

Wellness Assessment

Highland Local School District

Wednesday, June 5th 2024

Committee Chairperson: Evelyn F. Makarek, Supervisor of Food Services

	High School	Middle School	Elementary Buildings
Nutrition			
We promote healthy eating with signage, use of creative menus, etc.	x	x	x
We serve fresh fruits and vegetables daily	x	x	x
We participate in the Farm to School fresh produce program	x	x	x
We prohibit the use of food and beverage as discipline	x	x	x
We follow all nutrition regulations for the National School Lunch Program (NSLP)	x	x	x
We operate the School Breakfast Program, before school and during school hours	x	x	
We share school meal nutrition, calorie and carbohydrate counts to students and families	x	x	x
Students have access to hand washing facilities prior to meals	x	x	x
We have a Certified Food Handler at each school building	x	x	x
All Food Service staff complete the regulated hours of training each year	x	x	x
Physical Activity			
We provide physical education for elementary students.			x
We provide physical education for middle school during a term or semester		x	
We require physical education classes or equivalent for graduation (high schools only)	x		
We provide recess for elementary and middle school students daily		x	x
We offer before or after school physical activity through sports and other clubs	x	x	
Additional School-Based Wellness Practices			
We have school district staff who are CPR certified and AED certified.	x	x	x
We have a recycling program.	x	x	
We have community partnerships which support programs, projects, events, or activities	x	x	x
High school PE electives include Speed/Strength, Team Sports and Lifetime Fitness.	x		
The high school weightroom is open before and after school for students and staff.	x		
The middle school gym contains treadmills and fitness cycles that are accessible to staff before school.		x	
We have new outdoor play areas at all three elementary schools.			x
Goal			
We will explore trends that appeal to students to encourage healthy eating and physical activity.	x	x	x