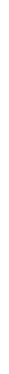


LCSD#1 Wellness Policy  
Assessment 2018

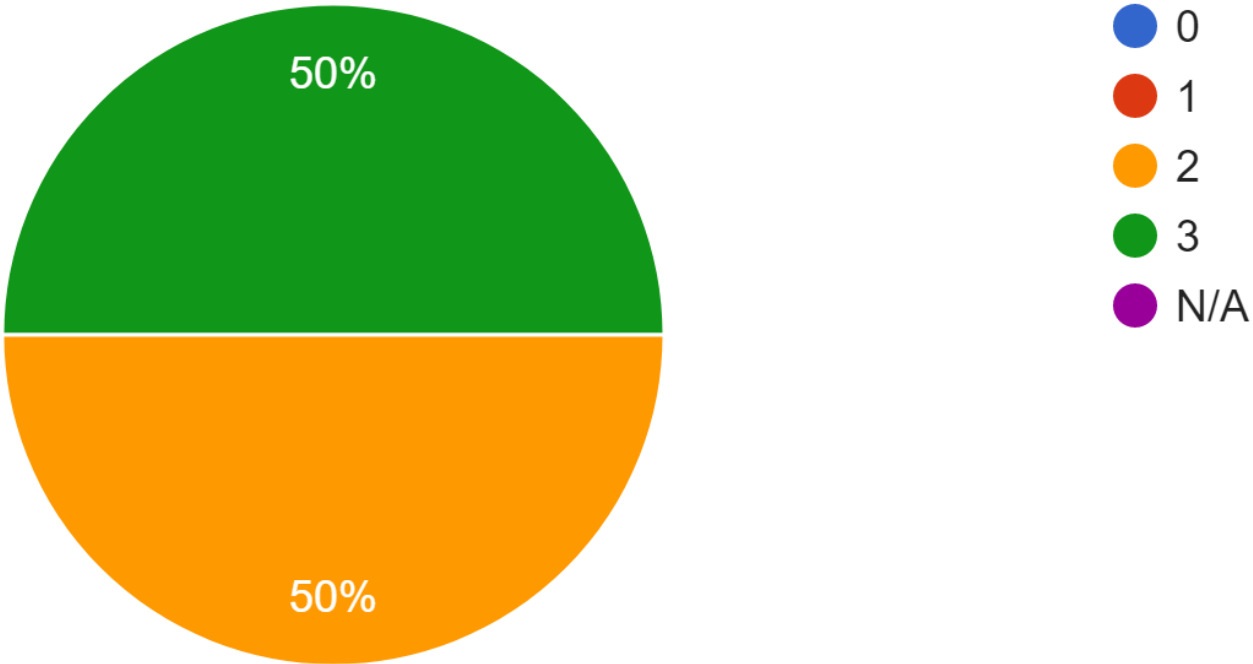


# Area 1-Physical Activity



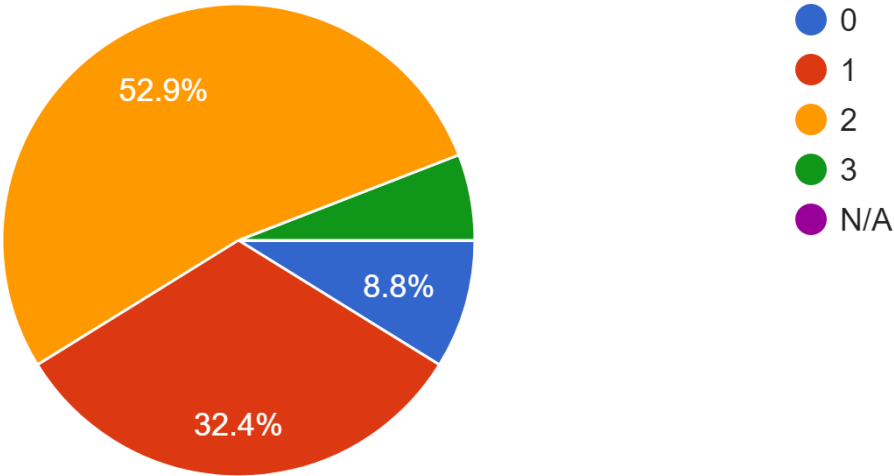
# Physical education classes & physical activity opportunities are available.

34 responses



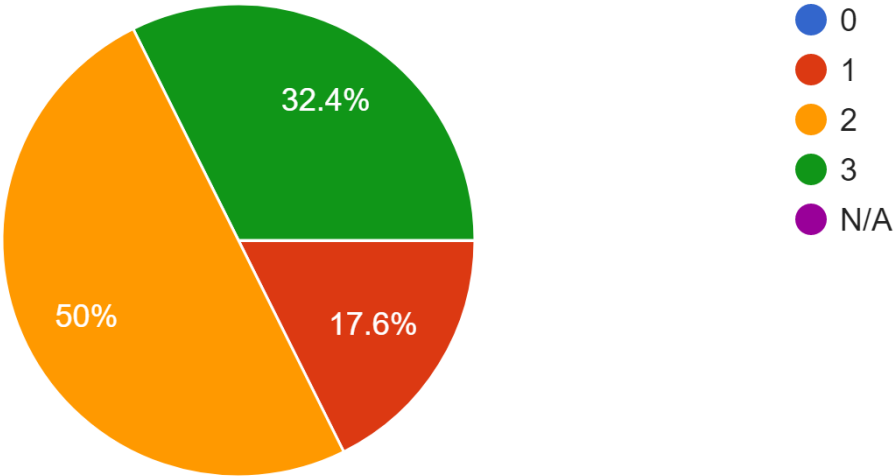
# Opportunities for staff development on physical activities that enhance academic achievement are utilized.

34 responses



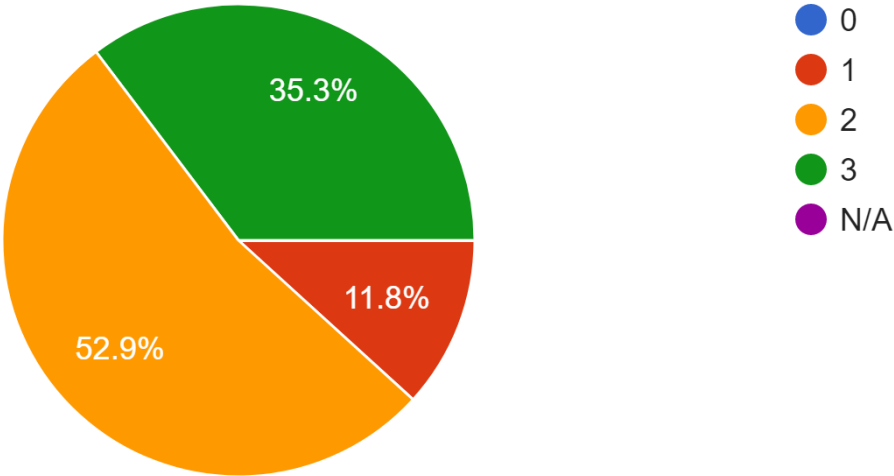
Students receive minimum of 60 minutes, and up to several hours, of physical activity most days of the week.

34 responses



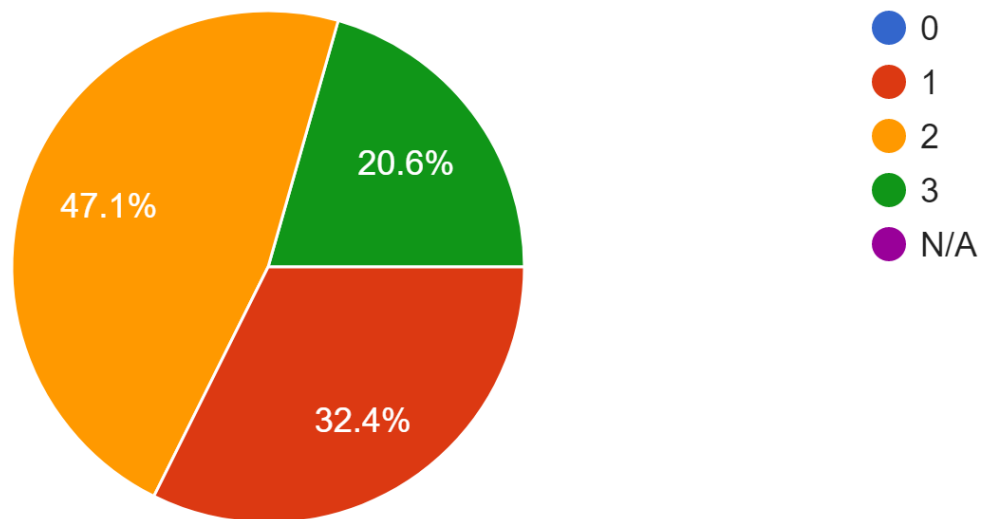
Students engage in a variety of physical activities that promote optimal health, wellness, fitness, and performance.

34 responses



## Movement/activity methods are incorporated into the classroom.


34 responses



# Comments from Area 1

- All grade levels provide opportunities for physical activities in their classrooms in addition to PE and recess. We had a trainer come this fall and last year ensuring teachers understand the brain and how moderate to vigorous physical activity impacts learning.
- Required physical education/health classes provide a wide variety of opportunities
- Our PE program is required and comprehensive
- I am not aware of any staff PD offered regarding the benefits of physical activity and academic achievement.
- Students have many opportunities to enroll in P.E. and fitness courses.
- Along with PE classes we also have strength and fitness class and weight room open after school hours on a daily basis.
- In the classroom we use brain breaks and brain gym activities as well as opportunities for students to get up and move. Physical Education and recess are provided for students with structured and intentional activities to get students moving.
- No direct PD time is spent on core area instruction that overlaps into the PE curriculum. All other 3's are in place and provided many days of the week
- Students have approximately 30 minutes or more of recess daily. In addition, students participate in physical education class a minimum of 60 minutes per week. All classroom teachers use "brain breaks" to increase student movement and activity. The Behavior Intervention Specialist provides education to staff regarding the use of movement to support positive student behavior and learning.
- Our use of Kagan structures in classrooms supports movement

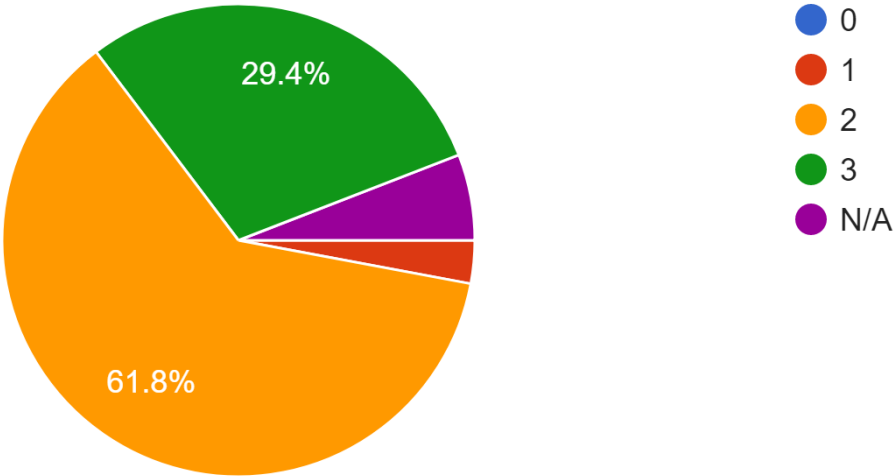




# Area 2- Smart Snacks in School

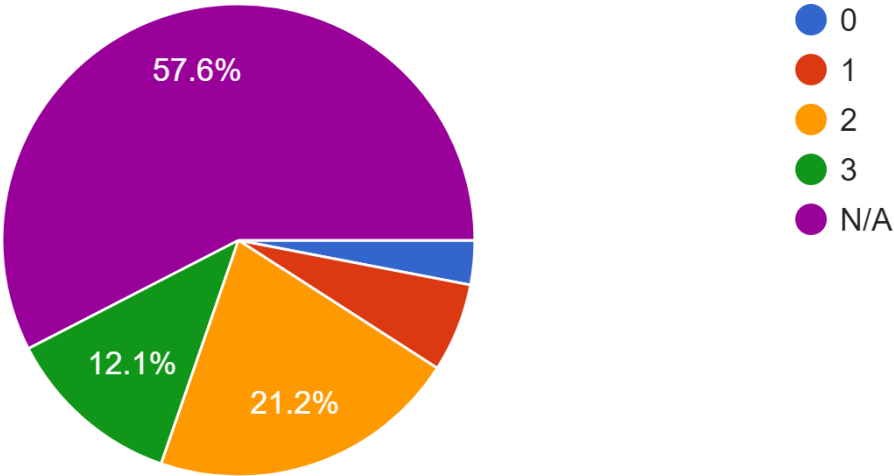
Classrooms, vending, school stores, concessions do not compete with USDA meal service at meal service times.

34 responses



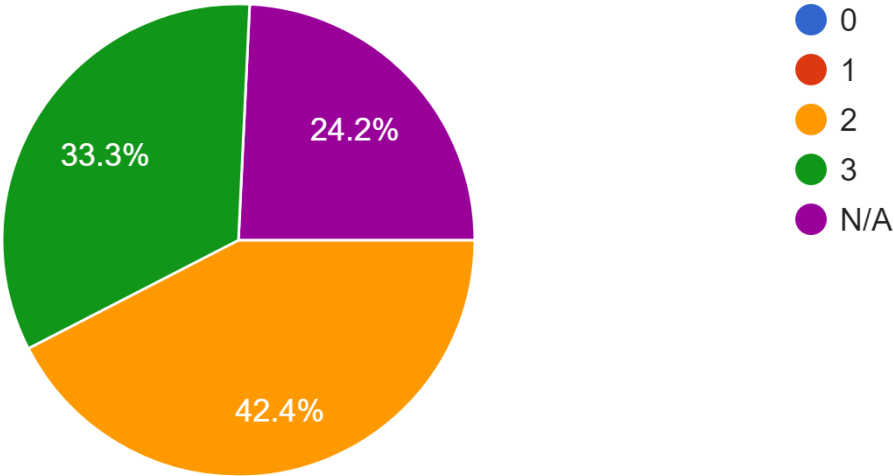
Caffeine containing beverages for HS students are evaluated by American Academy of Pediatric recommendations... or stimulant substances are added.

33 responses



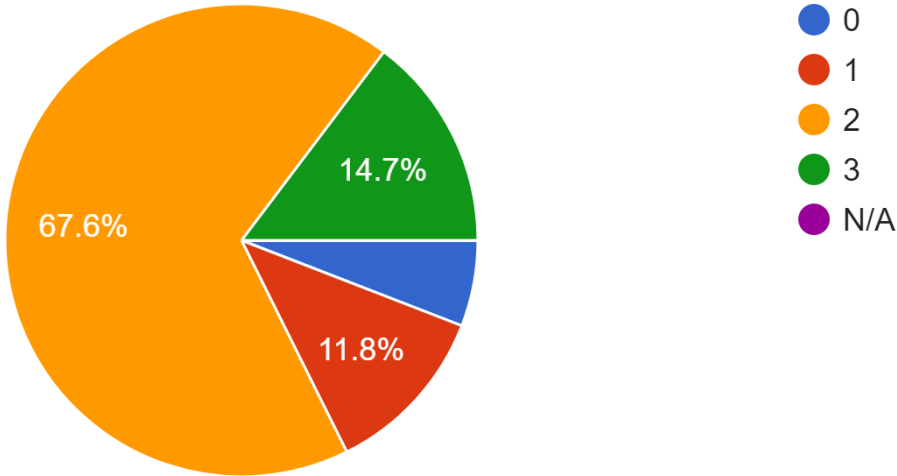
# No vending or school stores selling competitive foods & beverages in Elementary Schools.

33 responses



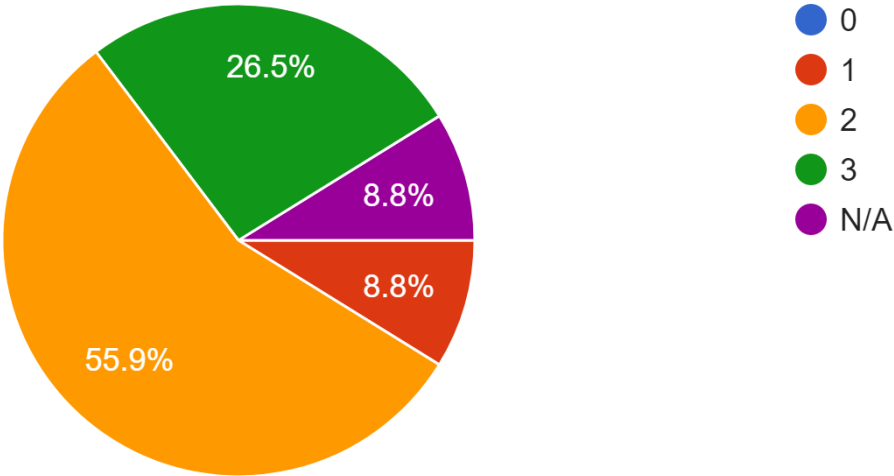
# Food is not sold or given to students outside Nutrition Services meal programs.

34 responses



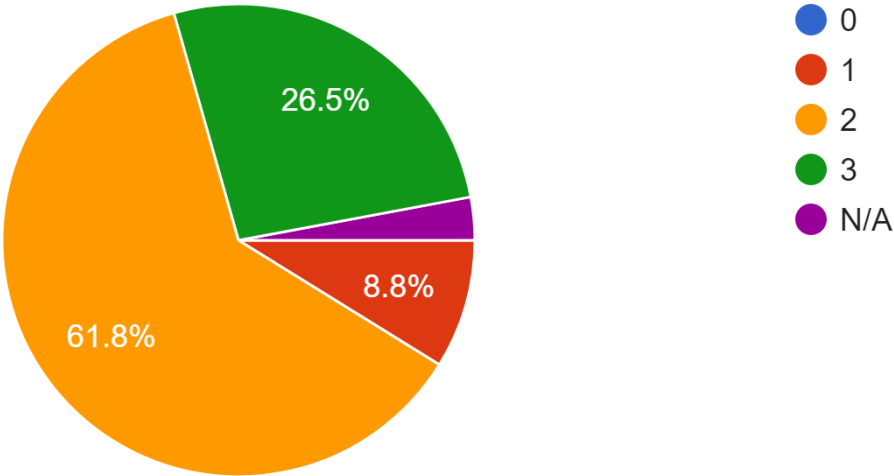
All food & beverages that do not meet Smart Snacks Standards sold to students does NOT fall between midnight and 30 minutes after the last bell.

34 responses



# Marketing of unhealthy foods is strongly discourage on school grounds & education material.

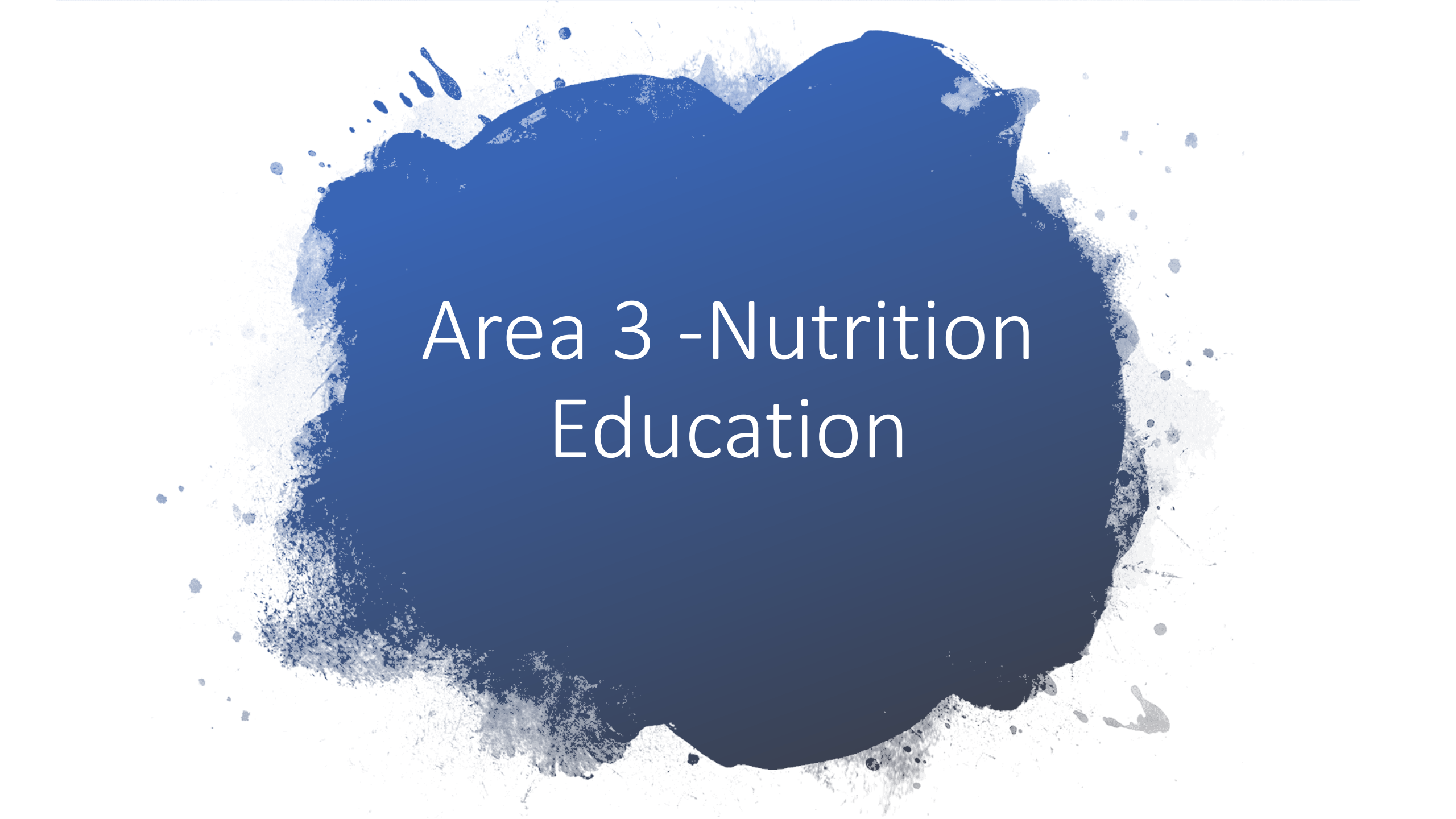
34 responses



# Comments from Area 2

- We do not sell food or concessions to students. They bring their own snacks. Teachers encourage healthy snacks.
- We do not sell food items to students
- Snacks are provided to students and/or they bring snacks to have outside of the meal service times.
- We strictly adhere to the rules regarding the sale of snacks during the school day. Any items that do not meet the healthy snack requirement are only sold during concessions at activities.
- Vending machines meet all the guidelines and criteria for use.
- We follow the USDA guide lines to the letter of the law
- Not really anything to say except that we do not promote any food on school grounds. We have no school stores that sell
- Friday food bags are given out each week not as a part of our healthy snacks/meal program. Additionally rewards are given out for positive behaviors which are purchased through nutrition services but not part of any meal service. Additionally, we have cooking classes and life skill classes where this is part of the curriculum maps and the very purpose of the course. Other areas are 3's because we fully comply with school board policy and partner with nutrition services when food is involved..
- PTO does sell some snacks occasionally at a few of the home basketball games.

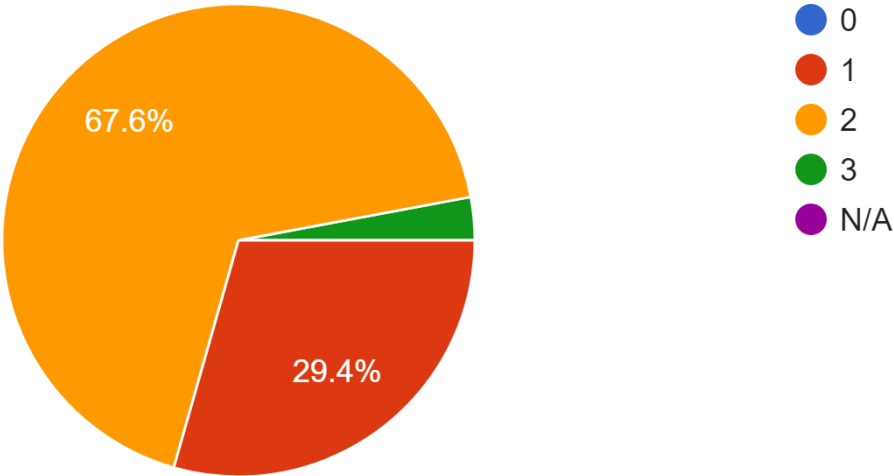


A dark blue, watercolor-style splash shape is centered on a white background. The splash has irregular, feathered edges and contains several smaller, lighter blue droplets and splatters around it. The text is centered within the dark blue area.

# Area 3 -Nutrition Education

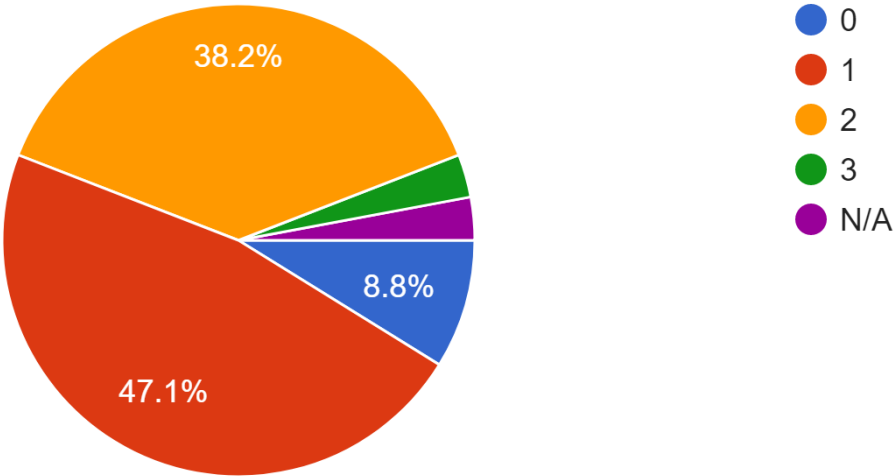
# Staff models and promotes with marketing nutrition education, healthy eating, and physical activity.

34 responses



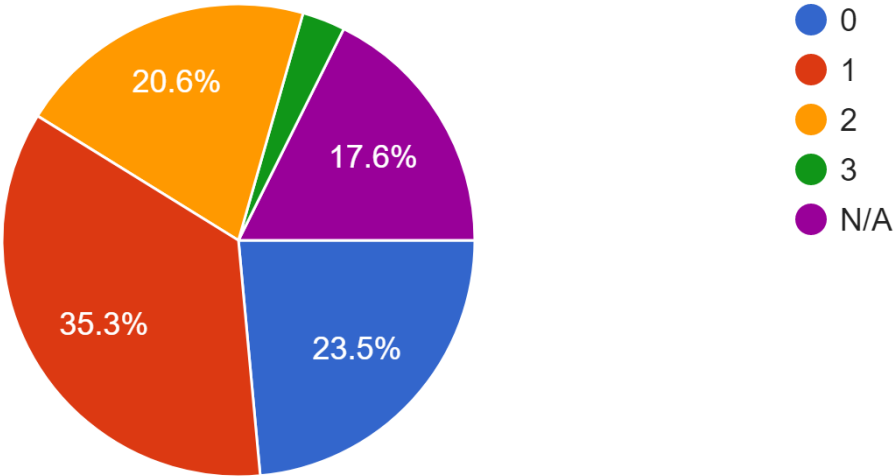
# Nutrition education opportunities for parents/staff are encouraged in a variety of activities and topics.

34 responses



# School meal program works with District curriculum to create learning laboratory in school cafeteria.

34 responses



# Comments to Area 3

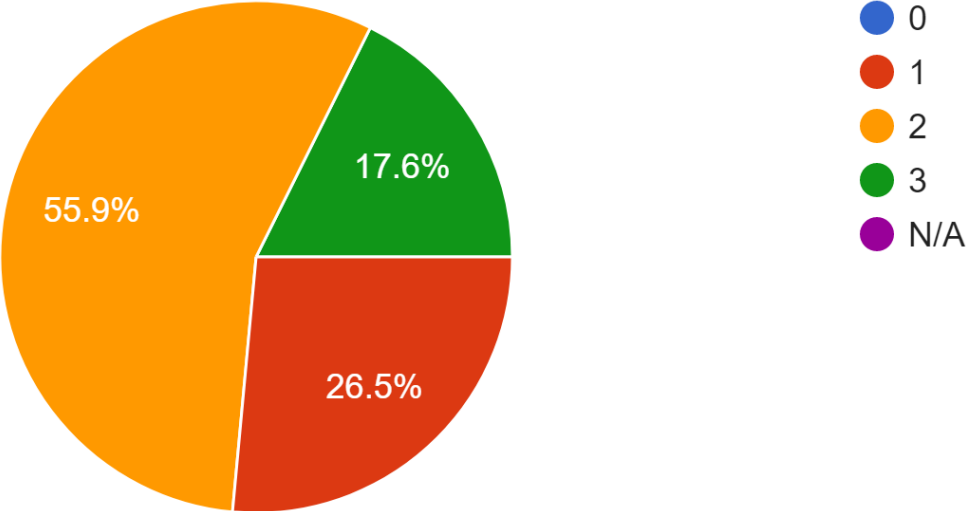
- The teachers' lounge has unhealthy food in it. Teachers eat candy.
- unknown
- I have not seen any learning laboratory happening in the school cafeteria. I would need some more info as to what this is to help implement at our school.
- We don't have the facilities to offer a cafeteria learning lab.
- I will be very honest on my zero. This is a task that should fall outside the building level. When directed to develop staff, principals, in the instruction which directly affects school ratings, accreditation and the like this falls too low on the list to spend the limited time available to develop my staff. If this is an expectation I would like to discuss formally with Senior Leadership as when asked "How can we help?" this would be a specific area I would mention as being an additional extraneous event that distracts from the academic performance of my teachers. If PD is needed in this area this should be a district offering as part of induction procedures or offered on district wide staff development days. All of this feedback is meant to be open honest and forthcoming with the struggles that teachers and principals feel on the ground floor.



# Area 5- Other Healthy School Based Activities

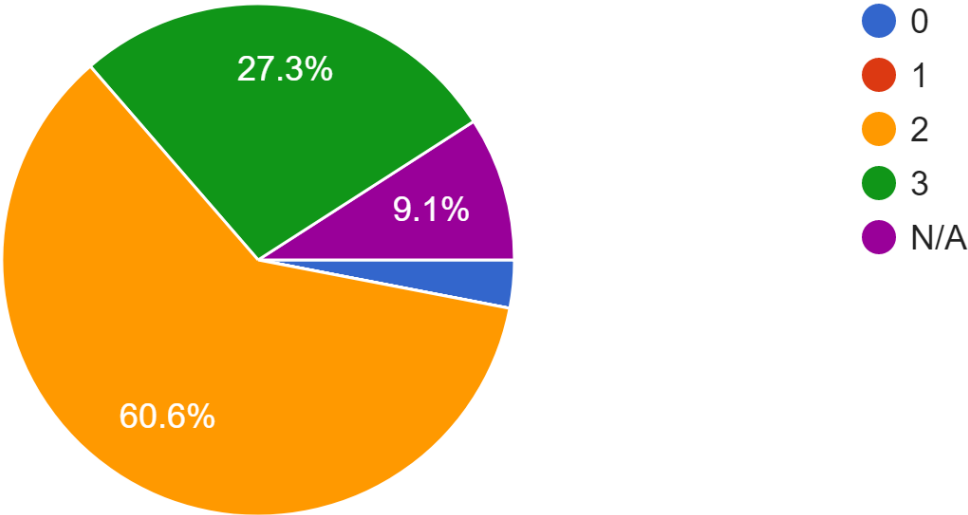
# School staff does not use food as a reward or punishment.

34 responses



# Students are encouraged to actively participate in recess.

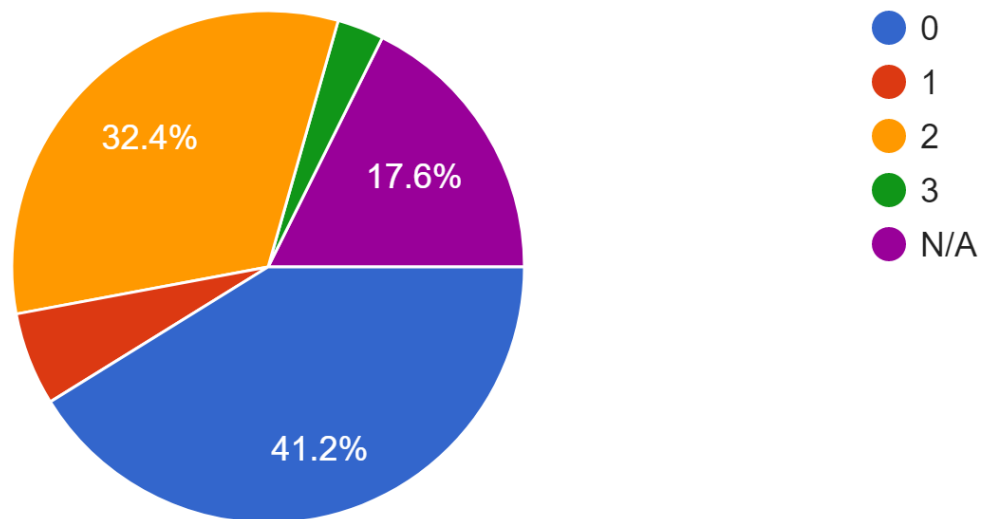
33 responses





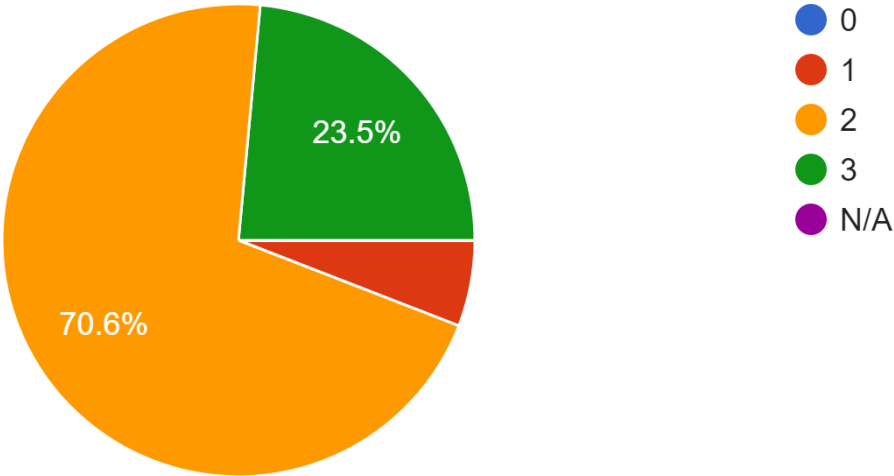
## Recess before lunch is implemented at this school.

34 responses



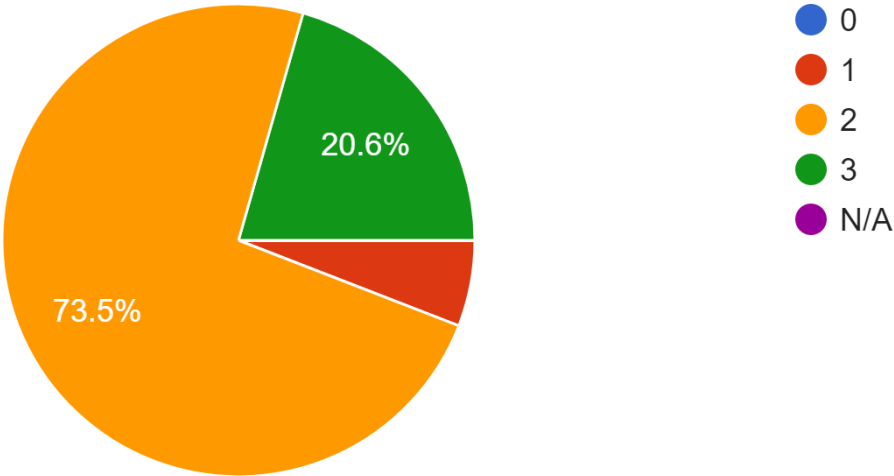
Students have adequate time to eat, relax, and socialize during meal. 10 minutes after sitting down for breakfast... minutes after sitting down for lunch.

34 responses



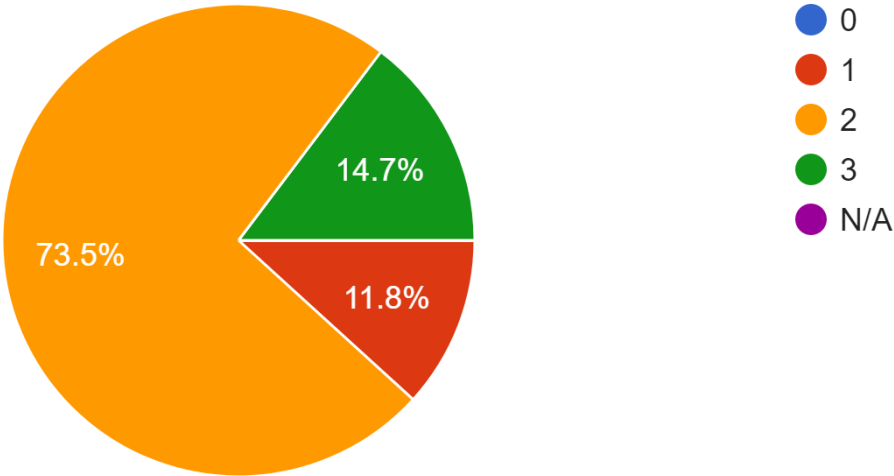
Cafeterias have adequate seating, appropriate supervision, and clean and pleasant eating environment.

34 responses



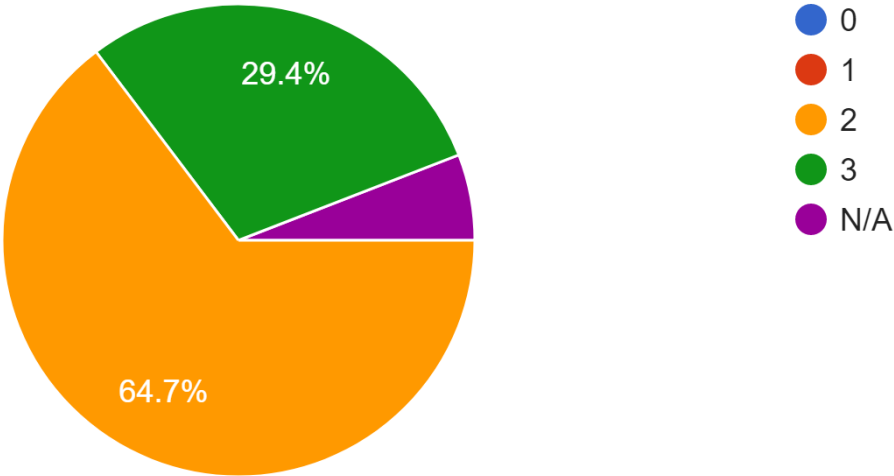
Students have convenient access to hand washing facilities/sanitizer for use prior to consuming meals.

34 responses



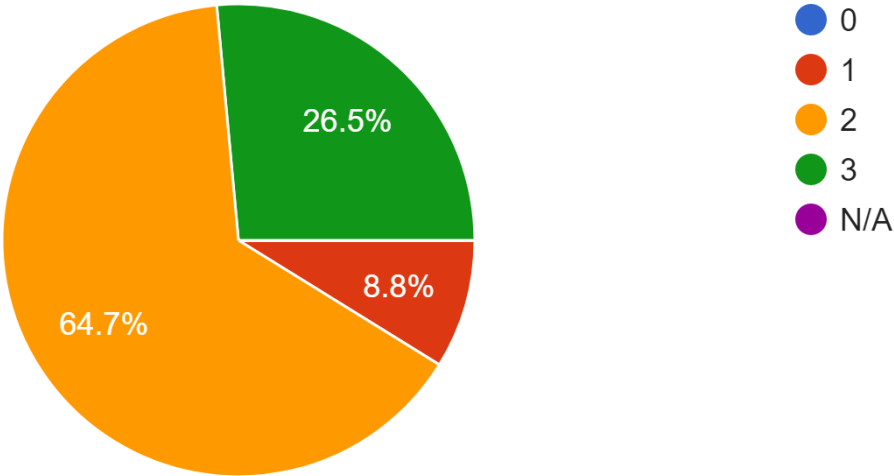
Foods intended for immediate consumption are not sold as a fundraiser prior to and during the school day.

34 responses



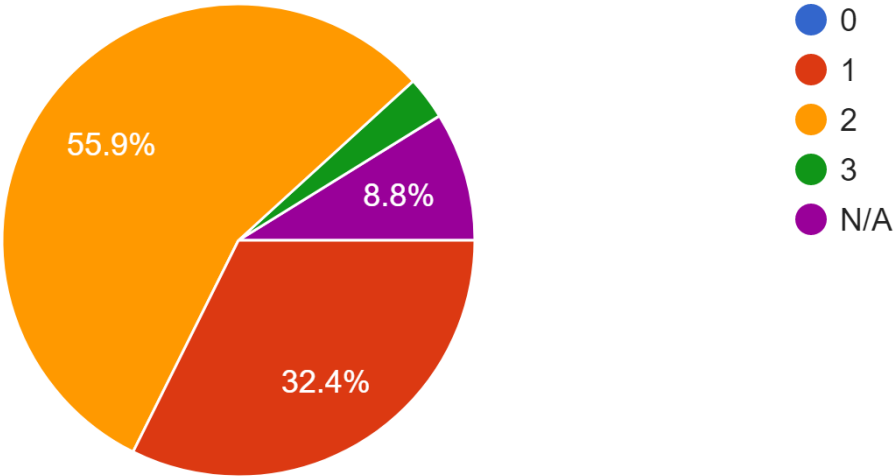
Except for baked goods, staff prohibits the distribution/service of food items prepared in individual homes prior to and during the school day.

34 responses



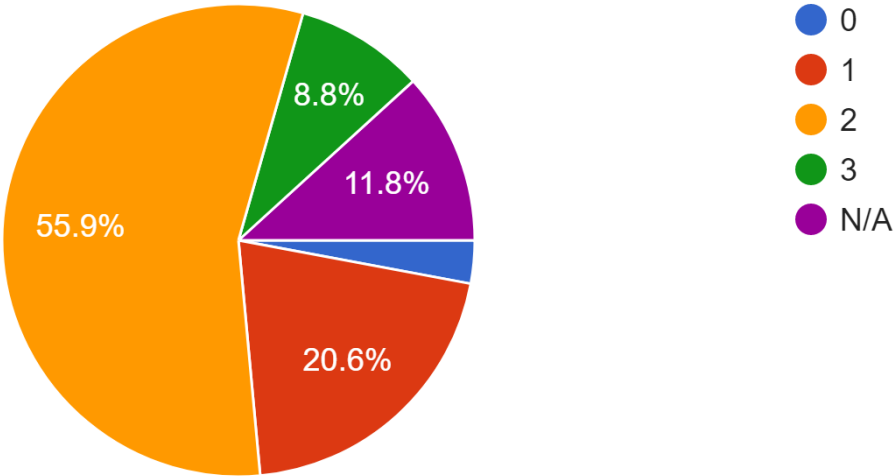
Classroom parties focus on activities rather than food. List of healthy food alternatives are provided to parents.

34 responses



School is encouraged to develop non-food fundraisers that promote physical activity. Ideas for fundraisers provided.

34 responses





- We will not use treats as rewards.
- Encourage more classroom activities that support healthy lifestyles and movement.
- Healthy classroom parties
- We had recess before lunch for a while last year, but the staff hated it and CDM voted to go back to lunch before recess. No plans to change that at this point.
- Students are given appropriate time after meals to socialize or rest. We do not encourage non-food fundraisers that promote - physical activity.
- We have recess after lunch, not before.
- Our Cleaning staff focus on this area and do a very good job of keeping clean, safe and healthy.
- We would like to promote more structured activities at recess and use extra recesses as behavior incentives to promote positive behaviors.
- Our school is filled with hungry young adults many of whom struggle to eat balanced diets due to economic hardship and or environmental influences. I would love to have healthy snacks available throughout the day in our villages so that students have access throughout the day and when needed.
- We are currently meeting expectations.
- Increased wellness opportunities for students; before/after school.