

High School Wellness Procedural Checklist Spring 2021		
	Ogden	Ben Lomond
Students complete a Health Education class and Fitness for Life class before graduating from high school. The classes offer a nutrition component.	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	Y
Additional electives or CTE classes are offered that feature a nutrition component.	Y	Y
The cafeteria features educational signage that promotes a healthy lifestyle	Y	Y
Physical education class sizes maintain the same teacher to student ratio as core subjects.	N	Y
Teachers utilize a curriculum that is consistent with national and state standards for physical education.	Y	Y
Pre and post tests are administered for the Presidential Youth Fitness Program for grades 10-12 in physical education.	Y	Y
Appropriate physical education is provided to students with disabilities and special health care needs.	Y	Y
The school meets the State physical education requirements for graduation	Y	Y
The school's breakfast and lunch follows all State and Federally mandated guidelines.	Y	Y
The school abides by the Federal Smart Snack guidelines.	Y	Y
The school achieves at least silver level on the Smarter Lunchroom strategy checklist.	Y	Y
The school only allows non food incentives.	Y	Y
The school participates with at least three community partnerships that promote healthy lifestyles:	Y	Y
<input type="checkbox"/> Weber State University		X
<input type="checkbox"/> Weber-Morgan Health Department		X
<input type="checkbox"/> Ogden City Recreation		X
<input type="checkbox"/> YMCA		
<input type="checkbox"/> Boys and Girls Club		
<input type="checkbox"/> Other community organizations		