

Dubuque Community School District
Wellness Policy Assessment Report Card

Food & Nutrition Services Department	
Engage students and parents in selecting food offered through NSLP and NSBP to promote healthy choices.	★ ★
Share nutritional information about the nutritional content of food and meals with parents and students	★ ★ ★
Food Service Staff	
Provide staff development programs that include appropriate certification and/or training programs for managers and cafeteria workers, according to their levels of responsibility.	★ ★ ★
Food Safety	
Follow food safety and security guidelines	★ ★ ★
Follow Hazard Analysis Critical Control Points plan and guidelines that are implemented to prevent foodborne illness	★ ★
Sharing of Foods	
Discourage students from sharing food or beverages with one another during meal or snack times	★ ★ ★
School Meals: NSLP & NSBP	
Meet nutrition requirements established by local, state, and federal law set forth by the Health Hunger Free Kids Act 2010.	★ ★ ★
Continually plan to improve infrastructure in elementary buildings to enhance the existing breakfast programs	★ ★
Not deny any food or beverages as means of punishment or behavior modification	★ ★ ★
Notify parents and students of availability of NSBP.	★ ★
Encourage parents to provide a healthy breakfast for their children at home or at school through education materials.	★
Have water available in service areas during meal times	★ ★ ★

Free & Reduced- Priced Meals	
Promote availability of all meals to all students	★ ★ ★
Make very, effort to eliminating social stigma attached to free and reduced meals	★ ★ ★
Meal Times and Scheduling	
Allow adequate time to receive and consume meals.	★ ★ ★
Not schedule tutoring, club or organizational meetings or activities during mealtimes	★ ★ ★
Provide access to hand washing and when not available, hand sanitizing before they eat	★ ★ ★
Beverage and Food: Sold	
All food/beverages sold to students outside lunch and breakfast meet Smart Snack Guidelines	★ ★
Special Events: Snacks, Rewards, Celebrations, and Fundraising	
Emphasize that snacks served during the school day should make a positive contribution to student’s diets.	★ ★
Discourage use of food or beverages as rewards, but if used, recommend food or beverages conform to nutritional guidelines	★
Promote that schools conform to the nutritional guidelines in the policy for snacks, rewards, celebrations and fundraisers by providing information about options	★
Nutrition Education & Promotion	
Nutrition Education is offered as part of the age-appropriate and standards base program	★ ★ ★
Nutrition Education includes providing education and resources for teachers and staff regarding curriculum.	★ ★ ★
Promote enjoyable developmentally appropriate, culturally relevant participatory activities such as contests, promotions, taste-testing, farm visits, and community gardens.	★

Promote fruits, vegetables, whole-grain, low-fat, and fat-free dairy consumption	★
Advocate for family engagement	★
Physical Education	
Physical education includes students with disabilities.	★ ★ ★
Engage students in moderate to vigorous activity during at least 75% of physical education class time.	★ ★ ★
Allow students to earn the required credits for designated courses in health education	★ ★ ★
Meets regularly for a period of approximately 45 minutes per session at the middle school level	★ ★ ★
Promote the recommended 60 minutes or more of moderate to vigorous daily physical activity.	★
Physical education is taught by certified physical education teacher	★ ★ ★
Meets as often as schedules allow at the elementary level.	★ ★ ★
Physical Activity Opportunities after school	
Offer extracurricular physical activity programs, such as physical activity clubs or intramural programs	★ ★ ★
Offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and health care needs.	★ ★ ★
Partner with community agencies to offer a maximum number of physical activity opportunities	★ ★ ★
Publicize and promote participation in community events and programs that involve physical activity.	★
Daily Recess	
Provide at least 2 recesses totaling at least 40 minutes per day (Elementary only)	★
Recesses encourages moderate to vigorous physical activity verbally and through the provision of space and equipment (Elementary only)	★ ★

Integrating Physical Activity into the Classroom	
Offer classroom health education that complements physical education	★ ★ ★
Encourage physical activity to be incorporated into other subject lessons.	★
Encourage classroom teachers to provide short physical activity breaks during lessons or classes	★
Physical Activity and Punishment	
Recess or physical activity is not withheld as punishment or consistently to make up work	★ ★
Physical activity is not used as a punishment, such as recess and physical education class	★ ★ ★
Physical activity is allowed to be used as an accommodation for students demonstrating specific need for activity.	★ ★

Green = >80% assessments report having policy fully in place; ★ ★ ★

Yellow = 50 – 80% assessments report having policy fully in place; ★ ★

Red = <50% assessments report having the policy fully in place; ★

The results of the assessment show the progress of meeting the DCSD Wellness Policy. There were 18/21 responses to the assessment.