

## Wellness Policy Assessment

The approach of the Cleveland City Schools Wellness Policy is to ensure environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

This survey is a tool for measuring compliance with objectives stated in the Cleveland City Schools Wellness Plan. For each objective stated, please select the choice that best describes your school's level of compliance.

Email address \*

gharness@clevelandschools.org

Date \*

MM DD YYYY

05 / 03 / 2019

School Name \*

Blythe Bower

Name of Person Completing Form \*

Ginger Harness

Specifically, this policy establishes goals and procedures that the school shall: \*

	In Compliance	In the process of becoming	Not Compliant	N/A
Retain records that document school wellness action plan compliance	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Establish an active Healthy School/Safety Team	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Update the School Wellness Action Plan annually according to the School Health Index published by the CDC	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Actively seek input from the school community about its health/wellness	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Physical Education and Physical Activity \*

	In Compliance	In the process of becoming	Not Compliant	N/A
Physical activity/physical education will not be withheld as punishment for any reason.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
K-5 students will receive a minimum of 60-89 minutes of physical education per week throughout the year.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Secondary students are required to take the equivalent of one year of physical education.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students will be offered at least 20 minutes of recess per day on all or most days.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teachers will provide physical activity breaks of 3 to 5 minutes during or between classroom time.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Nutrition and Nutrition Education \*

	In Compliance	In the process of becoming	Not Compliant	N/A
Nutrition education will be evident in the cafeteria setting by bulletin boards, posters, menus, etc.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teachers are encouraged to use non-food items as rewards.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When fundraising events are permitted, teachers are encouraged to provide healthy alternatives to fundraising instead of selling food items of limited nutritional value.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meals being served are appealing and attractive to children and served in a clean and pleasant setting.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The school will, in the extent possible, encourage increased participation in the Breakfast program by a variety of means such as: breakfast for late arrival, breakfast in the classroom, Grab N' Go, etc.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Other School-Based Activities Designed to Promote Wellness \*

	In Compliance	In the process of becoming	Not Compliant	N/A
Encourage and maintain community partnerships to be consistent with wellness policy goals.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Send electronic and non-electronic communications on health to ensure that families are notified about the opportunities in school-sponsored events.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Implement strategies to support staff in activity promoting and modeling healthy eating and physical activity behaviors.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Additional comments about your school's compliance:

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This form was created inside of Cleveland City Schools.

