

APPENDIX F - WELLNESS POLICY ASSESSMENT TOOL

School Lake Wales High

Completed By C. Rams

Date 9-20-22

(Instructions: Please complete each area, marking "X" in the appropriate column "Fully in Place" or "Partially in Place". Please provide comments

| FOOD SAFETY | FULLY IN PLACE | PARTIALLY IN PLACE | COMMENTS ACTION TAKEN OR NEEDED |
|---|-------------------------------|-------------------------------|--|
| 1. All food sold/served to students is prepared in health inspected facilities under the guidance of certified staff. | X | | |
| 2. Students are provided access to hand washing or hand sanitizing before meals or snacks | X | | |
| SCHEDULING OF MEALS | | | |
| 3. Pleasant eating environments - where there is plenty of seating and students do not feel rushed during meals. | X | | |
| 4. Students are provided with at least 10 minutes to eat after sitting down for breakfast and 15 minutes to eat after sitting down for lunch. | X | | |
| 5. Accommodations are provided for students who need more time to finish their lunch. | X | | |
| 6. Meal periods are scheduled at appropriate times. Lunch should be served between 10:50 AM and 1:00 PM | X | | |
| 7. Lunch periods are <u>after recess</u> in elementary schools to increase student nutrient intake and reduce food waste. | N/A | | |
| 8. Offering attractive dining areas which have enough space for seating all students scheduled for that meal period. | X | | |

SCHEDULING OF MEALS (CONT'D)

FULLY
IN
PLACE

PARTIALLY
IN PLACE

COMMENTS
ACTION TAKEN OR NEEDED

9. Schools will evaluate their open campus (secondary schools) policy taking into consideration the food choices that students make when they can leave campus.

N/A

Lake Wales High is
Not an open campus
School

10. Participation in the universal lunch program is encouraged, including measures to arrange bus schedules to increase student access, "grab and go" breakfasts, breakfast in the classroom, or breakfast during morning break.

X

FOOD AND BEHAVIOR

11. Foods or beverages are NOT used as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan, behavior intervention plan, or a 504 Individual Accommodation Plan).

X

FUNDRAISING

12. Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.

X

13. Fundraising activities involving the sale of food will take place outside the school day (school day is defined as 1/2 hour before school starts until after the school bell rings at the end of the school day) and must meet the smart snack nutritional guidelines.

X

LWHS works to promote
only compliant items
in fundraising

14. Students and staff are prohibited from personal fundraising efforts that include the sale of foods or beverages on campus.

X

FUNDRAISING (CONT'D)

| FULLY IN PLACE | PARTIALLY IN PLACE | COMMENTS ACTION TAKEN OR NEEDED |
|----------------------|-----------------------|------------------------------------|
|----------------------|-----------------------|------------------------------------|

15. Records are kept for all exempt fundraisers and the number does not exceed the maximum allowable. Elementary - 5 days, Middle - 10 days and High School - 15 days.

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| X | | |
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16. External Organizations, parents, and others using school property are notified of the "healthy" fundraising policy.

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| X | | <i>This is done Annually with each school during the monthly SAC meetings</i> |
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CELEBRATIONS

17. Classroom celebrations encourage healthy choices and portion control.

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| X | | |
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SHARING FOODS AND BEVERAGES

18. Sharing of foods and beverages is not allowed.

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| X | | |
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SNACKS

19. Only "smart snack" options are offered in vending machines, school stores, concessions stands, a la carte lines and classrooms. Choices meet guidelines for foods sold outside reimbursable meals and portion size.

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| X | | |
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FOODS SOLD OUTSIDE OF THE REIMBURSABLE MEAL MENUS

20. Foods sold meet these guidelines: Elementary schools – reimbursable meal menu items, fruits; vegetables; low-fat dairy items, yogurt.

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| NA | | |
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21. Middle School & High Schools - Reimbursable meal menu items; Foods that contain 7 grams of fat or less per serving; Foods that do not have sugar or other caloric sweeteners as the first ingredient.

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| X | | |
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| BEVERAGES - ALLOWED FOR SALE | FULLY IN PLACE | PARTIALLY IN PLACE | COMMENTS ACTION TAKEN OR NEEDED |
|--|----------------------|-----------------------|------------------------------------|
| 22. Plain Water - with or without carbonation | X | | |
| 23. Milk or 100% Juice - flavored milk must be fat-free, unflavored milk may be fat-free or 1%. May be diluted with water, with or without carbonation and with no added sweeteners. | X | | |
| 24. Calorie-free or Very low-calorie | X | | |

A. FOOD MARKETING

| | | | |
|---|---|---|--|
| 25A. All food and beverage advertising (vending machines, school stores, etc.) displays healthy messaging. | X | X | <i>Signage for vending machines need to be replaced.</i> |
| 25B. School-based marketing of brands promoting predominantly low nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruit, vegetables, whole grains, and low fat dairy products is encouraged. | X | | |

B. NUTRITION EDUCATION

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|---|---|--|--|
| 26. Schools will provide nutrition education as a part of a holistic, sequential, age-appropriate comprehensive program designed to provide students and their families with the knowledge and skills necessary to promote and protect their health for a lifetime. | X | | |
| 27. Health Education, including nutrition education, is delivered by a licensed elementary (k-5) or Health Education (7-12) in grade level bands: K-5, 6-8 and 9-12. | X | | |

NUTRITION EDUCATION (CONT'D)

FULLY IN PLACE PARTIALLY IN PLACE COMMENTS ACTION TAKEN OR NEEDED

28. Nutrition Education is integrated throughout the school day and after school programs.

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| X | | |
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29. Cafeteria is used as a "learning laboratory" and includes enjoyable, developmentally age-appropriate, participatory activities such as taste tests, promotions, and visits to farms and gardens.

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| . | X | LWHS was doing great chef tastings prior to covid and want to start this again |
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30. Nutrition Education is culturally relevant and teaches students about cross-cultural nutrition.

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| X | | |
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31. MPS Food & Nutrition Services & other community agencies collaborate with teachers to reinforce nutrition education lessons taught in classroom.

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| | X | |
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32. Provide and promote nutrition education to families and the broader community in cooperation with such agencies as WIC, Community Health Clinics, ECFE, Adult Education and other community organizations.

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| | X | |
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33. Encourage families through newsletters, School Advisory Council, homework assignments, parent-teacher meetings, health fairs, etc. to make healthy food choices and lead a healthy lifestyle.

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| | X | |
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34. Staff is trained in stress management, nutrition education and has been provided general wellness resources and opportunities.

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| X | | Provided through United Health care + available to All employees @ no charge |
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C. PHYSICAL ACTIVITY

**FULLY
IN
PLACE** **PARTIALLY
IN PLACE**

**COMMENTS
ACTION TAKEN OR NEEDED**

PHYSICAL EDUCATION

35. Provides all ELEMENTARY students with 150 minutes per week of physical education throughout the entire year.

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| N/A | | |
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36. Provides all MIDDLE/HIGH School students with 225 minutes per week for the entire school year.

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| X | | |
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37. Schools maintain a graduation requirement of *two credits* of both Health and Physical Education in high school.

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| X | | |
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38. School has physical education electives available to high school students and is working to increase offerings.

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| X | | |
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