

FINDLAY CITY SCHOOL DISTRICT

WELLNESS PROGRAM

WELLNESS PROGRAM MISSION STATEMENT

The Findlay City School District is committed to providing a school environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating, physical activity and wellness education.

Revised March 2019

Findlay City School District Board Policy:
Program Plans to support Food Services Management/Free-and Reduced-Price Food Services
(Board Policy 5.03) and
(Board Policy 5.04) Food Sales Standards

GOAL 1: To follow all USDA requirements and dietary guidelines and offer healthy food choices.

Food Services School Year 2018-2019

Goal 1: Implementation Plan	Fully in Place	Partially in Place	Under Development	Not in Place
1. Implement the updated 2018 National School Lunch Program Guidelines for the 2018-2019 school year.				
2. Offer healthy food choice options for the lunch program in all buildings.				
3. Offer healthy food choice options for the breakfast program in all buildings.				
4. Offer healthy food choice options in all vending machines.				
5. Develop recipes that have reduced fat content.				
6. Lunch program will use Coordinated Review Effort Evaluation (CRE) and School Meals Initiative Nutrient Analysis (SMI) reviews as the governing authority.				
7. Cafeteria environment minimizes distractions from choosing and eating healthy foods through measures such as adequate lighting, noise reduction and seating arrangements.				
8. School designates a meal that meets NSLP standards as the default option for meals. Students or parents who desire other options must actively choose them.				
9. At least half of the grain items will be whole grain.				
10. School fund-raising activities, such as bake sales, may not be held during the school lunch period.				
11. Restrict access to foods of minimal nutritional value throughout school grounds during the school day.				
12. Restrict access to beverages according to grade level that do not fit SB 210 requirements. (<i>see exhibit 1 for information on beverage requirements</i>).				
13. Soda vending machines will not operate during the school day.				
14. Improve sodium content in meals by showing 10% reduction of the baseline by 2019; (<i>see exhibit 2 for detailed information</i>)				
15. Consistently prohibit using food as reward or punishment.				

16. Implement and follow nutrition guidelines for a la carte items per SB 210-ORC 3313.817, schools may use the Alliance for a Healthier Generation guidelines for evaluating foods to sell a la carte. <i>(see exhibit 3 for detailed information)</i>				
17. Staff prompts students to choose fruits and vegetables.				
18. School engages in marketing of healthy options using posters, table tents or creative naming of healthy options.				
19. School offers convenient placement of healthy options, e.g. near the register.				
20. School makes use of appealing presentation of foods including a la carte items in addition to the default option(s).				
21. School provides quick healthy meal options such as “grab and go” meals or vending of reimbursable meals.				
22. School permits use of prepaid meal funds only for reimbursable meals and competitive foods and beverages that meet Alliance Guidelines. <i>(see exhibit 1 for detailed information)</i>				
23. School has a system in place for students or parents to preselect breakfast and lunch.				
24. Drinking water is available to students free of charge within reasonable distance/access throughout the school day.				
25. Annual training covering basic nutrition and healthy eating concepts (techniques for reducing fat and sodium in food preparation, portion control, culinary techniques for handling fresh food, etc.) is completed by 100% of food service staff who prepare and serve meals.				
26. Breakfast and lunch menus are available in the language(s) that parents primarily speak.				
27. School conducts yearly taste tests, with students, of healthy foods (fruits, vegetables, whole grains, lean proteins, low fat entrees and fat-free or low fat dairy) <i>with potential for inclusion in reimbursable meals</i>				
28. District has a policy that is regularly reviewed and updated including staff training of all food service staff for food emergencies.				
29. Collaboration exists between food service staff and teaching staff within the district.				
30. Certification of food service manager through SNA.				
31. School provides regular opportunity for professional development and continuing education of foodservice manager.				
32. Sites outside cafeteria offer appealing low fat items.				

33. Students are provided with adequate time to eat school meals.				
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Exhibit 1: Beverage Standards Policy-Findlay City Schools 2018-2019 School Year

Per Ohio Revised Code 3313.816:

No public or chartered nonpublic school shall permit the sale of a la carte beverage items other than the following during the regular and extended school day:

(A) For a school in which the majority of grades offered are in the range from kindergarten to grade four:

- (1) Water;
- (2) Milk;
- (3) Eight ounces or less of one hundred per cent fruit juice, or a one hundred per cent fruit juice and water blend with no added sweeteners that contains not more than one hundred sixty calories per eight ounces.

(B) For a school in which the majority of grades offered are in the range from grade five to grade eight:

- (1) Water;
- (2) Milk;
- (3) Ten ounces or less of one hundred per cent fruit juice, or a one hundred per cent fruit juice and water blend with no added sweeteners that contains not more than one hundred sixty calories per eight ounces.

(C) For a school in which the majority of grades offered are in the range from grade nine to grade twelve:

- (1) Water;
- (2) Milk;
- (3) Twelve ounces or less of one hundred per cent fruit juice, or a one hundred per cent fruit juice and water blend with no added sweeteners, that contains not more than one hundred sixty calories per eight ounces;
- (4) Twelve ounces or less of any beverage that contains not more than sixty-six calories per eight ounces;
- (5) Any size of a beverage that contains not more than ten calories per eight ounces, which may include caffeinated beverages and beverages with added sweeteners, carbonation, or artificial flavoring.

(D) Each public and chartered nonpublic school shall require at least fifty per cent of the a la carte beverage items, other than milk, available-for sale from each of the following sources during the regular and extended school day to be water or other beverages that contain not more than ten calories per eight ounces:

- (1) A school food service program;
- (2) A vending machine located on school property that does not sell only milk or reimbursable meals;
- (3) A store operated by the school, a student association, or other school-sponsored organization.

Amended by 129th General Assembly File No.128, SB 316, §101.01, eff. 9/24/2012.

Elementary School

- Water
- Up to 8 ounce servings of milk and 100% juice
- Fat-free or low fat regular and flavored milk with up to 150 calories /8 ounces*
- 100% juice with no added sweeteners, up to 120 calories / 8 ounces, and with at least 10% of the recommended daily value for three or more vitamins and minerals

Middle School

- Water
- Up to 10 ounce servings of milk and 100% juice
- Fat-free or low fat regular or flavored milk with up to 150 calories /8 ounces*
- 100% juice with no added sweeteners, up to 120 calories / 8 ounces, and with at least 10% of the recommended daily value for three or more vitamins and minerals

As a practical matter, if middle school and high school students have shared access to areas on a common campus or in common buildings, then the school community has the option to adopt the high school standard.

High School

- Water
- No or low calorie beverages with up to 10 calories / 8 ounces
- Up to 12 ounce servings of milk, 100% juice, and certain other drinks
- Fat-free or low fat regular and flavored milk with up to 150 calories / 8 ounces*
- 100% juice with no added sweeteners, up to 120 calories /8 ounces, and with at least 10% of the recommended daily value for three or more vitamins and minerals
- Other drinks with no more than 66 calories / 8 ounces
- At least 50% of non-milk beverages must be water and no- or low-calorie options

The Guidelines apply to all beverages (outside of the school meal) sold to students on school grounds during the regular and extended school day. The extended school day includes before and after school activities like clubs, yearbook, band, student government, and drama and childcare/latchkey programs.

These School Beverage Guidelines do not apply to school related events (such as interscholastic sporting events, school plays, and band concerts) where parents and other adults constitute a significant portion of the audience or are selling beverages as boosters.

*Milk includes nutritionally equivalent milk alternatives per USDA.

Exhibit 2: Sodium Reduction Guidelines as Designated by the USDA:

Federal Sodium Reduction Mandates			
Grades	Target 1 (July1, 2014)	Target 2 (July1, 2017)	Final Target (July1, 2022)
Reimbursable School Breakfasts			
K-5:	≤ 540	≤ 485	≤ 430
6-8:	≤ 600	≤ 535	≤ 470
9-12:	≤ 640	≤ 570	≤ 500
Reimbursable School Lunches			
K-5:	≤ 1,230	≤ 935	≤ 640
6-8:	≤ 1,360	≤ 1,035	≤ 710
9-12:	≤ 1,420	≤ 1,080	≤ 740
Competitive Foods (a la carte, vending)			
Entrées: ≤ 480 mg Snacks/Sides: ≤ 230 mg (≤ 200 mg by July, 2016)			

National School Lunch Program USDA Participation Data				
Average Participation				
Fiscal Year	Free	Reduced Price	Full Price	Total
Millions				
2012	18.7	2.7	10.2	31.7
2013	18.9	2.6	9.2	30.7
2014	19.1	2.5	8.7	30.3
Change	+0.4	-0.2	-1.5	-1.4

**** The flexibility was granted for the 2018-2019 SY to continue at the Target 2 levels.**

Exhibit 3: Competitive Foods Policy—Findlay City Schools—School year 2018-2019

These Guidelines apply to snacks, side items, treats, and desserts offered for sale as competitive foods in schools. All such competitive foods shall meet one of the following numbered criteria. These foods include but are not limited to fruits, vegetables, yogurts (including drinkable yogurt and yogurt smoothies), puddings, soups, cheeses, snack chips (e.g., potato, tortilla, corn, veggie, etc.), pretzels, crackers, popcorn, nuts, seeds, French fries, dried meat snacks, granola bars, energy bars, breakfast bars, health bars, cookies, brownies, snack cakes, coffee cakes, pastries, doughnuts, Danishes, candy, confectionery, chocolate, ice cream, frozen yogurt, sherbet, ice pops, frozen fruit bars, and other similar foods. Items that would be considered to be entrées if sold in the reimbursable meal program, but are sold à la carte as competitive foods, are not subject to these Guidelines.

Competitive Foods Time of Day Guidelines—Findlay City School—School year 2018-2019

These Guidelines shall apply to items sold on school grounds or at school activities during the regular and extended school day when events are primarily under the control of the school or third parties on behalf of the school. The extended school day is defined as the time before or after the official school day that includes activities such as clubs, yearbook, band and choir practice, student government, drama, sports practices, intramural sports, and childcare / latchkey programs. These Guidelines shall also apply to food supplied by schools during official transportation to and from school and school sponsored activities, including but not limited to field trips and interscholastic sporting events where the school is the visiting team except as specified herein. These Guidelines do not apply to school sponsored or school related Bona fide fundraising activities that take place off of school grounds and not in transit to and from school. Nor do they apply to booster sales at school related events where parents and other adults are a significant part of an audience or are selling food as boosters either during intermission or immediately before or after such events. These school related events frequently occur during evenings and weekends.

Examples of these events include but are not limited to interscholastic sporting events, school plays, and band concerts.

Competitive Foods Criteria—Findlay City Schools—School Year 2018-2019:

1. Any fruit with no added sweeteners and total fat listed as 0g on the Nutrition Facts panel, or vegetables that are non-fried. Since fresh fruits and vegetables vary in size and calories naturally, they have no calorie limit. However, calories for packaged fruits and vegetables are easily ascertained according to package nutrition labeling. As such, calorie limits for these fruits and vegetables are specified as follows:

Kcal Guidelines for Packaged fruits—per Alliance for Healthier Generation Standards:

	Elementary	Middle	High School
	No limit	No limit	No limit
Packaged in Juice	150 kcal	180 kcal	200 kcal
	150 kcal	180 kcal	200 kcal

2. Any reduced-fat or part-skim cheese < 1.5 oz.

3. Any one egg with no added fat or equal amount of egg equivalent with no added fat.

4. Any other food that meets all of the following criteria:

a. < 35% of total calories from fat

- Nuts, nut butters, and seeds are exempt from above limitation and are permitted.
- Fruit and nut combination products described in Addendum 1* are exempt from the above limitation.

b. < 10% of calories from saturated fat OR < 1g saturated fat

c. 0 g trans fat

d. < 35% sugar by weight

e. < 230 mg sodium

- Low-fat and fat-free dairy products can have < 480mg sodium
- Vegetables with sauce, and soups can have < 480mg sodium if they contain one or more of the following: > 2g fiber; or > 5g protein; or > 10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or > 1/2 serving (1/4 cup) of fruit or vegetables.

f. If products are dairy, they must be non-fat or low fat dairy.

g. Meet 1 of the following calorie requirements:

- < 100 calories
- Vegetables with sauce and soups meeting 3.e above can have 150 calories if they contain two or more of the following: > 2g fiber; or > 5g protein; or > 10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or > 1/2 serving (1/4 cup) of fruit or vegetables.
- Other foods can have calorie limits per below if they contain one or more of the following: > 2g fiber; or > 5g protein; or > 10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or > 1/2 serving (1/4 cup) of fruit or vegetables:
- < 150 calories for elementary schools
- < 180 calories for middle school
- < 200 calories for high school

For individual serving packages, these nutritional Guidelines are defined for a whole package as labeled on the package's Nutrition Facts panel. In the event that the food is bought in bulk but served individually, such as on an à la carte line, then the criteria apply to the label serving.

**Addendum 1:*

Dried Fruit and Nut Combination Products

Dried fruit and nut products (commonly known as trail mix) are compliant with these Guidelines if they meet the following requirements:

- The items found in the combination product include only dried fruit, and nuts and/or seeds.*
- The product contains no added sweeteners.*
- The combination product is exempt from the < 35% of total calories from fat requirement, but must meet all requirements around calories, saturated fat, Tran fat, sodium, sugar by weight, and positive nutrients.*

Findlay City School District Board Policy:
 Program Plans to support Student Wellness Program (Board Policy 5.05)

GOAL 2: To give students the knowledge and skills to make healthy food choices that will improve their health and well being.

Wellness Education & Nutrition Promotion-School Year 2018-2019

Goal 2 Implementation Plan	Fully in Place	Partially in Place	Under Development	Not in Place
1. Posting of nutritional information of all food items will be made available to school staff and the public: <ul style="list-style-type: none"> • via the website • the wellness kit for the 2018-2019 school year • include “go, slow, whoa” icons on all elementary menu food items. 				
2. Provide in-service to all principals on the HUSSC goals and application checklist.				
3. Make available to all FAABS programs the Recharge Program for the 2018-2019 school year.				
4. Post Go, Slow, Whoa posters in cafeteria of all elementary schools.				
5. Encourage elementary and middle school nurses, teachers, principals, and cafeteria staff in elementary schools to utilize Go, Slow, Whoa terminology with students; provide resources for implementation in the wellness kit.				
6. Encourage district groups involved in fundraising to be cognizant of healthy choices when choosing projects; <ul style="list-style-type: none"> • resources will be included in wellness kit to each school • share success stories in wellness kit for pilot walk-a thon, etc. • reinforce at PTO meetings and administration meetings 				
7. Promote Fuel Up to Play 60 in all schools by encouraging student registration and school wide activities coordinated by a school program advisor.				
8. Give the Healthy Snacks flyer at the beginning of each school year to every K-8 student. This will be included in Wellness Leader’s Kit.				

9. Include wellness ideas in school newsletters quarterly during the school year. Articles will be provided by a centralized source via the appointed Wellness Leader at each school; the wellness kit will include PSA's, messages, and additional resources for implementation.				
10. Provide high school wellness leader, health teacher, etc. with fast food handout for high school students to use during open lunch. (will be included in resources of wellness leader's kit for 2018-2019 school year)				
11. Provide in service opportunities to help teachers with implementation of program initiatives.				
12. Health education is taught by trained teachers at the elementary school level and teachers are licensed or certified in health education at the middle and high school levels.				
13. District or school utilized the CDC's Health Education Curriculum Analysis Tool (HECAT) healthy eating and physical activity modules to enhance, develop or select an appropriate and effective health education curriculum.				
14. Healthy eating and physical activity instruction is aligned to the national/state health education standards.				
15. All teachers who teach health education receive annual professional development on effective practices for health education, including healthy eating and benefits of physical activity.				
16. A school employee wellness leader or committee has been identified; by October 2018 each school in the district will designate their wellness leader to work with the district wellness team.				
17. A school employee wellness needs or interest assessment has been conducted yearly with staff.				
18. School staff have opportunities to participate in physical activities OR healthy eating programs for wellness.				
19. School is implementing the district wellness policy and providing feedback to the district regarding its progress annually and information is made available to public at the local website address.				
20. School has an active wellness council/committee including parents, teacher, administrative staff, student, community members that meets at least 4 times during the school year.				

21. Family members and guardians have the opportunity to provide input to the implementation of wellness policy activities.				
22. Students have the opportunity to provide input to the implementation of wellness policy activities.				
23. School's wellness goals are integrated into the overall School Improvement Plan.				
24. School has secured funds or leveraged resources to support wellness priorities for students and staff.				

GOAL 3: To provide opportunities for every student to develop the knowledge and skills to maintain physical fitness and understand the short- and long-term benefits of a physically active lifestyle.

Physical Education -School Year 2018-2019

Goal 3 Implementation Plan	Fully in place	Partially In place	Under Development	Not in place
1. Physical education classes are appropriately modified or adapted to promote the participation of all students, in particular students with chronic health conditions and/or special needs for all students K-12.				
2. All physical education will be taught by a certified physical education teacher.				
3. Elementary students in grades K-5 will be provided with a daily recess period (weather permitting).				
4. Schools will promote physical activity during recess by providing equipment for students to be physically active (i.e. providing balls, jump ropes, playground equipment).				
5. Middle and high schools will be offered extracurricular physical activity programs including where appropriate intramural programs.				
6. School organizations/clubs/buildings will be encouraged to use physical activity events (i.e. dodge ball, walking programs, and jump rope for hearts) as a means to raise funds for their organization.				
7. K-5 buildings will be encouraged to provide recess before the lunch.				
8. Provide access to physical activity facilities to students, staff and community members when not in use by the regular school programs and extracurricular activities.				
9. Consistently prohibit withholding of PE class as punishment.				
10. District or school utilized the CDC's Physical Education Curriculum Analysis Tool (PECAT) to enhance, develop or select an appropriate and effective physical education curriculum.				

12. School provides fitness education, conducts annual health-related fitness assessments, and utilizes assessment results to direct instruction and create individualized physical activity/fitness plans that include goal-setting and monitoring.				
13. All teachers who teach physical education participate in annual professional development on effective practices for physical education.				
14. Students are engaged in moderate to vigorous physical activity at least 50% of physical education class time.				

Findlay City School District Board Policy:
 Program Plans to support Student Wellness Program (Board Policy 5.05)

GOAL 4: Provide a school environment that promotes health and safety for all students, staff, and parents.

School Health and Safety Policies-2018-2019

Goal 4 Implementation Plan	Fully in Place	Partially in Place	Under Development	Not in Place
1. Representative district wellness team who meets 4 times per year and works with the designated school wellness leaders to oversee school health and safety policies.				
2. Provide written school health safety policies to govern student health & safety.				
3. Provide communication of all school health and safety policies to students, parents, staff, and visitors.				
4. Promote a sense of connectedness among students, families and staff.				
5. Overcome barriers to learning by offering a variety of programs to reduce barriers for learning for all students.				
6. Provide enrichment experiences to all students.				
7. Provide a safe physical environment inside and outside school buildings through a variety of practices.				
8. Maintain a safe physical environment inside and outside school buildings.				
9. No tolerance policy for harassment and bullying.				
10. Provide active supervision to promote safety everywhere on school campus.				
11. Written crisis response plan that is practiced and updated regularly.				
12. Professional/Staff development on unintentional injuries, violence, and suicide.				
13. Elementary students receive at least 20 minutes of recess during each school day and students are encouraged to be active during this time.				
14. Access to physical activity facilities is available outside school hours.				
15. Adequate physical activity facilities are available.				
16. Prohibit using physical activity as punishment.				
17. Prohibit using food as reward or punishment.				
18. Fundraising efforts supportive of healthy eating.				

19. Restrict access to foods of minimal nutritional value.				
20. Restrict access to other foods of low nutritional value.				
21. Hands are washed before all meals and snacks by providing access to hand washing equipment to teachers, students to wash hands before meals and snacks.				
22. Prohibit tobacco use among students.				
23. Prohibit tobacco use among school staff & visitors including extracurricular events.				
24. Enforce tobacco use policies.				
25. Prohibit tobacco advertising and displaying of tobacco industry brand names and logos within the school system including student and staff property				
26. Tobacco use cessation services available in a wide format of options for students and staff.				
27. Written policies available for self-carry and self-administration medications.				
28. Provide professional development on asthma management to all staff members.				
29. Implement and maintain indoor air quality practices.				
30. Implement integrated pest management practices.				

**School Health Index
Module Score Cards**

2018-2019 School Year

Findlay City Schools
Elementary School Health Index Evaluation

Module 1: School Health and Safety Policies and Environment

Elementary--School Health and Safety Policies Score

	Fully in Place 3	Partially in Place 2	Under Development 1	Not in Place 0
1. CC1: Representative school health committee who meets at least twice per year and oversees school health and safety policies				
2. CC2: Provide written school health safety policies to govern student health & safety.				
3. CC3: Provide communication of all school health and safety policies to students, parents, staff, and visitors				
4. CC4: Promote a sense of connectedness among students, families and staff				
5. CC5: Overcome barriers to learning by offering a variety of programs to reduce barriers for learning for all students				
6. CC6: Provide enrichment experiences to all students				
7. S1: Provide a safe physical environment inside and outside school buildings through a variety of practices				
8. S2: Maintain a safe physical environment inside and outside school buildings				
9. S3: No tolerance policy for harassment and bullying				
10. S4: Provide active supervision to promote safety everywhere on school campus				
11. S5: Written crisis response plan that is practiced and updated regularly				
12. S6: Professional/Staff development on unintentional injuries, violence, and suicide				
13. PA1: Elementary students receive at least 20 minutes of recess during each school day and students are encouraged to be active during this time				
14. PA2: Access to physical activity facilities is available outside school hours				

15. PA3: Adequate physical activity facilities are available				
16. PA4: Prohibit using physical activity as punishment				
17. N1: Prohibit using food as reward or punishment				
18. N2: Fundraising efforts supportive of healthy eating				
19. N3: Restrict access to foods of minimal nutritional value				
20. N4: Restrict access to other foods of low nutritional value				
21. N5: Hands are washed before all meals and snacks by providing access to hand washing equipment to teachers, students to wash hands before meals and snacks				
22. T1: Prohibit tobacco use among students				
23. T2: Prohibit tobacco use among school staff & visitors including extracurricular events				
24. T3: Enforce tobacco use policies				
25. T4: Prohibit tobacco advertising and displaying of tobacco industry brand names and logos within the school system including student and staff property				
26. A1: Written policies available for self-carry and self-administration medications				
27. A2: Provide professional development on asthma management to all staff members				
28. A3: Implement and maintain indoor air quality practices				
29. A4: Implement integrated pest management practices				

Total Points:

Module Score ((total points/)x100) = %

Findlay City Schools
Middle and High School Health Index Evaluation

Module 1: School Health and Safety Policies and Environment

Middle and High School—School Health and Safety Policies Score Card-

	Fully in Place 3	Partially in Place 2	Under Development 1	Not in Place 0
1. CC1: Representative school health committee who meets at least twice per year and oversees school health and safety policies				
2. CC2: Provide written school health safety policies to govern student health & safety.				
3. CC3: Provide communication of all school health and safety policies to students, parents, staff, and visitors				
4. CC4: Promote a sense of connectedness among students, families and staff				
5. CC5: Overcome barriers to learning by offering a variety of programs to reduce barriers for learning for all students				
6. CC6: Provide enrichment experiences to all students				
7. S1: Provide a safe physical environment inside and outside school buildings through a variety of practices				
8. S2: Maintain a safe physical environment inside and outside school buildings				
9. S3: No tolerance policy for harassment and bullying				
10. S4: Provide active supervision to promote safety everywhere on school campus				
11. S5: Written crisis response plan that is practiced and updated regularly				
12. S6: Professional/Staff development on unintentional injuries, violence, and suicide				
13. PA1: Access to physical activity facilities outside school hours				
14. PA2: Adequate physical activity facilities are available				

15. PA4: Prohibit using physical activity as punishment				
16. N1: Prohibit using food as reward or punishment				
17. N2: Fundraising efforts supportive of healthy eating				
18. N3: Restrict access to foods of minimal nutritional value				
19. N4: Restrict access to other foods of low nutritional value				
20. T1: Prohibit tobacco use among students				
21. T2: Prohibit tobacco use among school staff & visitors including extracurricular events				
22. T3: Enforce tobacco use policies				
23. T4: Prohibit tobacco advertising and displaying of tobacco industry brand names and logos within the school system including student and staff property				
24. T5: Tobacco use cessation services available in a wide format of options				
25. A1: Written policies available for self-carry and self-administration medications				
26. A2: Provide professional development on asthma management to all staff members				
27. A3: Implement and maintain indoor air quality practices				
28. A4: Implement integrated pest management practices				

Total Points:

Module Score ((total points/)x100) = %

School Health Index Module 1: Planning and Action Steps for District (Elementary & Middle/High School)

Summary of weaknesses and strengths:

STRENGTHS	WEAKNESSES

****THOSE WEAKNESSES NOTED IN BOLD WERE COMMON WEAKNESSES IDENTIFIED BY THE WELLNESS COMMITTEE***

Module 1 Actions: (EACH OF THESE ACTIONS WERE RANKED ACROSS FIVE DIMENSIONS (IMPORTANCE, TIME, COST, COMMITMENT, and FEASIBILITY: SCALES RANGING FROM 1-5 BASED ON RESPONSE (5 BEING VERY IMPORTANT, NOT EXPENSIVE, LITTLE OR NO TIME EFFORT, AND NOT DIFFICULT))

1. **IMPROVE FUNDRAISING OPPORTUNITIES TO PROMOTE HEALTHY FOOD CHOICES/SALES AND REDUCE SALES OF FOODS OF MINIMAL NUTRITIONAL VALUE**
 - (IMPORTANCE 5; COST 2; TIME 3; COMMITMENT 4; FEASIBILITY 3; TOTAL POINTS 17)
2. **PROHIBIT USING FOOD AS REWARD IN RELATION TO CLASSROOM PARTICIPATION, GRADES, SCHOOL PARTIES, ETC. (INCREASE AWARENESS AMONG PRINCIPALS, TEACHERS, AND PARENTS TO PROVIDE NUTRIENT DENSE FOOD CHOICES FOR SNACKS/PARTIES)**
 - (IMPORTANCE 5; COST 5; TIME 3; COMMITMENT 4; FEASIBILITY 1; TOTAL POINTS 18)
3. **UPDATE CRISIS PLAN WITH ALICE TRAINING AND ASSESSMENT DURING 2018-2019 SCHOOL YEAR**
 - (IMPORTANCE 5; COST 3; TIME 2; COMMITMENT 4; FEASIBILITY 3; TOTAL POINTS 17)

Findlay City Schools
Elementary School Health Index Evaluation

Module 4: School nutrition services

Elementary—Nutrition Services Score Card-2018-2019
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	Fully in Place 3	Partially in Place 2	Under Development 1	Not in Place 0
1. N1: Breakfast and lunch programs				
2. N2: Variety of foods in school meals				
3. N3: Low fat and skim milk available				
4. N4: Meals include appealing, low fat items				
5. N5: Food purchasing and preparation practices to reduce fat content				
6. N6: A la carte items include appealing low fat items				
7. N7: Sites outside cafeteria offer appealing low fat items				
8. N8: Promote healthy food and beverage choices				
9. N9: Adequate time to eat school meals				
10. N10: Collaboration between food service staff and teachers				
11. N11: Degree and certification of food service manager				
12. N12: Professional development for food service director				
13. N13/S1: Clean safe and pleasant cafeteria				
14. N14/S2: Preparedness for food emergencies				

Total Points:

Module Score ((total points/)x100) = %

Findlay City Schools
Middle and High School Health Index Evaluation

Module 4: School nutrition services

Middle and High School—Nutrition Services Score Card-2018-2019
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	Fully in Place 3	Partially in Place 2	Under Development 1	Not in Place 0
1. N1: Breakfast and lunch programs.				
2. N2: Variety of foods in school meals.				
3. N3: Low fat and skim milk available.				
4. N4: Meals include appealing, low fat items.				
5. N5: Food purchasing and preparation practices to reduce fat content.				
6. N6: A la carte items include appealing low fat items.				
7. N7: Sites outside cafeteria offer appealing low fat items.				
8. N8: Promote healthy food and beverage choices.				
9. N9: Adequate time to eat school meals.				
10. N10: Collaboration between food service staff and teachers				
11. N11: Degree and certification of food service manager.				
12. N12: Professional development for food service director				
13. N13/S1: Clean safe and pleasant cafeteria.				
14. N14/S2: Preparedness for food emergencies.				

Total Points:

Module Score ((total points)/x100) = %

School Health Index Module 4: Planning and Action Steps for District (Elementary & Middle/High School)

Summary of weaknesses and strengths:

STRENGTHS	WEAKNESSES

***THOSE WEAKNESSES NOTED IN BOLD WERE COMMON WEAKNESSES IDENTIFIED BY THE WELLNESS COMMITTEE**

Module 4 Actions: (EACH OF THESE ACTIONS WERE RANKED ACROSS FIVE DIMENSIONS (IMPORTANCE, TIME, COST, COMMITMENT, and FEASIBILITY: SCALES RANGING FROM 1-5 BASED ON RESPONSE (5 BEING VERY IMPORTANT, NOT EXPENSIVE, LITTLE OR NO TIME EFFORT, AND NO DIFFICULT))

1. SITES OUTSIDE CAFETERIA DO NOT ALWAYS OFFER LOW FAT ITEMS

- (IMPORTANCE 4; COST 3; TIME 2; COMMITMENT 3; FEASIBILITY 2; TOTAL POINTS 14)

2. INCREASE PROMOTION OF HEALTHY FOOD AND BEVERAGE CHOICES

- (IMPORTANCE 5; COST 2; TIME 3; COMMITMENT 4; FEASIBILITY 4; TOTAL POINTS 18)

3. INCREASE COLLABORATION BETWEEN FOODSERVICE, TEACHERS AND COMMUNITY (I.E. TASTE TESTING EVENTS & PROMOTE THE USE OF FSC FOOD SERVICE DEPARTMENT FOR FOOD

PURCHASES FOR CLASSROOM)

- (IMPORTANCE 5; COST 2; TIME 3; COMMITMENT 4; FEASIBILITY 3; TOTAL POINTS 17)

Planning---Duties of Wellness Team for Based on SHI Assessment of Modules 1 and 4

Priority Action	Steps/Strategies	Who/What	Timeline to Goal/Completion	Evaluation Future Planning

Proposed Schedule for School Health Index Module (includes assessment of both elementary and middle/high school)

	First Quarter	Second Quarter	Third Quarter	Fourth Quarter
2018-2019				
2019-2020				
2020-2021				