Echols County Schools

Wellness Assessment Tool 2018-2019

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| --- | --- | --- |
| Goal | Measure | Outcome |
| Echols County Schools will establish a wellness committee that:   * meets 4 times yearly * reviews/updates the wellness policy annually | List of wellness committee members and sign in sheet for 4 meetings and agenda for meeting that involved review and update of policy. | 4 |
| Echols County Schools will strive to have at least 60% of staff members involved in one or more wellness activity throughout the year. | Data collected from participation through Microsoft Forms | 4  Aug – 63%  Sept – 64%  Oct – 62%  Nov 63%  Dec – 61%  Jan – 63%  Feb – 63%  March – 62%  Apr – 63%  May – 64% |
| Echols County Schools will increase physical activity within the classrooms daily to include an additional 30 minutes outside of physical education classes. (At least 12 classrooms participate every month.) | Data collected from participation through Microsoft Forms on a monthly basis. | 3  Aug – 11  Sept – 14  Oct – 13  Nov – 14  Dec -13  Jan - 12  Feb – 9  Mar – 8  Apr – 8  May - 8 |
| Echols County Schools will have a wellness policy that mirrors the model wellness policy from the state. | Compare/Contrast our model to the state model using a checklist. | 4 |
| Echols County Schools will be in compliance in with the wellness policy in all areas. A score of 3 or better in all areas will indicate compliance. | Rubric to rate compliance in the areas of: School Wellness Committee, Wellness Implementation, Nutrition, and Physical Activity. The rubric will rate each area from 1-4. (1 being not in compliance and 4 being above standard compliance) | 4 |

Wellness Policy Compliance Rubric for Echols County Schools

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Area | Score 1  (no evidence of compliance) | Score 2  (Little evidence of compliance) | Score 3  (Substantial evidence of compliance) | Score 4  (Evidence of going beyond compliance) |
| School Wellness Committee |  |  |  | X |
| Wellness Implementation |  |  | X |  |
| Nutrition |  |  |  | X |
| Physical Activity |  |  |  | X |

Strengths: Committee Updates and Data, Staff Members involved in activities throughout year.

Areas to Improve: Making teachers knowledgeable about Power Up, Adventure Island and other programs that can help with creating movement in class room.