

Wellness Policy Assessment Tool

Form 357 Rev 8/17

This template provides information on wellness policy goals and practices within RePublic Schools. 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. Triennial assessment is required by USDA, annual assessments are strongly encourage in most states.

SFA/District Name #13 Miami-Dade County

Policy Reviewer Wellness Advisory Comm.

School Name

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:

Administrators School Food Service Staff P.E. Teachers Parents
 School Network Team School Health Professionals Students Public

Person in charge of compliance:

Name/Title:

The policy is made available to the public.

Indicate How:

Our policy goals are measured and the results are communicated to the public.

Please describe:

Our district completes triennial reviews of the wellness policy. If more frequently, please describe:

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.

(Cont. on page 2)

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

VI. Additional Info: Indicate any additional wellness practices and/or future goals used to establish a school environment that promotes students' health, well-being, and ability to learn. Describe progress made in attaining these goals.

For further details, please see the attached summary of the Wellness Policy Assessment Tool.

VII. 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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WELLNESS POLICY ASSESSMENT TOOL SUMMARY

Amendment of Wellness Policy

- The initial reading of the document titled "Proposed Amendments to Board Policy 8510: *Wellness Policy*" occurred during the Miami-Dade County Public Schools (M-DCPS) School Board Meeting on June 18, 2024. The final reading of this policy occurred at the School Board Meeting on July 24, 2024. (Refer to the attachments for more information.)
- The amended board policy is available on the Department of Food and Nutrition's website at <https://mdcpsnutrition.net/wellness/> in three languages: English, Spanish, and Creole. Additionally, the board policy can be accessed through the Miami-Dade County Public Schools website, specifically in the School Board Policy Manual at <https://www3.dadeschools.net/SchoolBoard/policies/home>.

Wellness Policy Training/Information

- Food service staff received information and training regarding the wellness policy during the Opening of School meeting on August 9, 2025, and the district-wide meeting on October 3, 2024. Furthermore, schools have year-round access to training sessions on the School Food Handler training site.

The following information is an extension of the Wellness Policy Assessment Tool:

SECTION II. NUTRITION EDUCATION

Nutrition Education

The Wellness Policy does not include specific, measurable objectives for nutrition education. Nutrition education is offered to schools through community partnerships and the Fresh Fruit and Vegetable Program grant.

SECTION VI. ADDITIONAL INFORMATION

School Wellness/Healthy School Team Action Plan

School principals receive weekly briefings during the academic year that provide updates on the School Wellness/Healthy School Team Action Plan. The district's Wellness Policy is monitored through this action plan. Each school is required to complete the action plan, post it on its website, and provide a copy to the food service manager for display in the cafeteria. The Nutrition Program Supervisor offers ongoing support to schools by conducting site visits to ensure compliance with the wellness policy.

Wellness Practices and Future Goals for a Healthy School Environment

The Department of Food and Nutrition will continue to manage the district's Wellness Policy and provide guidance to schools throughout the academic year.