Diocese of Evansville

School Wellness Policy Evaluation

School Wellness Rubric

School ___Holy Rosary Catholic School ___ **Principal** __Joan Fredrich_____ **Date** _May 2026_

Each of the twelve elements of the School Wellness Plan has multiple criteria. Please evaluate each criteria as being MET or IN PROGRESS for the current school year. ***Results of this evaluation should be utilized to review and revise the School Wellness Plan.***	**MET**	**IN PROGRESS**
I. Wellness Committee		
1. The School Administrator, PE teacher and additional interested faculty or staff are members on the committee.	✓	
2. There are students on the committee.		✓
3. Parents or board members serve on this committee.	✓	
4. Cafeteria or child nutrition manager serves on this committee.	✓	
5. A health care professional serves on this committee.	✓	
6. The Wellness Committee meets at minimum twice annually.	✓	
7. Wellness Coordinator and Title:_____Steven Wattley, Wellness Coordinator___	**n/a**	**n/a**
II. USDA Requirements for School Meals		
1. School meal programs meet minimum nutritional requirements established by the USDA.	✓	
2. Nutritional analysis of menu items is available upon request.	✓	
3. Students are provided with at least 20 minutes to each lunch.	✓	
III. Nutritional Guidelines for All Food and Beverages Sold		
1. Beverages sold meet the requirements in the Wellness Policy.	✓	
2. Food sold outside of the meal program meet Smart Snack Standards.	✓	
3. Vending Machines are not accessible to students during the school day.	✓	
4. The school uses at least 50% non-food items for fundraising.	✓	
5. No more than two fundraising exemptions, each lasting one day in duration, were granted during the school year.	✓	
IV. Nutritional Guidelines for Non-Sold Foods and Beverages		
1. Snacks provided in after-school care and/or extra-curricular programs emphasize fruits, vegetables, whole grains, low-fat dairy products, and water.		✓
2. Celebrations include only healthy food choices, with the exception of one exempt celebration per school year, which allows for an unhealthy food choice opposite of each healthy food choice.	✓	
3. Students bring in food or beverages that are Smart Snack compliant, or no food or beverages at all, to celebrate their birthdays.	✓	
4. Food and beverages are not used as rewards.	✓	

	MET	IN PROGRESS
V. Food and Beverage Marketing		
1. Marketing of food and beverages during the school day is limited to promotion of those items that meet the minimum nutrition guidelines for meals or foods and beverages sold individually.	✓	
2. Promotional materials distributed during the school day do not contain images or wording of food or beverage items that do not meet the minimum nutritional guidelines.	✓	
3. Current marketing contracts that expired this year are renewed under the new marketing guidelines, which promote only the company and not the non-compliant food or beverage.	✓	
VI. Nutrition Education		
1. Nutrition education, within the Health and/or PE curriculum, is taught in all grade levels.	✓	
2. Nutrition and Health education is being taught by either a classroom teacher (elementary grades) or by a teacher who is licensed to teach PE or Health.	✓	
3. The staff responsible for nutrition education, including the cafeteria staff, participates in professional development annually.	✓	
4. Additional School Goal: Develop nutrition goals in partnership with Upgrade Wellness Team as part of Upgrade in Schools, 2025-2026 school year. __		✓ (ongoing)
VII. Nutrition Promotion		
1. Students were introduced to new food choices once per semester by the cafeteria staff.	✓	
2. The cafeteria displays nutrition education posters to encourage healthy eating.	✓	
3. The Wellness Committee has identified two Smarter Lunchroom techniques to implement in the upcoming school year. Technique 1:__Work in progress with the Upgrade Grant Team ____ Technique 2:_____		✓ (ongoing)
4. Elementary and middle school students and families have access to information on exercise, nutrition, and other health topics related to eating and physical activity via *FitFuture Family Newsletter*.	✓	
5. Additional School Goal: __Continued partnership with the Upgrade Team as part of the Upgrade in Schools Grant _____		✓ (ongoing)
VIII. Physical Activity		
1. Classroom teachers provide short physical activity breaks between lessons or classes as appropriate.	✓	
2. School discourages long periods of inactivity. When long periods of inactivity cannot be avoided, the school takes measures to ensure that students are provided with periodic breaks to stand and be moderately active.	✓	
3. All students participate in regular physical education classes, in which they are engaged in moderate to vigorous physical activity for at least 50% of the class.	✓	
4. PE is taught by either a classroom teacher (elementary grades) or by a teacher who is licensed to teach PE.	✓	
5. Professional development is available to PE teachers annually.	✓	

	MET	IN PROGRESS
6. All elementary students have at minimum 20 minutes of supervised recess daily, during which they are encouraged to be physically active.	✓	
7. Physical activity is not used as or withheld from a student as a consequence.	✓	
8. Additional School Goal: _____ _____		
IX. Other Activities		
1. Faculty and staff have access to wellness programs within the school.	✓	
2. School cafeteria staff is hired with the knowledge of the school wellness policy and their responsibility to adhere to it.	✓	
3. Students are permitted to walk and bike to school.	✓	
4. The school offers opportunities for the students, parents, and staff to further their nutritional education and wellness via any of the following methods (check all applicable methods): Health Fair: _____ Seminars:_____ Newsletters:__X___ Handouts:__X_ Internet Information:__X__ Team Nutrition:_____ Other:_____	✓	
5. Additional School Goal: _____ _____		
X. Evaluation		
1. The School Wellness Committee has completed the School Wellness Policy Evaluation annually.	✓	
2. Every three years, beginning with 2017-18, the School Wellness Committee will complete one of the following School Health Environment Assessment Tools and submit the form to the Catholic Schools Office by June 1st. (please check which tool is used): Upgrade Needs Assessment:__X__ USDA WellSAT 3.0:___ Current school year is not assessed per cycle:___	✓	
3. The School Wellness Committee utilized the results of the evaluation to revise the School Wellness Policy for the upcoming school year.	✓	
XI. Person Responsible		
1. The school administrator ensures compliance with the School Wellness Policy.	✓	
2. The school food service staff ensures compliance with the nutrition policies for the school meal program and all food and beverages sold through the cafeteria.	✓	
3. The preschool director ensures compliance with the School Wellness Policy in the Early Learning Setting.	✓	
XII. Communication		
1. The school communicates with stakeholders annually regarding the School Wellness Policy, description of school wellness goals and current level of progress, contact information for the School Wellness Committee, and information on how to join the School Wellness Committee.	✓	
2. The school utilizes at least one of the following channels of communication when communicating information regarding the School Wellness Policy: School Newsletters:__X___ School Website:__X___ School Messenger:__X___ The Message:_____ Other (please specify):_____	✓	

Comparison to Model School Wellness Policies for Triennial Assessment (every three years, beginning with 2018.

Indicate model policy language used for comparison. Links to model policies may be found here.

☐ Alliance for a Healthier Generation: Model Policy

☐ Upgrade Sample Language

☐ Other (please specify):_____

Describe how the school wellness policy compares to model wellness policies.

School Wellness Committee Members:

For the 2026-2027 school year: Alan Wittmer (Health/PE Teacher), Jessica Wood (Parent/Health Professional), Meagan Solomon (Parent/Health Professional), Hank Carley (Parent/PE Teacher), Megan Moskowitz (Parent/Health Advocate), Beth Seward (Teacher), Carolyn Biggs (new Cafeteria Manager), Steven Wattley (Teacher/Upgrade Wellness Coordinator), Joan Fredrich (Principal), and students to be determined in August/September at the start of the school year.

_____

_____

For those criteria that are **IN PROGRESS**, please provide at least ONE specific action item that will be incorporated into the School Wellness Policy for the upcoming year.

Element	Criteria	Action Item
Wellness Committee		During the 2026-2027 school year, we will include students on our wellness committee. They may not be able to attend all after school meetings, but we will be creative in involving them so that they have input and opportunity to represent students regarding wellness at Holy Rosary School.
Nutritional Guidelines		Our afterschool care program emphasizes water, but our primary snack source is pre-packaged items that meet the Smart Snack guidelines. We want to look into additional emphasis on fresh fruits, etc., however, budget, storage, staffing, present ongoing challenges to making this a daily opportunity.
Upgrade in Schools		Having been named an Upgrade in Schools grant recipient, we are excited to be able to move forward in many areas related to health and wellness at HRS.
		Health initiatives that have been accomplished at Holy Rosary School related to our wellness goals, health initiatives, and Upgrade goals include completing our quarter mile outdoor walking path on the playground, adding outdoor playground equipment, creating new equipment storage space, adding equipment for PE classes, trying new initiatives in our lunch program, providing professional development for faculty and incorporating brain breaks and movement in the classroom, and more.

Updated: May 2026