

# Local School Wellness Policy Assessment

Date: November 14, 2017

## Nutrition Education:

Promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products and low-fat and fat-free dairy products

**Cleveland Clinic's "Eat Right at School" Menu Award Program**

**HealthierUS School Challenge Bronze Award (HUSSC Award)**

Provides information to parents on good nutrition

**Nutrition Services Department Website**

**Posters in Cafeteria**

**Information in Health Centers- serving sizes**

**Nurse-One on One with parents and students dealing with diabetes**

**Carbohydrate Count for 5 week lunch cycle menu and 4 week breakfast cycle menu**

Wellness Education

**Health Fairs-Community Business Members bring information to Health Fairs**

Highly qualified teachers

**Yes**

## Physical Education:

Planned instruction in PE

**3 Quarters-Elementary**

**1-Quarter-Middle**

**2 Semester-High School in order to graduate**

Certified PT Teachers

**Yes**

Physical Activity:

School provide information to families to encourage physical activity

**Lakewood Board of Education Recreation Department- Aquatics, Athletics and Community Education**

School-Bases Activities:

Clean cafeteria areas

**Yes**

Community has access to school facilities after school

**Community Education, Athletics and Aquatics**

**After School Programs and care**

**YMCA**

**Church Organizations**

**Boy Scouts**

**Schools are open to Community for walking**

**Jazzercise**

Schools support positive health by hosting clinics and screenings

**Lakewood City Schools-Biometrics and Flu Shots**

**Lakewood Walking Challenge**

**Weight Watchers**

**The Cleveland Clinic Foundation and Lakewood City Schools- Provide on-site primary health care services to students and staff—In the near future community members**

**Mobile Unit—Cleveland Clinic Medical Unit- Eye Care, Dentist, Hearing Screening, Mental Health Providers, Social Workers/Counselors**

**Smile Program: Dental, Cleaning and X-rays**

Nutrition Promotion:

Create an environment that reinforces healthy eating habits

**School Cafeterias, HUSSC Award, Cleveland Clinic “Eat Right at School Award”**

**Must follow USDA/Ohio Department of Education, Child Nutrition Regulations**

**2014-2015 Perfect Audit with the ODE Child Nutrition Program**

Food and beverages sold to students during the “School Hours” meet USDA Smart Snack regulations

**Follows Smart Snacks Regulations- Midnight and all thru Breakfast and Lunch until 30 minutes after school is let out**