-type: none"> • Concussion Awareness and Training • Genius Projects • Research • Reports 	<ul style="list-style-type: none"> • Elementary Teachers • Junior High Health Teacher • High School Health Teacher 	<ul style="list-style-type: none"> • Health class posters • Health class project base activities (caloric intake vs. expenditure) • Class reports
<p>Nutrition Education</p>	<p>#2 Each school will promote one nutritional activity per year</p>	<p>June 1, 2017</p>	<ul style="list-style-type: none"> • Professor Popcorn • Create menus in health class • Health Nutritional Value Unit 	<ul style="list-style-type: none"> • Elementary Principals • Junior High Health Teacher • High School Health Teacher 	<ul style="list-style-type: none"> • Class projects
<p>PHYSICAL ACTIVITY</p>					<p>100% Completed</p>
<p>Physical Activity</p>	<p>#1 All students will have opportunity to walk or ride bikes to school</p>	<p>June 1, 2017</p>	<ul style="list-style-type: none"> • Walking and bike riding procedures are in place • Sidewalks and bike racks are maintained at each school. 	<ul style="list-style-type: none"> • School Level administrators • Director of Facilities 	<ul style="list-style-type: none"> • Fisher-May 23rd-24th grade level Park Day • Allison-Fit pal grant to provide teachers and student activities

<p>Physical Activity</p>	<p>#2 Elementary students will have daily recess; Junior High and High School students will have required PE courses and options for elective PE</p>	<p>June 1, 2017</p>	<ul style="list-style-type: none"> • Elementary schedule will include recess in addition to physical education. • JH students will have one semester of PE/Health HS students will complete a minimum of two semesters of PE for graduation 	<ul style="list-style-type: none"> • Elementary teachers will maintain a grade level recess • JH administrators HS guidance 	<ul style="list-style-type: none"> • 7th grade 1 semester • 8th grade 3 semesters • SHS Summer elec. PE • SJHS Summer enrichment PE • Brain breaks expanding at all levels • Schedules include recess (elementary) • Elementary PE on rotation
<p>OTHER SCHOOL BASED ACTIVITY</p>					<p>100% Complete</p>
<p>Other School Based Activity</p>	<p>#1 Students will have access to facilities for physical activity after school hours</p>	<p>June 1, 2017</p>	<ul style="list-style-type: none"> • Playgrounds at all schools are accessible after school • Secondary intramurals provide physical activities 	<ul style="list-style-type: none"> • Director of Facilities monitors playground maintenance • ECA intramural coaches 	<ul style="list-style-type: none"> • ECA schedule • Schedule maintenance repairs/landscape/update exercise equipment • 60 students completed Pres. Physical Fitness Test • Wheeler-Golf Club/Running Club • Elementary Summer Enrichment options

					<ul style="list-style-type: none"> • Fundraiser-Read-a-thon instead of food related • Wheeler Renovation- Restrooms to promote privacy and hand washing • Water inspection by Speedway Waterworks • 24 staff members trained in CPR/AED • All SHS health classes complete CPR/AED • SHS Blood Drive Fall/Winter • IOA Summer PE online option SHS • 1st grade dental screenings • Wellness Policy Board approved December 2016
Other School Based Activity	#2 Students will receive information of town park's department activities	June 1, 2017	<ul style="list-style-type: none"> • Students will receive registration for information park department classes 	<ul style="list-style-type: none"> • Elementary students will take calendars home • Secondary administrators will promote parks classes/info will be available in the office 	<ul style="list-style-type: none"> • JH walk to IMS for M STEM walk • Summer flyers distributed by May 1, 2017 • Regular distribution of flyers