

Junior High Wellness Procedural Checklist

	Highland	Mound Fort	Mount Ogden
Nutrition education emphasizes topics including healthy food preparation, balance between food intake and energy expenditure, links with school meals, and health literacy.	Y	Y	N
Additional electives or CTE classes are offered that feature a nutrition component.	Y	Y	Y
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	N
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.	N	Y	N
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"> <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 	WSU YMCA Boys and Girls Club	YMCA Boys and Girls Club	OCR YMCA Bridging the gap

