

Wellness Policy Assessment Tool

This assessment tool provides information on the School’s Wellness Policy (the “Policy”) goals and practices. This tool can be used to measure compliance with the School’s Policy, track progress, and strengthen the commitment to a healthier School environment. The Policy and a completed assessment will be made available to the public.

School Name: Lake Erie Preparatory School

Reviewer: Heather Stevens

Date Completed: 08-18-2024

Select School Grades: PK **K 1 2 3 4 5 6 7 8 9 10 11 12**

Public Involvement

The School has a designee in charge of compliance with the Policy. Yes No

Name & Title: Denecia Dillard, Executive Principal

The School makes its Policy available to the public. Yes No

Describe/Webpage: school website

Nutrition Education & Promotion

The Policy provides that nutrition and healthy living shall be taught to all students as part of regulation instructional program.	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
The School engages with community partnerships to develop and support engagement of students, families, and staff in community health activities and events throughout the School year.	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
The School ensures students have access to hand-washing facilities prior to meals.	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
Fruits and vegetables are included as a regular part of the School’s meal programs.	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
We maintain nutritional standards for foods/beverages served at School events.	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
The School regularly shares meal nutrition, calorie, and dietary information with students and families.	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>

Nutrition Guidelines

The School’s Policy includes goals to meet nutrition guidelines consistent with USDA standards.	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
The School operates a School Breakfast program.	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
The School follows all nutrition regulations for the National Lunch Program.	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
The Policy provides that menu selection will use student, parent, and staff advisory when possible.	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>
The Policy provides, and the School ensures, that a la carte offerings are nutritious and meet federal recommended guidelines.	Yes <input checked="" type="checkbox"/>	No <input type="checkbox"/>

Physical Education & Activity

Physical education is provided to all students to emphasize the importance of physical fitness and healthy, active lifestyles.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Physical education is taught by at least one qualified School staff member.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Students receive a minimum of 30 minutes of physical activity opportunities 3 days a week, or the equivalent.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
The School maintains opportunities for students to participate in sports or physical activities programs outside normal school hours.	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Other School-Based Wellness Activities

Students, families, and community partners are included on an ongoing basis in School wellness planning processes.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
The School encourages its teachers to participate in wellness programs.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
The School offers staff opportunities for CPR certification.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
The School participates in recycling/environmental programs.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
The School recognizes students throughout the year who demonstrate healthy behaviors.	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Progress Report (provide a description of the progress made in attaining the goals in the School's Policy)

The School has made notable progress in achieving its wellness policy goals by ensuring that all foods offered align with USDA guidelines, emphasizing high fiber content and low levels of fats, sugars, and sodium. Active involvement of students, parents, and staff in menu planning has resulted in nutritious a la carte options and a diverse range of healthy beverages. The health education program has been successfully integrated into the curriculum, providing students with valuable skills in health promotion and disease prevention, while also offering practical opportunities for applying these skills. This holistic approach supports both student wellness and staff effectiveness, fostering a healthier school environment.