

Elementary Wellness Procedural Checklist Spring 2021

	B	He	Hi	HM	L	M	NB	O	SV	TC	TO	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	Y	Y	Y	N		Y	N	Y	Y	
The cafeteria features educational signage that promotes a healthy lifestyle.	Y	Y	Y	Y	Y	Y		Y	N	Y	Y	
Fresh Fruit and Vegetable program is offered	Y	Y	Y	Y	Y	Y		Y	N/A	N/A	Y	
Physical education class sizes maintain the same teacher to student ratio as core subjects.	Y	Y	Y	Y	Y	Y		Y	Y	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	
Pre and post tests are administered for the Presidential Youth Fitness Program for grades 4-6.	Y	Y	Y	Y	N	N		N	Y	N	N	
Appropriate physical education is provided to students with disabilities and special health care needs.	Y	Y	Y	Y	Y	Y		Y	Y	N	Y	
The school provides at least 20 minutes of recess for students during each school day.	Y	Y	Y	Y	Y	Y		N	Y	Y	Y	
The school provides recess before lunch.	N	Y	Y	N	N	Y		Y	N	N	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	
The school faculty and staff members promote physical activity during recess	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	
The school abides by the Federal Smart Snack guidelines.	Y	Y	Y	Y	Y	Y		Y	Y	Y	Y	
The school achieves at least silver level on the Smarter Lunchroom strategy checklist.	Y	Y	Y	Y	Y	Y		Y	Y	Y	Y	
The school participates with at least three community partnerships that promote healthy lifestyles:	N	Y	Y	N	Y	Y		Y	Y	Y	Y	
<input type="checkbox"/> Weber State University		Y	Y					Y			Y	
<input type="checkbox"/> Weber-Morgan Health Department		Y	Y					Y			Y	
<input type="checkbox"/> Ogden City Recreation												
<input type="checkbox"/> YMCA		Y	Y		Y	Y					Y	
<input type="checkbox"/> Boys and Girls Club								Y				
<input type="checkbox"/> Other community organizations									Y			