

### High School Wellness Procedural Checklist Spring 2016

	Ben Lomond	Ogden	Washington
Students complete a Health Education class and Fitness for Life class before graduating from high school. The classes offer a nutrition component.	Y	Y	Y
Nutrition education emphasizes topics including healthy food preparation, balance between food intake and energy expenditure, links with school meals, and health literacy.	Y	N	Y
Additional electives or CTE classes are offered that feature a nutrition component.	Y	N	N
The cafeteria features educational signage that promotes a healthy lifestyle.	Y	N	N
Physical education class sizes maintain the same teacher to student ratio as core subjects.	N	N	Y
Teachers utilize a curriculum that is consistent with national and state standards for physical education.	Y	Y	Y
Pre and post tests are administered for the Presidential Youth Fitness Program for grades 4-6.	Y	Y	N (only one)
Appropriate physical education is provided to students with disabilities and special health care needs.	Y	Y	Y
The school meets the State physical education requirements for graduation.	Y	Y	Y
The school's breakfast and lunch follows all State and Federally mandated guidelines.	Y	Y	Y
The school abides by the Federal Smart Snack guidelines.	Y	Y	Y
The school participates with at least three community partnerships that promote healthy lifestyles: <ul style="list-style-type: none"> <li><input type="checkbox"/> Weber State University</li> <li><input type="checkbox"/> Weber-Morgan Health Department</li> <li><input type="checkbox"/> Ogden City Recreation</li> <li><input type="checkbox"/> YMCA</li> <li><input type="checkbox"/> Boys and Girls Club</li> <li><input type="checkbox"/> Other community organizations</li> <li>_____</li> </ul>	WSU WMHD	N	N

