

Cherokee Community School District Wellness Policy Implementation Review 2020-2021

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>	X	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.</p> <p>If food and/or beverages are sold as a fundraiser, they meet the standards set forth in the Wellness Policy.</p> <p>Teachers are encouraged to use appropriate choices in classroom rewards and incentives that are compliant with the District Wellness Policy.</p> <p>Foods are not withheld from students as a consequence for inappropriate behavior or poor academic performance.</p>	<table border="1" style="width: 100%; text-align: center;"> <tr> <td>X</td> <td>X</td> <td>X</td> <td>X</td> </tr> <tr> <td>X</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>	X	X	X	X	X	X	NA	NA	X	X	X	X	X	X	X	X	<p>RES = No Vending Machines; No Food/Beverage Fundraisers</p> <p>ECLC = No Vending Machines; No Food/Beverage Fundraisers</p>
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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" style="width: 100%; text-align: center;"> <tr> <td>X</td> <td>X</td> <td>X</td> <td>X</td> </tr> </table>	X	X	X	X													
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