HUSSC: SL Matrix

HealthierUS School Challenge: Smarter Lunchrooms

Matrix

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **School Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | |
| **Grade Level (Circle one):** Elementary School Middle School High School | | | | |
|  |  |  |  |  |
| **Instructions:** Answer the questions below that pertain only to your school's grade level and award level sought. If you can answer yes to all relevant questions, you're ready to apply! | | | | |
|  |  |  |  |  |
| **Key** | Elementary School = ES; Middle School = MS; High School = HS | | | |
| Bronze = B; Silver = S; Gold = G; Gold Award of Distinction = GAD | | | |
|  | | | | |
|  | | | |  |
| **Grade Level** | **Award Level** | **Requirement** | **Met?** (Yes, No, Don't Know) | **Next Steps** (If you answered "No" or "Don't Know," what are your next steps to turn your response into a "Yes?") |
| **General** | | | | |
| All | All | School is enrolled as a Team Nutrition School. |  |  |
| All | All | School participates in the School Breakfast Program (SBP) and National School Lunch Program (NSLP). |  |  |
| All | All | Reimbursable meals sold meet USDA nutrition standards. |  |  |
|  |  | School Food Authority (SFA) is certified for 6 Cent Certification. |  |  |
| All | All | All corrective actions from school’s most recent State review of school meals program have been completed. |  |  |
| **Smarter Lunchrooms** (See Self-Assessment) | | | | |
| All | B | School selected at least **30** action items in all 6 areas. |  |  |
| All | S/G | School selected at least **50** action items in all 6 areas. |  |  |
| All | GAD | School selected at least **70** action items in all 6 areas. |  |  |
| **Average Daily Participation (ADP)\*** *Calculate based on attendance* | | | | |
| *Breakfast* | | | | |
| ES/MS | B | No ADP requirement. |  |  |
| ES/MS | S | 20% |  |  |
| ES/MS | G | 35% |  |  |
| ES/MS | GAD | 35% |  |  |
| HS | B | No ADP requirement. |  |  |
| HS | S | 15% |  |  |
| HS | G | 25% |  |  |
| HS | GAD | 25% |  |  |
| *Lunch* | | | | |
| ES/MS | B | No ADP requirement. |  |  |
| ES/MS | S | 60% |  |  |
| ES/MS | G | 75% |  |  |
| ES/MS | GAD | 75% |  |  |
| HS | B | No ADP requirement |  |  |
| HS | S | 45% |  |  |
| HS | G | 65% |  |  |
| HS | GAD | 65% |  |  |
| *\*To calculate ADP based on attendance: Average number of lunches served per day divided by the average daily attendance adjusted for non‐access students times 100.* | | | | |
| **Smart Snacks in School** | | | | |
| All | All | [All foods and beverages sold to students during the school day\* meet or exceed the USDA's Smart Snacks in School nutrition standards.](http://www.cde.state.co.us/nutrition/osnsmartsnacksandcompetitivefoodsquickreferenceguide) |  |  |
| All | All | School follows Colorado's fundraising exemptions and guidance (3 per school building for SY 2014-15). |  |  |
| All | S/B | School offers training on Smart Snacks criteria annually to all individuals who are involved in the sale of foods to students on the school campus during the school day. |  |  |
| All | S/B | School does not advertise or market foods and beverages that do not meet Smart Snacks criteria to students (eg, signs and marketing materials promoting these foods are not visible to students on the school campus during the school day). |  |  |
| All | S/B | School has documentation of meeting these criteria including evidence of a written policy and/or written communication/training for school staff and parent organizations. |  |  |
| All | G | Meets criteria for S/B. |  |  |
| All | G | School only permits food-related fundraisers that meet USDA’s Smart Snacks standards, even if the State allows exemptions. |  |  |
| All | G | If foods and beverages are sold to students on the school campus at events outside of the school day (i.e., sporting events, after-school activities, awards ceremonies), then water, fruits, and/or vegetables are also offered and promoted as options. Documentation of meeting these criteria includes a written school policy and/or instructions for those that sell foods to students on the school campus. |  |  |
| All | GAD | Meets G Criteria. |  |  |
| All | GAD | The majority (greater than 50%) of school-sponsored fundraising events conducted outside of the school day includes only non-food items or only foods and beverages that meet or exceed the USDA’s Smart Snacks in School nutrition standards. Documentation includes list of school-sponsored fundraisers during the past year and written policy or guidance. |  |  |
| *\*School day: extends from midnight to 30 minutes past the end of the official school day Outside of the school day: the period of time after the school day (as defined above) to midnight.* | | | | |
| **Nutrition Education** | | | | |
| ES | All | Nutrition education is provided to all full-day students in all grades. |  |  |
| MS | All | Incorporates the latest Dietary Guidelines and MyPlate guidelines and uses Team Nutrition materials. |  |  |
| MS | All | Utilizes multiple channels of communication, including the classroom, cafeteria, and home/parents. |  |  |
| MS | B/S | Offered in at least **1** grade during the school year. |  |  |
| MS | G/GAD | Offered in at least **2** grades. |  |  |
| HS | All | Offered in two courses required for graduation and is part of a structured and systematic unit of instruction within the two courses. |  |  |
| HS | All | Is consistent with the Dietary Guidelines for Americans and MyPlate. |  |  |
| HS | All | Utilizes multiple channels of communication, including the classroom, cafeteria, and home/parents. |  |  |
| **Physical Education (PE)** | | | | |
| ES | All | Structured PE is provided. |  |  |
| ES | B/S | Minimum average of 45\* minutes per week, throughout the school year. |  |  |
| ES | G | Minimum average of 90\* minutes per week, throughout the school year. |  |  |
| ES | GAD | Minimum average 150\* minutes per week, throughout the school year. |  |  |
| MS | All | Structured physical education offered to at least **2** grades. |  |  |
| HS | All | Structured physical education offered in at least **2** courses. |  |  |
| *\*Up to 20 minutes (B/S) and 45 minutes (G/GAD) of the PE requirement may be met by providing structured physical activity planned by a certified PE teacher and implemented by a classroom teacher or school administrator. All students must participate in the physical activities, which must be at least moderate-intensity and in increments of at least 10 minutes.* | | | | |
| **Physical Activity (PA)** | | | | |
| ES | All | PA opportunities are provided each day for all full-day students (i.e., scheduled recess, walking clubs, bike clubs, intramural sports, a walk-to-school program). |  |  |
| ES | All | School reinforces PA/PE messages by neither denying nor requiring physical activity as a means of punishment. |  |  |
| MS/HS | All | School provides students in all grades opportunities to participate in PA (i.e., intramural/interscholastic sports or activity clubs) throughout the school year. |  |  |
| MS/HS | All | School actively promotes participation in PA (in and out of school) to all students. |  |  |
| MS/HS | All | School reinforces PA/PE messages by neither denying nor requiring physical activity as a means of punishment. |  |  |
| **Local School Wellness Policy (LWP)** | | | | |
| All | All | School (or School District) has a LWP |  |  |
| All | All | School can list 3 ways it is working to meet LWP goals (i.e., including LWP goals in your school improvement plan, completing and reporting the results of the School Health Index self-assessment process, meetings of school wellness committee every other month). |  |  |
| All | All | School can demonstrate how parents, students, school administration and staff, and the community are involved in the implementation of the LWP at your school. |  |  |
| All | All | School demonstrates a commitment to prohibit the use of food as a reward (i.e., food is not used to reward students for good behavior or for the completion of an assignment). |  |  |
| **Other Criteria for Excellence** | | | | |
| All | B | School selected at least **2** of the 14 options below. |  |  |
| All | S | School selected at least **4** of the 14 options below. |  |  |
| All | G | School selected at least **6** of the 14 options below. |  |  |
| All | GAD | School selected at least **8** of the 14 options below. (in more than one excellence area). |  |  |
| *Program Outreach Excellence* | | | | |
| * School has implemented innovative practices to increase School Breakfast Program participation, such as Breakfast in the Classroom, Grab and Go options, or vended reimbursable breakfasts. | | |  |  |
| * School operates an afterschool program that offers an afterschool snack or an at-risk afterschool meals component of the Child and Adult Care Food Program (CACFP). | | |  |  |
| * If percentage of free or reduced students is 50% or more, Summer Food Service Program is available. | | |  |  |
| * Implement the Community Eligibility Provision (CEP), if economically feasible. | | |  |  |
| *Excellence in School and Community Involvement in Wellness Efforts* | | | | |
| * School provides annual training to before and after school program staff on physical activity and nutrition. | | |  |  |
| * All school staff will receive annual training on wellness policies and ways to promote nutrition and physical activity. | | |  |  |
| * School partners with one or more community groups or SNAP Education providers to promote wellness. | | |  |  |
| * Students are engaged (via student advisory council, student wellness team, or similar student interest groups) in wellness efforts and have the opportunity to provide input on school food, marketing of school meals, and physical activity options Input from students (when feasible) should be taken and put into action. | | |  |  |
| * School informs public on amount of time allotted for eating lunch Solicits input from students and community members on the amount of time that is adequate for eating lunch. | | |  |  |
| * School offers an afterschool class, workshop or club for students or families focused on healthy cooking techniques. These types of events could take place weekly, monthly, quarterly, or seasonally. | | |  |  |
| *School Food Service Excellence* | | | | |
| * School Food Service Manager is a certified food handler (local or national certification). | | |  |  |
| * School Nutrition Program Director meets or exceeds the minimum education standards required by the Professional Standards proposed rule requirements. | | |  |  |
| * All school nutrition program directors, managers, and staff meet or exceed the annual continuing education/training hours required by the Professional Standards proposed rule requirements. | | |  |  |
| * Farm to School Initiatives | | * Local and/or regional products are incorporated into the school meal program. |  |  |
| * Messages about agriculture and nutrition are reinforced throughout the learning environment. |  |  |
| * School hosts a school garden. |  |  |
| * School hosts field trips to local farms. |  |  |
| * School utilizes promotions or special events, such as tastings, that highlight the local/regional products. |  |  |
| * School has joined the US Food Waste Challenge to recognize efforts to reduce food waste. | | |  |  |
| **Based on your responses to the questions above, do you think your school would qualify for an award?** (circle one) Yes No | | | | |
| **If you responded "yes," which level award do you think you qualify for?** (circle one) B S G GAD | | | | |