




Wellness Assessment

Nutrition Education and Promotion Goals		Physical Education/Activity Goals	
Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the state.	★	A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the state.	★
We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.	★	The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.	★
Rewarding children in the classroom should not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.	★	Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.	★
All foods offered on the school campus during the school day shall comply with the current USDA dietary Guidelines for Americans, including competitive foods that are available to students A la carte in the dining area, as classroom snacks, from vending machines.	★	On an annual basis, physical education teachers shall review and affirm receipt of the Ohio Department of Health's concussion information sheet.	★
Nutrition education is offered to students in elementary, middle and high school.	★	Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.	★
With regard to nutrition promotion, any foods and beverages marketed or promoted to students on school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.	★	Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.	★
		Planned instruction in physical education shall include cooperative as well as competitive games.	★
		Communication with Parents:	
		Post nutrition tips on school web sites.	★
		Wellness policy and assessment of policy implementation posted on website and/or in student handbook.	★

Other school-based activities that promote student wellness, the District shall:		Staff Wellness	
The school shall provide attractive, clean environments in which the students eat.	★	Promote staff behaviors that encourage healthy eating, physical activity and other elements of a healthy lifestyle.	★
Students are permitted to have only bottled water in the classroom.	★	Provide annual training to all staff on nutrition and physical activity.	★
Any food items sold as a fund raiser will not compete with lunch times.	★	Have a staff wellness program.	★
All foods available on campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as well as foods that are served as classroom snacks, from vending machines, for fund raisers, for classroom parties, at holiday celebrations, at concession stands, or at any school-related event.	★		
The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.	★	 =80%-100% in place  =50%-80% in place  = 0%-49% in place	
Provide meals designed to meet specific calorie ranges for age/grade groups.	★		
Require students to select a fruit or vegetable as part of a complete reimbursable meal.	★		