Echols County Schools

Wellness Assessment Tool 2019-2020

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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. |  |
| 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 |  |
| 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.  |  |
| 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.  |  |
| 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) |  |

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 |  |  |  |  |
| Wellness Implementation |  |  |  |  |
| Nutrition |  |  |  |  |
| Physical Activity |  |  |  |  |

Strengths:

Areas to Improve: