

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. 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.

LEA/District Name Cape Coral Charter Authority Reviewer Maria

School Name Oasis Elementary South Date 3/27/25

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 Board Members ☐ School Health Professionals ☐ Students ☐ Public

☐ We have a designee in charge of compliance.

Name/Title: Maria Thomas - CAFE lead

☒ We make our policy available to the public.

Please describe: online, website, binders in the kitchen

☐ We measure the implementation of our policy goals and communicate results to the public.

Please describe: Email, Verbal & Posters

☒ Our district reviews the wellness policy at least annually.

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

Yes No **VI: Other School Based Wellness Activities**

- ☐ ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- ☐ ☒ We provide training to staff on the importance of modeling healthy behaviors.
- ☐ ☐ We provide annual training to all staff on: ☒ Nutrition ☒ Physical Activity
- ☐ ☐ We have a staff wellness program.
- ☐ ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- ☐ ☐ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- ☐ ☐ We have a recycling /environmental stewardship program.
- ☐ ☒ We have a recognition /reward program for students who exhibit healthy behaviors.
- ☐ ☐ We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name

Position/Title

Email

Phone

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LEA/District Name

Reviewer

School Name Oasis Elementary North

Date 3/28/25

Select all grades: PK ☐ K ☒ 1 ☒ 2 ☒ 3 ☒ 4 ☒ 5 ☒ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐

I. Public Involvement

☐ Yes ☐ No 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 Board Members ☒ School Health Professionals ☒ Students ☐ Public

☐ Yes ☐ No We have a designee in charge of compliance.

Name/Title: Luz Llerena / Cafe manager

☐ Yes ☐ No We make our policy available to the public.

Please describe: Posted online, website, Binders in the Kitchen

☐ Yes ☐ No We measure the implementation of our policy goals and communicate results to the public.

Please describe: Emails, website, Verbal + Posters

☒ Yes ☐ No Our district reviews the wellness policy at least annually.

II. Nutrition Education

☒ Yes ☐ No Our district's written wellness policy includes measurable goals for nutrition education.

☒ Yes ☐ No We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

☒ Yes ☐ No We offer nutrition education to students in: ☒ Elementary School ☐ Middle School ☐ High School

III. Nutrition Promotion

☒ Yes ☐ No Our district's written wellness policy includes measurable goals for nutrition promotion.

☒ Yes ☐ No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☒ Yes ☐ No We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them.

☒ Yes ☐ No We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

☒ Yes ☐ No We ensure students have access to hand-washing facilities prior to meals.

☒ Yes ☐ No We annually evaluate how to market and promote our school meal program(s).

☒ Yes ☐ No We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☐ Yes ☒ No We offer taste testing or menu planning opportunities to our students.

☐ Yes ☐ No We participate in Farm to School activities and/or have a school garden.

☐ Yes ☒ No We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

☒ Yes ☐ No We price nutritious foods and beverages lower than less nutritious foods and beverages.

☒ Yes ☐ No We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☒ à La Carte

☐ Yes ☒ No We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

☐ Yes ☒ No We provide teachers with samples of alternative reward options other than food or beverages.

☒ Yes ☐ No We prohibit the use of food and beverages as a reward.

(Cont. on page 2)

IV. Nutrition Guidelines (Cont. from page 1)

- Yes ☒ No ☐ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- Yes ☒ No ☐ We operate the School Breakfast program: ☒ Before School ☐ In the Classroom ☒ Grab & Go
- Yes ☒ No ☐ We follow all nutrition regulations for the National School Lunch Program (NSLP).
- Yes ☐ No ☒ We operate an Afterschool Snack Program.
- Yes ☒ No ☐ We operate the Fresh Fruit and Vegetable Program.
- Yes ☒ No ☐ We have a Certified Food Handler as our Food Service Manager.
- Yes ☐ No ☐ 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

V. Physical Activity

- Yes ☒ No ☐ Our district's written wellness policy includes measurable goals for physical activity.
- Yes ☒ No ☐ We provide physical education for elementary students on a weekly basis.
- Yes ☒ No ☐ We provide physical education for middle school during a term or semester.
- Yes ☐ No ☒ We require physical education classes for graduation (high schools only).
- Yes ☒ No ☐ We provide recess for elementary students on a daily basis.
- Yes ☒ No ☐ We provide opportunities for physical activity integrated throughout the day.
- Yes ☒ No ☐ We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Yes ☒ No ☐ Teachers are allowed to offer physical activity as a reward for students.
- Yes ☒ No ☐ We offer before or after school physical activity: ☐ Competitive sports ☒ Non-competitive sports ☐ Other clubs

VI. Other School Based Wellness Activities

- Yes ☒ No ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- Yes ☐ No ☒ We provide training to staff on the importance of modeling healthy behaviors.
- Yes ☒ No ☐ We provide annual training to all staff on: ☐ Nutrition ☐ Physical Activity
- Yes ☒ No ☐ We have a staff wellness program.
- Yes ☒ No ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- Yes ☒ No ☐ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- Yes ☒ No ☐ We have a recycling /environmental stewardship program.
- Yes ☐ No ☒ We have a recognition /reward program for students who exhibit healthy behaviors.
- Yes ☒ No ☐ We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name Position/Title

Email Phone

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LEA/District Name Cape Coral Charter Authority Reviewer Karen

School Name Oasis Middle Date 3/25/25

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 Board Members | ☒ School Health Professionals | ☒ Students | ☐ Public |

☐ We have a designee in charge of compliance.

Name/Title: Karen Berg

☐ We make our policy available to the public.

Please describe: online, + walls, Binder in Kitchen - School website

☐ We measure the implementation of our policy goals and communicate results to the public.

Please describe: Verbal + Posters

☐ Our district reviews the wellness policy at least annually.

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. use Produce Company - Fresh

☐ 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 ☒ A 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.

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

Yes No **VI. Other School-Based Wellness Activities**

- ☒ ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- ☐ ☒ We provide training to staff on the importance of modeling healthy behaviors.
- ☒ ☐ We provide annual training to all staff on: ☒ Nutrition ☒ Physical Activity
- ☒ ☐ We have a staff wellness program.
- ☒ ☐ We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- ☒ ☐ We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- ☒ ☐ We have a recycling /environmental stewardship program.
- ☐ ☒ We have a recognition /reward program for students who exhibit healthy behaviors.
- ☒ ☐ We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name

MARY OSSICHAK

Position/Title

Director

Email

Mary.Ossichak@CapeCharterSchools.net

Phone

239 945-1999 x 7115

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LEA/District Name Cape Coral Charter School Reviewer Caroline

School Name Oasis High School Date 3/24/25

Select all grades: PK ☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☒ 10 ☒ 11 ☒ 12 ☒

I. Public Involvement

☒ Yes ☐ No 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 Board Members ☒ School Health Professionals ☒ Students ☐ Public

☒ Yes ☐ No We have a designee in charge of compliance

Name/Title: Jacqueline Collins, Superintendent

☒ Yes ☐ No We make our policy available to the public.

Please describe: Web site, walls, binder

☒ Yes ☐ No We measure the implementation of our policy goals and communicate results to the public.

Please describe: Web site, virtual, posters

☒ Yes ☐ No Our district reviews the wellness policy at least annually.

II. Nutrition Education

☒ Yes ☐ No Our district's written wellness policy includes measurable goals for nutrition education.

☒ Yes ☐ No We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

☒ Yes ☐ No We offer nutrition education to students in: ☒ Elementary School ☐ Middle School ☐ High School

III. Nutrition Promotion

☒ Yes ☐ No Our district's written wellness policy includes measurable goals for nutrition promotion.

☒ Yes ☐ No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

☒ Yes ☐ No We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

☒ Yes ☐ No We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line)

☒ Yes ☐ No We ensure students have access to hand-washing facilities prior to meals.

☒ Yes ☐ No We annually evaluate how to market and promote our school meal program(s).

☒ Yes ☐ No We regularly share school meal nutrition, calorie, and sodium content information with students and families.

☒ Yes ☐ No We offer taste testing or menu planning opportunities to our students.

☐ Yes ☒ No We participate in Farm to School activities and/or have a school garden. We have a Produce Company.

☐ Yes ☒ No We only advertise and promote nutritious foods and beverages on school grounds, (e.g. buildings, playing fields, etc.)

☒ Yes ☐ No We price nutritious foods and beverages lower than less nutritious foods and beverages.

☒ Yes ☐ No We offer fruits or non-fried vegetables in: ☐ Vending Machines ☐ School Stores ☐ Snack Bars ☒ A la Carte

☒ Yes ☐ No We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

☐ Yes ☒ No We provide teachers with samples of alternative reward options other than food or beverages

☒ Yes ☐ No 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.
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- ☐ ☒ 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.
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- ☐ ☐ We offer before or after school physical activity: ☒ Competitive sports ☒ Non-competitive sports ☒ Other clubs

Yes No **VI. Other School Based Wellness Activities**

- ☐ ☐ Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
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VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name

MARY OSSICHAK

Position/Title

Director

Email

Mary.Ossichak@CapeCharterSchools.org

Phone

239-945-1999

25

1. The first part of the document is a letter from the President of the United States to the Congress, dated January 1, 1863. It is a very important document, as it contains the President's annual message to Congress. The letter is written in a formal, dignified style, and it is one of the most important documents in the history of the United States.

2. The second part of the document is a report from the Secretary of the Treasury, dated January 1, 1863. It is a very important document, as it contains the Secretary's annual report to Congress. The report is written in a formal, dignified style, and it is one of the most important documents in the history of the United States.

3. The third part of the document is a report from the Secretary of the Interior, dated January 1, 1863. It is a very important document, as it contains the Secretary's annual report to Congress. The report is written in a formal, dignified style, and it is one of the most important documents in the history of the United States.

4. The fourth part of the document is a report from the Secretary of the War, dated January 1, 1863. It is a very important document, as it contains the Secretary's annual report to Congress. The report is written in a formal, dignified style, and it is one of the most important documents in the history of the United States.

5. The fifth part of the document is a report from the Secretary of the Navy, dated January 1, 1863. It is a very important document, as it contains the Secretary's annual report to Congress. The report is written in a formal, dignified style, and it is one of the most important documents in the history of the United States.

6. The sixth part of the document is a report from the Secretary of the State, dated January 1, 1863. It is a very important document, as it contains the Secretary's annual report to Congress. The report is written in a formal, dignified style, and it is one of the most important documents in the history of the United States.

7. The seventh part of the document is a report from the Secretary of the War, dated January 1, 1863. It is a very important document, as it contains the Secretary's annual report to Congress. The report is written in a formal, dignified style, and it is one of the most important documents in the history of the United States.

8. The eighth part of the document is a report from the Secretary of the Navy, dated January 1, 1863. It is a very important document, as it contains the Secretary's annual report to Congress. The report is written in a formal, dignified style, and it is one of the most important documents in the history of the United States.

9. The ninth part of the document is a report from the Secretary of the State, dated January 1, 1863. It is a very important document, as it contains the Secretary's annual report to Congress. The report is written in a formal, dignified style, and it is one of the most important documents in the history of the United States.

10. The tenth part of the document is a report from the Secretary of the War, dated January 1, 1863. It is a very important document, as it contains the Secretary's annual report to Congress. The report is written in a formal, dignified style, and it is one of the most important documents in the history of the United States.