

Attachment 2

CHICKAMAUGA CITY SCHOOLS

WELLNESS POLICY QUESTIONNAIRE AND GOAL ASSESSMENT

GORDON LEE HIGH SCHOOL

Nutrition Education

1. Was nutrition information included in the curriculum consistent with state and federal guidelines? yes no
2. Were behavior practiced to enhance health and/or reduce health risk? yes no
3. Was nutrition information provided system-wide through various means? Examples: websites, newsletters, public announcements, activities, bulletin boards, student handbook, posters, wellness clubs, wellness fairs and/or staff development workshops. yes no

Physical Activity

1. Did all students regularly participate in age appropriate health and physical fitness activities? yes no
2. Were federal and state physical education requirements met during this past year? yes no
3. Is physical wellness deemed as important as academic wellness in your school? yes no
4. Does the physical education program stress healthy lifestyle choices and fitness for life activities? yes no
5. Did each school conduct an annual fitness assessment program, as approved and funded by the State Board of Education? yes no

Other School Based Activities

1. Did the health and wellness committee collaborate with other school staff to promote a healthy school environment? yes no
2. Did the committee meet at least twice this year? yes no
3. Did the health and wellness committee promote health and wellness awareness to staff, students, and families? yes no
4. Did the school learning community cultivate a climate of wellness? yes no
5. Does our school, grounds, and equipment support personal health and safety? yes no

Nutrition Guidelines

- 1. Do all foods made available on the school campus comply with the Federal Smart Snack regulations and Local Wellness Policy? yes no
- 2. Did fundraisers comply with the Federal Smart Snack regulations and Local Wellness Policy? yes no (Chick Fil A biscuit sale within exemptions)
- 3. Were there any fund raising programs this past year that promoted physical activity? yes no (Trojan Run 5K)
- 4. Did all foods available on the school campus adhere to food safety standards? yes no

School Nutrition Program guidelines for reimbursable school meals

- 1. Were students with special dietary needs accommodated according to USDA guidelines? yes no
- 2. Did production records provide evidence that federal guidelines are being met for all reimbursable school meals? yes no

What successes did you see?

Increased participation in athletic teams.
Promotional materials for health and wellness created by students.

What are the barriers to meeting goals?

Communication to teenagers can sometimes be challenging. Due to home situations and many outside time conflicts, they are often very accustomed to eating fast food, etc.

What resources do you need to meet target or maintain improvement

None needed at this time.

SIGNATURE: _____

