

## Student Wellness Policy Assessment


Site: TC Howe H.S. Sponsor: \_\_\_\_\_

<b>Section 1</b> <b><u>Nutrition Education and Promotion</u></b>	Fully in Place	Partially in Place	Under Development	Not in Place
Health education taught in all grades		✓		
Sequential health education curriculum consistent with standards	✓			
Essential topics on physical activity	✓			
Essential topics on healthy eating	✓			

<b>Section 2</b> <b><u>School-based Activities Designed to Promote Student Wellness</u></b>	Fully in Place	Partially in Place	Under Development	Not in Place
Provide adequate time for students to eat breakfast (at least 10 minutes)	✓			
Provide adequate time for students to eat lunch (at least 20 minutes)	✓			
Access to free drinking water	✓			
Access to hand washing before meals and snacks	✓			

<b>Section 3</b> <b><u>Physical Activity</u></b>	Fully in Place	Partially in Place	Under Development	Not in Place
Recess	✓	- for middle school only		
Adequate physical activity facilities	✓			
Adequate time for physical activity	✓			
Prohibit using physical activity as punishment	✓			

<b>Section 4</b> <b><u>Nutrition Guidelines for Foods Sold During the School Day</u></b>	Fully in Place	Partially in Place	Under Development	Not in Place
All foods offered or sold during the school day meet strong nutritional standards	✓			
All beverages offered or sold during the school day meet strong nutritional standards	✓			
Fundraising efforts during school hours meet strong nutritional standards	✓			
Prohibit using food as punishment	✓			

Lloyd Knight Name	 Signature	2/21/18 Date
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