

## Student Wellness Policy Assessment

Site: Success Mile Academy

Sponsor: Success Mile Academy

| <b>Section 1</b><br><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                               |                | X                  |                   |              |
| Sequential health education curriculum consistent with standards    |                | X                  |                   |              |
| Essential topics on physical activity                               |                | X                  |                   |              |
| Essential topics on healthy eating                                  |                | X                  |                   |              |

| <b>Section 2</b><br><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)                      | X              |                    |                   |              |
| Provide adequate time for students to eat lunch (at least 20 minutes)                          | X              |                    |                   |              |
| Access to free drinking water  | X              |                    |                   |              |
| Access to hand washing before meals and snacks   | X              |                    |                   |              |

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

| <b>Section 4</b><br><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           | X              |                    |                   |              |
| All beverages offered or sold during the school day meet strong nutritional standards       | X              |                    |                   |              |
| Fundraising efforts during school hours meet strong nutritional standards                   |                | X                  |                   |              |
| Prohibit using food as punishment   | X              |                    |                   |              |

|                                     |   |                    |
|-------------------------------------|---|--------------------|
| Thomas Gladieux - Principal<br>Name | <br>Signature | 12/02/2016<br>Date |
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