

School Wellness Assessment

Date: September 12, 2018

School: Lake Forest Elementary Charter School

Assessors' name(s): Toya Ellis

Nutrition Education	Fully in Place	Partly in Place	Not in Place	Completion Date if Applicable
Age-appropriate instruction is provided to students that teaches lifelong healthy eating habits and healthy level of physical activity.	2	0	0	On going
Nutrition education is part of a systematic and structured unit of instruction.	2		0	On going
Teachers have adequate materials and resources to provide current nutrition education in the classroom.		1	0	On going
Nutrition education opportunities are offered to parents and families.	2		0	On going
Parents have the opportunity to volunteer for wellness-related activities in the school.		1	0	On going
Other:				
Nutrition Promotion	Fully in Place	Partly in Place	Not in Place	Completion Date if Applicable
Students have access to healthful food choices in the school cafeteria.	2		0	On going
Healthy eating and the school meal program are actively promoted to students, parents, school staff, and the community at school registrations, parent-teacher meetings, open houses, in-services, etc.	2		0	On going
Advertisements within the school reinforce the goals of healthy education and nutrition standards.	2		0	On going
Students have adequate time to eat lunch every day.	2		0	On going
Nutrition information is accessible to students and their parents/guardians concerning the nutritional content of foods and beverages sold through the school meal programs.	2		0	On going
100% of fundraisers sold during the school day are non-food items.	2		0	On going
Fundraisers sold outside of the school day are primarily non-food items or healthy food items.		1	0	On going
Food is not used as a reward or punishment.	2		0	On going
The cafeteria atmosphere is clean and inviting and offers a pleasant eating environment (artwork, plants, natural light, health education information, reduced noise).	2		0	On going
Soda is prohibited from the cafeteria in elementary and middle schools.	2		0	On going
Staff encourages students to take and eat fruits and vegetables in the lunchroom. However, students are not forced to eat or finish their plate.	2		0	On going
Other:			0	On going
Physical Activity	Fully in Place	Partly in Place	Not in Place	
Health-promotion activities are available that encourage physical activity, such as speakers, recreational demonstrations, and walking clubs.		1	0	On going
Physical-activity is promoted in after-school programs, such as intramurals, interscholastic athletics, and physical activity clubs.	2		0	On going
Physical activity opportunities (i.e. recess) are not withheld as a punishment.	2		0	On going
According to school schedule, students receive a minimum amount of physical activity minutes (includes, but is not limited to, exercise programs, fitness breaks, recess, field trips that include physical activity, classroom activities that include physical activity, and PE classes). (Average score if more than one schedule applies)	2		0	On going
Physical activity is never required as a form of punishment.	2		0	On going
Full-day students are provided with unstructured daily opportunities for physical activity, such as recess.	2		0	On going
Students receive adequate recess time every day.	2		0	On going
Students are encouraged to be active during recess.	2		0	On going
Teachers incorporate physical activity into other subject areas (i.e. reading, math,		1	0	On going

science, social studies).				
Physical activity opportunities are provided and encouraged for students with all levels of physical fitness.		1	0	On going
Other:			0	
Foods and Beverages Available	Fully in Place	Partly in Place	Not in Place	Completion Date if Applicable
Soda is prohibited from the cafeteria in elementary and middle schools.	2		0	On going
Access to vending machines, school stores, and other venues that contain foods of minimal nutritional value are restricted to students during the official school day	2		0	On going
All food sold in schools comply with the Louisiana Guide to Smart Snacks	2		0	On going
Other:			0	On going
Other School-Based Activities	Fully in Place	Partly in Place	Not in Place	Completion Date if Applicable
Ensure access to safe drinking water throughout the day at no cost to children	2		0	On going
Exposure to origins of fruits and vegetables in the school's local area	2		0	On going
Children have motivation to eat fruits and vegetables that they helped to grow		1	0	On going
Promote various recognition programs for schools that offer a healthier school environment.		1	0	On going
Other: After School program have a veggie garden	2		0	On going

Total Score: ____/28 = ____%

Nutrition Education- Toya Ellis

Nutrition Promotion- Michelle Bell/Roxanne Route

Physical Activity- Joel Carter

Food and Beverages- Toya Ellis

Other School- Based Activities- Michelle Bell