

### Jr High Wellness Procedural Checklist Spring 2021

	H	MF	MO
Nutrition education emphasizes topics including healthy food preparation, balance between food intake and energy expenditure, links with school meals, and health literacy.		Y	
Additional electives or CTE classes are offered that feature a nutrition component.		Y	
The cafeteria features educational signage that promotes a healthy lifestyle		Y	
Physical education class sizes maintain the same teacher to student ratio as core subjects.		Y	
Teachers utilize a curriculum that is consistent with national and state standards for physical education.		Y	
Pre and post tests are administered for the Presidential Youth Fitness Program for grades 7-9.		Y	
Appropriate physical education is provided to students with disabilities and special health care needs.		Y	
The school meets the State physical education requirements for graduation		Y	
The school's breakfast and lunch follows all State and Federally mandated guidelines.		Y	
The school abides by the Federal Smart Snack guidelines.		Y	
The school achieves at least silver level on the Smarter Lunchroom strategy checklist.		Y	
The school only allows non food incentives.		Y	
The school participates with at least three community partnerships that promote healthy lifestyles:		Y	
<input type="checkbox"/> Weber State University			
<input type="checkbox"/> Weber-Morgan Health Department		Y	
<input type="checkbox"/> Ogden City Recreation		Y	
<input type="checkbox"/> YMCA		Y	
<input type="checkbox"/> Boys and Girls Club			
<input type="checkbox"/> Other community organizations			