

Cherokee Community School District

Wellness Policy Implementation Review 2019-2020

Area	Criteria	Compliant With District Wellness Policy				Explanation If Not Fully Compliant
		WHS	CMS	RES	ECLC	
Nutrition Education & Promotion	<p>District nutrition education:</p> <p>Is offered at each grade level as part of a sequential, comprehensive standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.</p> <p>Is part of not only health education classes, but also classroom instruction in all subjects where appropriate?</p> <p>Emphasizes caloric balance between food intake and physical activity. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.</p> <p>Links with other meal programs, other foods and nutrition-related community services.</p> <p>Offers information to parents/guardians that encourages and assists them in teaching their children about health and nutrition, as well as preparing nutritious meals for their families.</p>	X	X 7&8	X	X	<p>WHS = Food Services Director distributes information to parents/guardians-Nutrition topic covered in Health I and II as well as Strength and Conditioning</p> <p>CMS = Lunchroom Posters; 7&8 Health Class; 5&6 in Class – PE/Science (Limited Basis); 7&8 FCS Class – Quarter; Parent Notes; Website</p> <p>RES = My Plate Posters; Fruit/Veggie Bar Choices; Food Services Director distributes information to parents/guardians; Hot Lunch Week Promotion/coloring/info sheets; K-4 Programming meets all of the Chapter 12 guidance for Health</p> <p>ECLC = Lunch is Not Served – Healthy Snacks Options are Followed; Food Services Director distributes information to parents/guardians: ECLC discusses healthy eating and body movement in the classroom during daily scheduled activities.</p>
Physical Activity	<p>The District provides physical education that:</p> <p>Is available to all students in grades PK-12 for the entire school year. Includes students with disabilities; special health-care needs may be provided activity in alternative educational settings.</p> <p>Engages students in moderate to vigorous physical activity for at least 50 percent of physical education class time unless medically authorized special needs are verified.</p> <p>Is taught by certified physical education teachers.</p> <p>Encourages classroom teachers to provide opportunities for physical activity throughout the day during classroom time, as appropriate.</p>	X	X	X	X	<p>CMS = 2XWeek; Adaptive PE; Extracurricular Activities; Help City Parks & Rec Programs</p> <p>RES = 2XWeek; 2-3 recesses/day; Adaptive PE if necessary; Brain Breaks</p> <p>ECLC = PE Not Applicable</p> <p>WHS = 3x week or more; Special Education integrated into classroom, Extracurricular activities</p>
Nutrition Guidelines	<p>The School provides at least 30 minutes for lunch break (including recess) and 10 minutes to eat breakfast.</p> <p>All vending machines in the school are compliant with Policy AH “Wellness”, and the Administrative Rules for Policy AH.</p>	NO	X	X	X	<p>WHS = 20 minutes for lunch; No parties; Concession stands are fundraisers – after school</p> <p>CMS = 35 minutes for lunch/wellness; Morning 7:50-8:05 Not Available to Students; Handbook – Staff/Student; School – Yes but PTA – Candy</p>

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	<p>Healthy food choices are encouraged by the District for parties, snacks, and celebrations. If food and/or beverages are sold as a fundraiser, they meet the standards set forth in the Wellness Policy. Teachers are encouraged to use appropriate choices in classroom rewards and incentives that are compliant with the District Wellness Policy. Foods are not withheld from students as a consequence for inappropriate behavior or poor academic performance.</p>	<table border="1"> <tr> <td>NO</td> <td>X</td> <td>X</td> <td>X</td> </tr> <tr> <td>NO</td> <td>X</td> <td>NA</td> <td>NA</td> </tr> <tr> <td>X</td> <td>X</td> <td>X</td> <td>X</td> </tr> <tr> <td>X</td> <td>X</td> <td>X</td> <td>X</td> </tr> </table>	NO	X	X	X	NO	X	NA	NA	X	X	X	X	X	X	X	X	<p>RES = No Vending Machines; No Food/Beverage Fundraisers ECLC = No Vending Machines; No Food/Beverage Fundraisers</p>
NO	X	X	X																
NO	X	NA	NA																
X	X	X	X																
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Assessment	<p>The District Wellness Council is responsible for communicating the school wellness policy, and monitoring and measuring the implementation of the school wellness plan.</p>	<table border="1"> <tr> <td>X</td> <td>X</td> <td>X</td> <td>X</td> </tr> </table>	X	X	X	X													
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