

Arlington Local School District
Wellness Evaluation - 2022

YES NO PARTIAL N/A

Maintain a safe school environment by conducting building safety checks at least twice yearly.

X			
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Insure that all hazardous materials and chemicals are stored properly and in locked areas.

X			
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Provide Health Education Professional Development opportunities for all teachers in grades K-12.

X			
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Gather student input on nutritional food preferences regarding the school's food service program.

X			
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Provide recess prior to lunch.

	X		
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Eliminate physical activity as discipline.

X			
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Promote community physical activity through distribution of information and programs.

X			
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Teachers provide opportunities for student activity within the classroom.

X			
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Implement a breakfast program available by a vending machine accessible each day for students in all grade levels.

			X
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Increase promotion of nutritional eating. This will be improved by hanging in the cafeteria and kitchen posters depicting nutritional and health promoting information.

X			
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Replace vending machines containing soda and juices with little nutritional value and low percentage of fruit juice with 100% fruit juice, flavored and regular water, diet sodas, and sports drinks.

X			
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Reduce ice cream treats as an a la carte item for students to purchase and replace them with low fat snacks.

X			
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	YES	NO	PARTIAL	N/A
Limit the amount of fried foods served in the cafeteria	X			
Reduce the sale of fried snacks, such as chips and Doritos and replace with baked, low-fat snacks.	X			
Provide professional development opportunities for cafeteria staff.	X			
Provide health improvement by providing a mobile dentist program in the fall and the spring for students in grades pre-K through 6 and make referrals as needed.	X			
Provide educational information and opportunities to students, staff, and the community on a variety of health related topics (i.e.-nutrition, physical activity, eating disorders, etc.)	X			
Offer smoking prevention education beginning in the fourth grade.	X			
Collaborate with staff and community resources/agencies on student health related issues.	X			
Improve school climate by providing positive messages daily to students in grades preschool-12.	X			
Improve staff awareness on community and local fitness and wellness programs.	X			
Collaborate with county health department, local hospitals, and other community agencies to sponsor/host screenings/awareness opportunities for staff.	X			
Provide parents and community members with more health/wellness related information to promote an overall healthy school district environment.	X			

Analyze student body size/obesity by conducting height, weight, and BMI checks for grades 3-6 in the fall and spring of each year.

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