

Elementary Wellness Procedural Checklist Spring 2016

	D	B	G	He	Hi	Ho	JM	L	O	P	SV	TO	TC	W
Nutrition education emphasizes topics including healthy food preparation, balance between food intake and energy expenditure, links with school meals, and health literacy.	N	Y	N	Y	Y	Y	Y	Y	N	N	N	N	Y	Y
The cafeteria features educational signage that promotes a healthy lifestyle.	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Fresh Fruit and Vegetable program is offered.	Y	Y	Y	Y	Y	Y	Y	Y	Y	N/A	N/A	Y	Y	N/A
Physical education class sizes maintain the same teacher to student ratio as core subjects.	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	N	N	Y	Y
Teachers utilize a curriculum that is consistent with national and state standards for physical education.	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Pre and post tests are administered for the Presidential Youth Fitness Program for grades 4-6.	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Appropriate physical education is provided to students with disabilities and special health care needs.	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
The school provides at least 20 minutes of recess for students during each school day.	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
The school provides recess before lunch.	Y	N	N	N	N	N	N	Y	N	N	N	Y/N	Y	N
The school provides at least 30 minutes of physical education per class per week.	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
The school's breakfast and lunch follows all State and Federally mandated guidelines.	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
The school abides by the Federal Smart Snack guidelines.	N	Y	Y	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
The school participates with at least three community partnerships that promote healthy lifestyles: <ul style="list-style-type: none"> <input type="checkbox"/> Weber State University <input type="checkbox"/> Weber-Morgan Health Department <input type="checkbox"/> Ogden City Recreation <input type="checkbox"/> YMCA <input type="checkbox"/> Boys and Girls Club <input type="checkbox"/> Other community organizations 	Yes, not listed	WSU Boys and Girls Club WMH, OCER	OCR, YMCA, Catholic Community Services	WMHD OCR YMCA WSU	YMCA, boys and girls club OCR	WSU, B&G, WMH, OCR	YMCA WMHD OCR	WSU, B&G, WMH, OCR	WSU OCR Boys and Girls	Yes, not listed	WSU OCR WMHD 5K Sponsors	WMH, OCR, YMCA	WMH	WMHD OCR