

23-24 LCS Wellness Policy Triennial Assessment

DEVELOPMENT, IMPLEMENTATION, EVALUATION AND ASSESSMENT

Question	Yes	No	How is this done?
Does your school have its own specific wellness policy?	9 (41%)	13 (59%)	
Does your school conduct periodic assessments to determine the effectiveness of your school wellness activities and where additional assistance and resources may be needed? Such as: Presidential Youth Fitness Program, School Health Index, AHG School Health Inventory, WellSAT. If yes, how is this done and on which programs(s)?	7 (32%)	15 (68%)	<ul style="list-style-type: none"> - Youth fitness is done through Champions. We have completed the SHI in the past. However, SHI has not been done since 2019. - Presidential Youth Fitness Test, CHP Champions Program, Periodic Health Screenings - Fitnessgram - P.E. classes and the Champions program through physical fitness testing. - We continue working on the guidelines from the Alliance for a Healthier Generation - Champions and P.E. conduct periodic assessments on wellness activities. - Every Friday we have a guided physical program for our students called "Special Olympics". - School Nutrition Services Grant from DOE

NUTRITION EDUCATION

Question	Yes	Not At This Time	Was Not Aware	How is this done?
Is nutrition taught to all students as a component of comprehensive health education? If yes, how is this done?	11 (55%)	7 (35%)	2 (10%)	<ul style="list-style-type: none"> - Health education via PE - Through the physical education program - Through HOPE class - This was accomplished through curriculum lesson - It is part of the Physical Education curriculum for all students during the 3rd nine weeks. - Students are taught health and wellness through independent living courses, CBI activities, special olympics and leisure activities, and cooking activities. - Students are taught health education through HOPE by offering lessons regarding healthy eating, counting calories, and healthy living.

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Question	Yes	Not At This Time	Was Not Aware	How is this done?
Is nutrition education integrated through classroom teachers, PE teachers, guidance counselors, or school nurses in school that do not have a certified health education teacher? If yes, how is this done?	13 (62%)	4 (19%)	4 (19%)	<ul style="list-style-type: none"> - Incorporated in PE - Nutrition is taught in HOPE, Yoga, Life Management/Adulting, and Gardening classes. - Through the physical education classes - The Healthy Plate and other nutrition topics are covered in PE. - This was accomplished through curriculum lesson - Physical Education classes is part of their unit for all students during the 3rd nine weeks. - Health topics covered throughout the school year on our school instructional calendar - PE teachers spend time going over nutrition education with students through their PE classes. - Students are taught health education through HOPE by offering lessons regarding healthy eating, counting calories, and healthy living. - Videos and games using food bean bags
Is nutrition education not only part of the health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects? If yes, how is this done?	11 (55%)	5 (25%)	4 (20%)	<ul style="list-style-type: none"> - Through cross curricular content - Gardening and Life Management/Adulting incorporate nutrition lessons in their cooking units. - Agriculture - Culinary arts classes - This was accomplished through curriculum lesson - In our health education classes. - 4th grade uses the nutrition education to learn about portions and division during math education - Through ULS and Health Education topics - Students were offered lesson on family nutrition programs through UF IFAS.

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Question	Yes	Not At This Time	Was Not Aware	How is this done?
Does nutrition education include enjoyable, developmentally appropriate, culturally relevant, participatory activity such as contests, promotions, taste testing, farm visits and school gardens? If yes, how is this done?	11 (55%)	8 (40%)	1 (5%)	<ul style="list-style-type: none"> - Taste testing through food service - School gardens - Farm visits, taste testing, Wellness days, cultural arts activities. - Agriculture class - We have had food trucks come to school that are based on different cultures - We had the Leon County Schools come out and do a taste testing with our entire school. We also had a Health Fair school-wide. - We have agriculture as an elective class. - Before COVID, we did taste testing and farm visits. We are starting this year with a school garden to hopefully have taste testing once again. - Cooking with Communication, gardens throughout the school - Students were participating in nurturing a school garden that provided fruits and vegetables. - Tasting of the food in the school garden.

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Question	Yes	Not At This Time	Was Not Aware	How is this done?
Does nutrition education promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices? If yes, how is this done?	12 (57%)	5 (24%)	4 (19%)	<ul style="list-style-type: none"> - Lessons in PE - Cooking classes with an emphasis on the specific health benefits of each carefully chosen ingredient. Focusing on "Superfoods". - Agriculture class and physical education class - This is accomplished through our School Nutrition lunch program and through curriculum lessons. - In our school cafeteria. - During the nutrition unit in P.E. classes in the 3rd nine weeks - During cooking classes, we encourage students to try new fruits and veggies with the meals they cook. - Through classroom instruction and cooking with communication
Does nutrition education emphasize caloric balance between food intake and energy expenditure (physical activity/exercise)? If yes, how is this done?	10 (48%)	8 (38%)	3 (14%)	<ul style="list-style-type: none"> - Lessons in PE - Class activities and sometimes using Fitbit monitors or other such devices. - Part of HOPE curriculum - This was accomplished through curriculum lesson and physical education teacher - During the nutrition unit in P.E. classes in the 3rd 9 weeks - Through a MS HOPE course and posters around the cafeteria. - Yes especially during PE and HOPE classes - The PE teacher offered lessons about the 5 food groups and the importance of having each in a diet.

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Does nutrition education involve a collaborative and coordinated effort between food services and the school faculty? If yes, please describe.	4 (19%)	14 (67%)	3 (14%)	<ul style="list-style-type: none"> - The lunchroom manger and the school provide the lunch menu daily on the morning show. When the teacher grew vegetables in the garden, she provided the lunch room manger with a recipe that their class chose and she cooked the recipe for the classroom teachers for the students to do taste testing. - Using smart snacks.
Does nutrition education teach media literacy with an emphasis on food marketing? If yes, please describe.	4 (19%)	15 (71%)	2 (10%)	<ul style="list-style-type: none"> - Activities and lessons that teach about nutrition labels, marketing laws and regulations. - This is done through HOPE course. - Students were offered lessons on family nutrition programs through UF IFAS.
Is there nutrition training available for teachers and other staff? If yes, please describe.	2 (10%)	17 (81%)	2 (10%)	<ul style="list-style-type: none"> - Not at LCS Transition Program. - Staff may be interested in this. - A nutritionist can come to the school.
Does the school share nutrition information with families and the broader community to positively impact students and the health of the community (e.g., District website and newsletters)? If yes, please describe.	7 (33%)	10 (48%)	4 (19%)	<ul style="list-style-type: none"> - We used the nutrition info provided by the USDA - Website - School website shares our lunch menus and listserv is sent out to the parents - This information is promoted through Title 1 communications. - If they are on the LCS website they'll be able to see what their child will have for lunch and breakfast. - The website shares the menus for the week with the nutritional information and monthly homework calendars sometimes includes nutritional tips. - PE teachers include nutrition info in the PE newsletter.
Would you like more information on resources?	16 (80%)	4 (20%)		

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Question	Yes	Not At This Time	Was Not Aware	How is this done?
Is Nutrition education information reviewed by a qualified and credentialed professional in order to support Florida's educational standards? If yes, please describe.	5 (25%)	12 (60%)	3 (15%)	- Our standards are approved by dietitians I believe. - At the district level.
Does the school cafeteria serve as a "learning library" to allow students to apply critical thinking skills taught in the classroom? If yes, please describe.	1 (5%)	17 (81%)	3 (14%)	- They are given choices.
Do you use any of the following nutrition/health education curriculum or resources? (please check all that apply)				- My Plate/Team Nutrition (11) - Organ Wise Guys (2) - Resources from Alliance for a Healthier Generation (6) - School Garden (13) - 95210 (5) - Education outside the classroom (farm tours, Leon County Extension, etc.) (9) - Healthteacher.com/Go Noodle (11) - Other (please specify) (1) a. I have used all in the past. Currently the school garden is in place.

NUTRITION STANDARDS

Question	Yes	No	Was Not Aware	Comments
Does the school use food for fund raising during the school day (this includes PTO)?	7 (35%)	12 (60%)	1 (5%)	- Coming soon but not since 2019 - Our students run coffee shop, Snack Attack - Popcorn, chili cook-off, hamburger sales - 2017: 1 Drama bake sale, 1 Donut sale- key club, 1 Donut sale- SGA, 1 blow pop sale – NHS; 2018: 1 sale- Hot cocoa & Herbal tea; 2019- present: No bake sales

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Question	Yes	No	Was Not Aware	Comments
Does the school use food as a reward or for classroom celebrations? If yes to using food as fundraisers, rewards, or celebrations, do the foods meet the nutrition standards and the Smart Snacks in Schools regulations?	18 (86%)	2 (10%)	1 (5%)	<ul style="list-style-type: none"> - Not sure (3) - No, but there are only a few times each year. Ice cream social for Honor Roll kids. - No (4) - Small treats are given to students for achievements. Mostly given at the end of the day. - Pizza for honor roll students - A/B honor roll with tickets for candy at lunch. - Meets nutritional standards but not school regulation as they sell popcorn before school. - Yes (4) - Yes as it is always after lunch on Fridays as a reward.
Does the school market and promote fund raisers, PTO sales, and vending that are consistent with nutrition education and health promotion? (Example: vending machine cover does not promote products which are inconsistent with US Dietary Guidelines and nutrition standards). If no, please explain.				<ul style="list-style-type: none"> - Not sure - We have vending machines the students do not have access to. - We do not have a PTO or vending machines operated by our school. We do not market food to students.

PHYSICAL ACTIVITY/PHYSICAL EDUCATION

Question	Yes	No	Not At This Time	Not Aware	How is this done?
Do you have a certified PE teacher on staff and for how many hours? If yes, how many hours?	19 (95%)	1 (5%)			<ul style="list-style-type: none"> - 7.5 hours (4) - 8.5 hours - 7.25 hours - 8 hours (4) - 4 teachers all during the school day - 35 hours - Three teachers all day 7.5 hours - We have 2 full time PE teachers (2)

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Question	Yes	No	Not At This Time	Not Aware	How is this done?
At minimum, by state mandate elementary schools are required to provide 150 minutes each week for physical education and; one semester per year for middle schools. Is your school providing the minimum required time? If no, please explain.	14 (74%)	5 (26%)			<ul style="list-style-type: none"> - We are a high school - Students are only getting 45 minutes of instructional time in physical education. - We have 145 minutes each week - Students are seen for P.E. 2x/week for 45 min (90 minutes a week) - Students get 50 minute classes, 1st-5th get twice a week, KG gets once a week. That would be 100 and 50 minutes respectively.
Are specific topics related to physical education included with ongoing professional development for teachers on the Florida educational standards? If yes, please describe.	11 (79%)	3 (21%)		6 (30%)	<ul style="list-style-type: none"> - The district in-service activities provide trainings. - Our PE teachers must keep up with professional standards - We use the FDOE standards in the P.E. curriculum taught. - During our PE in service meetings each nine weeks. - P.E. professional development during the year in district meetings - Teachers were provided wellness tips, Professional Development points were awarded towards certification, staff were encouraged to use exercise room at the school and at the district wellness center - Shadowing fellow teachers in the county.
If not, would professional development training on physical education and resources available be helpful?	7 (41%)	10 (59%)			

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Question	Yes	No	Not At This Time	Not Aware	How is this done?
Does administration ensure teachers understand that students should not be denied physical activity as a form of punishment?	19 (95%)			1 (5%)	
Is pre and post Fitness Testing done with all students? Please explain.	10 (53%)	7 (37%)		2 (11%)	<ul style="list-style-type: none"> - Not measured at all grade levels. - I do this in my Yoga & HOPE classes. - Fitness Assessment during our fitness unit - The P.E. uses the PACE fitness test - This is done in Middle School and is being developed for elementary. - Champions program does baseline tests and then midterm + final tests. - Champions program measures students in our PE classes
If you are an elementary or middle school, have you received and used the purchased equipment for SPARK or CATCH?	7 (41%)	9 (53%)	1 (6%)		
Do your teachers have access to free interactive online/virtual classroom activity programs i.e., Adventures in Fitness or Go Noodle? If yes, please describe.	17 (85%)	3 (15%)			<ul style="list-style-type: none"> - Go Noodle (8) - OPEN - Adventures in Fitness (2)

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Question	Yes	No	Not At This Time	Not Aware	How is this done?
If you are an elementary or middle school do your students participate in "Champions" fitness program sponsored by Capital Health Plan? If yes, please describe.	11 (61%)	7 (39%)			<ul style="list-style-type: none"> - During their P.E. class on Friday. - All grade levels receive instruction from certified Champions instructor at least once per week. - Champions program comes afterschool - Champions coaches come every Wednesday and complete workouts with our PE classes. - Middle school participates in Champions and our elementary PE teacher was a former Champions coach. - Champions comes 3x/week and runs a workout before PE activity unless doing a test then it is the full class. - Three days a week.
Does your school promote fund raisers that include physical activity i.e. Jump Rope for Heart, Booster-thon, 5k or 1 mile fun run/walk? Please specify.	12 (60%)	6 (30%)		2 (10%)	<ul style="list-style-type: none"> - 5K - Everhart Turkey Trot, Middle School Owl Run, etc. - Girls on the Run
If you are a middle school does your school provide before school programs that include athletic, and lifetime sports and leisure activities? Please list the activities.					<ul style="list-style-type: none"> - We have a walking club in the morning for students, teachers, and admin. - We offer many after school sports for girls and boys. - Not at this time. - N/A (4)

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Question	Yes	No	Not At This Time	Not Aware	How is this done?
Please list the community partnerships and grants your school has been involved with that has increased student opportunities for physical activity:					<ul style="list-style-type: none"> - All Kids Bike, Gulf winds track club, Pilot's club - Grant from Leon Foundation provided equipment for school wide field days. - Fuel Up To Play 60, LCS Foundation - Girls on the Run - Girls on the Run, Tallahassee Parks and Rec-school sports team - American Heart Association, Fuel Up to Play 60, Gulf Wind Track Club, W.T. Moore PTM - We have received FuelUpToPlay60 funds each year prior to COVID - Ft. Braden Park & Community Center - Special Olympics, FSU Best Buddies, MATP, Gulf Winds Track Club, etc. - Booster-thon, plan to do jump rope for heart this year. - Booster-thon
Does your school have a student health, wellness, or fitness goal (or objective that supports another goal) incorporated into its School Improvement Plan?	6 (32%)	13 (68%)			
Is your school aware of the following web-based resources? (please check all that apply)					<ul style="list-style-type: none"> - Action for Healthy Kids (7) - Alliance for a Healthier Generation's "Healthy Schools Program" (11) - Let's Move (8) - Fuel Up to Play 60 (12)

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RECESS

Question	Yes	No	Not At This Time	If no, please explain.
Does your school meet the above minimum requirements for recess? If no, please explain.	15 (94%)	0	1 (6%)	- We are a high school. - 6th-12th grade - N/A- secondary site