

LEGACY PREPARATORY ACADEMY
School Wellness Policy Assessment
 2017-2018

A. Food and Beverages

Food Safety				
1. All food sold/served to students is prepared in health-inspected facilities under the guidance of food safety certified staff.	Y3	X		
2. Students are provided access to hand washing or hand sanitizing before meals or snacks.	Y3	X		
Scheduling of Meals				
3. Pleasant eating environments – where there is plenty of seating and students do not feel rushed during meals.	Y3	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. (3-a)	Y3	X		
5. Accommodations are provided for students who need more time to finish their lunch	Y3	X		
6. Meal periods are scheduled at appropriate times. Lunch should be served between 10:00 AM and 2PM	Y3	X		
7. Lunch periods are <u>after recess</u> in elementary schools in order to increase student nutrient intake and reduce food waste;	Y3	X		
8. Offering attractive dining areas which have enough space for seating all students scheduled for that meal period	Y3	X		
Food and Behavior				
9. 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). (Y3	X		

Fundraising				
10. Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.	Y3	X		
11. Fundraising activities involving the sale of food will take place outside the school day (school day is defined as ½ hour before school starts until after the school bell rings at the end of the school day) and must meet the guidelines for foods sold outside of reimbursable meals menus. (Y3	X		
12. Students and staff are prohibited from personal fundraising efforts that include the sale of foods or beverages on campus	Y3	X		
13. External organizations, parents, and others using school property are notified of the “healthy” fundraising policy	Y3	X		
Celebrations				
14. Classroom celebrations encourage healthy choices and portion control and not include more than one item that does not include more than one item from outside the criteria established for “healthy” foods.	Y3 Ongoing process	X		
Sharing Foods and Beverages				
15. Sharing of foods and beverages is not allowed	Y3	X		
Snacks				
16. Only “healthy” 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.	Y3	X		
Foods Sold Outside of the Reimbursable Meals Menus				
17. Foods sold meet these guidelines: <u>Elementary schools</u> - reimbursable menu items, fruits; vegetables; lowfat dairy items, yogurt	Y3	X		
18. <u>Middle School & High Schools</u> - 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	Y3	X		

Beverages -				
19. Unflavored or flavored low fat or fat free fluid milk and nutritionally equivalent nondairy beverages (to be defined by USDA) (10)	Y3	X		
20. Water without added caloric sweeteners or artificial sweeteners	Y3	X		
21. 100% juice	Y3	X		
22. Beverages containing caffeine, excluding lowfat or fat free chocolate milk (which contain trivial amounts of caffeine) (10)	Y3	X		
Portion Sizes - All portion sizes meet the National School Lunch Program or School Breakfast Program meal pattern requirements:				
Food Marketing				
23. All food and beverage advertising (vending machines, school stores, etc.) displays healthy messaging.)	Y3	X		
24. 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 (12-b)	Y3	X		
Nutrition Education				
Nutrition Education - 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.				
25. Health Education, including nutrition education, is delivered by a licensed elementary (K-5) or Health Educator (7-12) in grade level bands: K-2, 3-5, 6-8 and 9-12	Y3	X		
26. Nutrition Education is integrated throughout the school day and after school programs.	Y3 Ongoing process	X		
27. Cafeteria is used as a “learning laboratory” and includes enjoyable, developmentally age-appropriate, participatory activities such as taste tests, promotions, farm visits to farms and gardens	Y3- Ongoing process	X		
28. Nutrition Education is culturally relevant and teaches students about cross-cultural	Y3	X		

nutrition.	Ongoing process			
29. Food & Nutrition Services and other community agencies collaborate with teachers to reinforce nutrition education lessons taught in classroom.	Y3 Ongoing process	X		
30. Provide and promote nutrition education to families and the broader community in cooperation with such agencies as WIC, Community Health Clinics, Adult Education and other community organizations	Y3 Ongoing process	X		
31. Encourage families through newsletters, homework assignments, parent-teacher meetings, health fairs, etc. to make healthy food choices and lead a healthy lifestyle.	Y3- Ongoing process	X		
32. Staff is trained in stress management, nutrition education and has been provided general wellness resources and opportunities	Y3- Ongoing process	X		

C. Physical Activity

33. Provides all ELEMENTARY students with 150 minutes per week of physical education through out the entire year.	Y3	X		
34. Provides all MIDDLE/HIGH School students with 225 minutes per week for the entire school year.	Y3	X		
35. All students receive physical education each year.	Y3	X		
36. Physical education is provided in appropriate student-: teacher ratio that ensures adequate supervision and minimized risk of injuries.	Y3	X		

Integrating Physical Activity into the Classroom

37. Classroom health education reinforces knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television	Y3	X		
38. Integrate physical activity into health and other classroom curriculum such as science, math and social studies when appropriate.	Y3	X		

Physical Activity Opportunities Before and After School				
39. Provide every student with opportunities to voluntarily participate in extra curricular physical activities that meets his or her needs interests and abilities	Y3	X		
40. Provide safe opportunities for both <u>organized and informal</u> use of indoor and outdoor facilities, before and after school.	Y3 Ongoing process	X		
41. School facilities are available to student staff and community members before and after the school day, on weekends, and during school vacations for physical activity and nutrition programs	Y3	X		
42. Offer a program to encourage safe walking or biking to and from school where appropriate.	Y3 Ongoing process	X		
Staff Wellness				
43. School staff serve as role models for students and are the key to successful implementation of wellness programs. The school offers wellness programs as well as general wellness resources and opportunities.	Y3 Ongoing process	X		