

**Cleveland City Schools
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.

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

Objective:	In Compliance	In the process of becoming	Not Compliant
Retain records that document school wellness action plan compliance	✓		
Establish an active Healthy School/Safety Team	✓		
Update the school Wellness Action Plan annually according to the School Health Index published by the CDC	✓		
Actively seek input from the school community about its health/wellness	✓		

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. When completed, please return this survey to:

Dremah Finison, Director of Cleveland City Schools Department of Coordinated School Health
dfinison@clevelandschools.org

Physical Education and Physical Activity

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

Nutrition and Nutrition Education

The Cleveland City Schools Wellness Plan states that the district is committed to providing school environments that promote children's well-being and ability to learn by supporting healthy eating habits. Specifically this policy establishes the following goals and objectives:

Objective:	In Compliance	In the process of becoming	Not Compliant
Nutrition education will be evident in the cafeteria setting by bulletin boards, posters, menus, etc.	✓		
Teachers are encouraged to use non-food items for rewards.	✓		
When fundraising events are permitted, teachers are encouraged to provide healthy alternatives to fundraising instead of selling food items of limited nutritional value.	✓		
Meals being served are appealing and attractive to children and served in a clean and pleasant setting.	✓		
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.	✓		

Other School Based Activities Designed to Promote Wellness

The Cleveland City Schools Wellness Plan states that the district will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity settings. In order to create and maintain this environment, Cleveland City Schools recognize the importance of the following:

Objective:	In Compliance	In the process of becoming	Not Compliant
Encourage and maintain community partnerships to be consistent with wellness policy and goals	✓		
Send electronic and non-electronic communications on health to ensure that families are notified about opportunities in school-sponsored events	✓		
Implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors	✓		

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="checkbox"/>		

Additional comments about your school's compliance:

School: Cleveland Middle School

Name and title of person completing survey: Ginger L. Crouch/Teacher