



Massachusetts Local Wellness Policy Implementation Evaluation Form

School/District: Riverview School
School Year: 2024-2025

Instructions: This form focuses on policy implementation (putting policy into action). Each tab in this form represents a different area of wellness aligned with the requirements and best practices for a written local school wellness policy. Together as a wellness committee, go through each tab in the spreadsheet and evaluate the wellness practices in your district. Be sure to update the wellness standard/practice if needed to align with the language of your district's local wellness policy. Use the dropdown menus provided to identify the implementation status of each practice or standard. Some practices or standards are related to federal and/or state requirements, and are designated with a checkmark. Click on the link underneath the checkmark to access guidance related to the practice or standard. The others are best practices identified in the WellSAT 3.0 local wellness policy assessment. **Completing this form meets the federal requirement for evaluating implementation of the LWP.**



indicates a **federal** requirement



indicates a **state** requirement

Note: The school day is defined as midnight the night before until 30 minutes after the final bell.

Note: Grades K-12 are referenced throughout this form. If the district does not serve certain grades, please apply the practice/standard for all of the grades served.

Form last updated March 2024

Nutrition Education

Nutrition Education Standards/Practices	State and/or Federal Requirement	Implementation Status	Notes/comments about current implementation status	If partially in place or not in place is selected, explain any barrier(s) to implementing this practice:	Priority for this school year? Y/N
Students in grades K-12 receive sequential nutrition education that aligns with state and national education standards.	 Local Wellness Policy Final Rule	Practice is Partially Implemented	Adapted from Health U (UMass Medical School)	* Student cognitive abilities * Student early college program, vocational programing, speech/therapy interventions	y
Nutrition education is integrated into core subjects and promotes student wellness in grades K-12.		Practice is Fully Implemented			
The nutrition education program in grades K-12 is interactive and behavior-focused. Examples include: learning how to read a nutrition label, identifying nutrient dense foods, planning healthy menus, etc.		Practice is Fully Implemented			
Nutrition Education is linked to the cafeteria environment in grades K-12. Examples include, regular taste tests, harvest of the month, students designing nutrition signage for cafeteria.		Practice is Fully Implemented	* Staff provide coaching during meal times to encourage balanced plates		
Nutrition education addresses food systems and agriculture in grades K-12. Example: A field trip to a local farm where foods used for school meals is procured.		Practice is Partially Implemented		* Student cognitive abilities * Student early college program, vocational programing, speech/therapy interventions	N

USDA School Meals

USDA School Meals Standards/Practices	State and/or Federal Requirement	Implementation Status	Notes/comments about current implementation status	If partially in place or not in place is selected, explain any barrier(s) to implementing this practice:	Priority for this school year? Y/N
All reimbursable school meals meet federal requirements according to the Healthy, Hunger-Free Kids Act. This includes meal pattern requirements, nutrient levels, and calorie requirements for grades served.	 Nutrition Standards for School Meals	Practice is Fully Implemented	Sage Dining Services: Passed April 2025 Administrative Review		
The School Breakfast Program is offered daily to students in grades K-12.		Practice is Fully Implemented			
Students receiving free or reduced price meals remain confidential and cannot be identified.	 Preventing Overt Identification of Children Certified for Free or Reduced Price School Meals	Practice is Not Applicable			
Students with unpaid meal balances are always given a regular reimbursable meal and are not overtly identified or stigmatized.		Practice is Not Applicable			
Strategies are used to increase participation in school meal programs. Examples include - Grab and Go carts, showcasing fruit/vegetable options in an appealing way, utilizing the USDA's Smarter Lunchroom tips.		Practice is Fully Implemented	Majority of day students choose to dine in dining hall. Fresh-cut fruit and salad bar are available daily. Two additional kinds of vegetables are available most days at lunch. Menus are available online for community.		
Students in grades K-12 have 20 minutes of seat time to eat lunch and 10 minutes of seat time for breakfast.		Practice is Fully Implemented			
Students in grades K-12 have access to free, potable water during the school day, including during meals.	 Water Availability During National School Lunch Program Meal Service	Practice is Fully Implemented			
Professional Development provided to school nutrition staff meet USDA Professional Standards Requirements. Example - new and current directors = 12 hours, new and current managers = 10 hours, new and current staff = 6 hours.	 Guide to Professional Standards for School Nutrition Programs	Practice is Fully Implemented	Development/training provided by Sage Dining Services.		
Locally grown food is procured and incorporated into school meals. Example - district participates in Harvest of the Month or works with MA Farm to School Program.		Practice is Partially Implemented	Local produce is purchased as available seasonally and cost-feasible.	Climate and seasonality are barriers to serving locally grown foods year round.	No

Competitive Foods & Beverages

Competitive Food and Beverage Standards/Practices	State and/or Federal Requirement	Implementation Status	Notes/comments about current implementation status	If partially in place or not in place is selected, explain any barrier(s) to implementing this practice:	Priority for this school year? Y/N
All foods and beverages sold to students in grades K-12 during the school day* including: a la carte items, vending machines**, school stores, etc. meet USDA Smart Snack Standards and the MA standards as outlined in 105 CMR 225.00: Nutrition Standards for Competitive Foods and Beverages in Public Schools, whichever is stricter.	 USDA Smart Snack Standards  MA Nutrition Standards for Competitive Foods and Beverages in Public Schools Frequently asked questions regarding Competitive Foods and Beverages in Public Schools	Practice is Partially Implemented	School store may sell some snack products that do not meet Smart Snack standards.	Products will need to be inventoried and assessed for whether they meet standards, and when they do not an alternative will need to be found.	
Fundraisers involving food held during the school day* in grades K-12 meet USDA Smart Snack Standards.	 Smart Snacks in School Fundraisers	Practice is Not Applicable			
Foods and beverages served (not sold) at parties and celebrations in grades K-12 meet USDA Smart Snack standards and the MA standards as outlined in 105 CMR 225.00: Nutrition Standards for Competitive Foods and Beverages in Public Schools, whichever is stricter.	 USDA Smart Snack Standards  MA Nutrition Standards for Competitive Foods and Beverages in Public Schools	Practice is Partially Implemented	End of year celebrations may allow for certain exceptions to the Smart Snack standards.		No
All foods and beverages sold or served to students after the school day* meet Smart Snack Standards.		Practice is Fully Implemented			
K-12 schools do not use food as a reward.		Practice is Fully Implemented			

*The school day is defined as midnight the night before and until 30 minutes after the final bell.

**All vending machines must comply with state and federal nutrition standards, whichever is stricter, at all times.

Physical Activity and Education

Physical Activity and Education Standards/Practices	State and/or Federal Requirement	Implementation Status	Notes/comments about current implementation status	If partially in place or not in place is selected, explain any barrier(s) to implementing this practice:	Priority for this school year? Y/N
Students in grades K-12 receive physical education that promotes lifelong skills and aligns with the state and national education standards.	 Massachusetts Comprehensive Health And Physical Education Frameworks	Practice is Fully Implemented			
Elementary school students receive at least 150 minutes of PE/week.		Practice is Not Applicable			
Middle and high school students receive at least 225 minutes of PE/week.		Practice is Partially Implemented		* Student early college program, vocational programing, speech/therapy interventions	No
PE classes in grades K-12 are taught by a MA certified, licensed PE teacher.		Practice is Fully Implemented			
Professional Development is offered to PE Teachers in grades K-12 on an annual basis.		Practice is Fully Implemented			
Students in grades K-12 are not exempt from PE. Example - A student can't take a science class when they have PE.		Practice is Fully Implemented			
Students in grades K-12 cannot substitute sports or clubs for PE. Example - a member of the soccer team cannot substitute practice time for PE time.		Practice is Fully Implemented			
The district provides weekly or monthly physical activity opportunities and programs for community members and families.		Practice is Not Applicable			
Physical activity clubs, intramural sports, and/or opportunities for movement breaks are offered before and after school for grades K-12.		Practice is Fully Implemented			
Elementary school students receive at least 20 minutes of daily recess.		Practice is Not Applicable			
Daily movement breaks are implemented in K-12 classrooms.		Practice is Fully Implemented			
Community members, students and families can access physical activity facilities/programs on school grounds outside of school hours. Example - the school gym is open on Saturday mornings for public use.		Practice is Fully Implemented			
Safe routes to school are communicated to students and families in order to allow biking and/or walking to school.		Practice is Not Applicable			

Wellness Promotion and Marketing

Wellness Promotion and Marketing Standards/Practices	State and/or Federal Requirement	Implementation Status	Notes/comments about current implementation status	If partially in place or not in place is selected, explain any barrier(s) to implementing this practice:	Priority for this school year? Y/N
School staff model wellness behaviors - including physical activity and healthy eating. Examples - teacher does movement break with students, doesn't consume sugary beverages while teaching.		Practice is Partially Implemented	School staff are expected to model/role model physical activity and healthy eating.	This is challenging to manage/implement/enforce with a collective staff of over 200 staff.	Y
The health and wellness of school staff is prioritized. Example - free fitness classes and healthy snacks offered during PD days.		Practice is Fully Implemented	Unlimited use of two separate fitness facilities is offered, including 2 fitness centers, a gymnasium, a yoga room, indoor cycles, an indoor and outdoor walking/running track, and a pool. A fitness benefit/allowance is also available towards healthclub memberships and classes through the health insurance benefit. Free healthy meals are available through SAGE food services		N
Physical activity is used as a reward, and never withheld or used as a punishment.		Practice is Fully Implemented			N
All foods and beverages marketed in school and on school grounds (cafeterias, stadiums, websites, scoreboards, coolers, educational materials, vending machines, etc.) meet USDA Smart Snacks standards.	 Local Wellness Policy Guidance and C&A (see pages 3-6)	Practice is Fully Implemented	Food and beverages are not marketed physically or electronically on our campus.		N

Implementation, Evaluation and Communication

Implementation, Evaluation and Communication Standards/Practices	State and/or Federal Requirement	Implementation Status	Notes/comments about current implementation status	If partially in place or not in place is selected, explain any barrier(s) to implementing this practice:	Priority for this school year? Y/N
The district has an active wellness committee that consists of school staff, community members, parents and students. The committee meets at least 4x per year.	 Standards for School Wellness Advisory Committees	Practice is Partially Implemented	The wellness committee meets quarterly, and consists primarily of school staff members at this time.	As we are completing our first triennial assessment, we were not aware of recommendation to include community, parents, and students.	Yes
There is an established district level official and school level official responsible for ensuring compliance of the LWP.	 Local Wellness Policy Final Rule	Practice is Fully Implemented			
The LWP, meeting minutes and all policy updates are available to the public. Example - posted on district website.	 Local Wellness Policy Final Rule  Standards for School Wellness Advisory Committees	Practice is Partially Implemented		Meeting minutes are being tracked, however they are not posted on our school website.	
The LWP is assessed every three years. This assessment includes: (1) comparing the LWP to a model policy, (2) measuring compliance with state and federal standards and (3) an update on the policy goals. Findings from the assessment and plans for policy revision are made available to the public.	 Local Wellness Policy Final Rule	Practice is Fully Implemented			
In addition to the district wellness committee, there are also school wellness committees which meet throughout the school year.		Practice is Not Applicable			