

Local School Wellness Policy Assessment

2020 -2021

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

This institution is an equal opportunity provider.